



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

Alexandra Middleton Adv Dip (Nut Med); BA (Media Comm)

Date: 10/5/22 Date of Birth: 26/5/93

Name: Sharmaine De Silva

Address: 23 Flat Rock rd, Gymea Bay NSW 2227

Phone: 0425 835 765

Email:

Occupation:

Household Situation:

Children:

Referred By: Google

PRESENTING SYMPTOMS / PROBLEMS

Where, when, frequency, duration, history, associated symptoms, what was happening when they started?

- Endometriosis – vomiting with flares
- Vomiting after any big meal – big vomits – GERD?
- Gastroenterologist –
- GI – all, recommended, food poisoning in Thailand + Bali, itchy anus, IBS, haemorrhoids
- Adrenal fatigue picture
- VMB
- GP – Dr Kavya Chaganti
- Histamine symptoms
- Cycle – 31-32 days, ovulating average day 16
- Weight gain – lost 8 kgs
- 156 cm
- No meds or supps
- Gilberts syndrome
- Issues going to sleep – toss and turn, wakes up 4 times thru the night
- Last house had very bad mould – health declined, gut stuff got worst
- Gyn said she might have PCOS but sounds like endometrioma
- Pelvic floor physio – Balmain sports centre polly
- Depression, anxiety, panic attacks
- Caffeine – 1 large coffee oat milk
- Booze – 2 glasses wine a week, weekend 3 gins
- Avocado



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

15 years old to 2021 – OCP

2014 – Implanon, taken out 6 months later

July + Nov 2021 – Endometriosis, Stage 4 D.I.E. + endometrioma

Family History:

- CVD
- Diabetes II
- Sjogrens Syndrome
- Lupus

Chrons disease

Family History – CVD, cancer, diabetes, etc

Sleep

Energy Levels – scale of 1-10, slumps, moods?

Generally good

Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements



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Diet – See Over:

GIT / Digestion: Weight, appetite, breath, ulcers and cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals?

Bowels: Frequency, colour, constipation/diarrhoea, blood/mucus, laxatives, haemorrhoids, family history?

General Health: Headaches/Migraines, dizziness/vertigo, tinnitus, hay fever /allergies, sinus/swollen glands, Colds/flu's per year, recovery, Asthma/SOB? Drug use? Smoking?

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections?

N/A

Female Repro: Periods/Cycle, bleed/clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, Pap smears, infections, discharges, contraceptive method?

Male Repro: Infections, hernias, swellings, impotence, libido?

N/A

Cardiovascular: Heart problems, blood pressure, chest pain, palpitations, varicose veins, easy bruising?

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

Skin: Acne, eczema, psoriasis, infections, itching?

Lifestyle: Exercise, relaxation, job satisfaction?

Emotions: Anxiety, depression, mood swings?

Physical Examination:



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Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET SUPPLEMENTS HANDOUTS

FOLLOW UP

1. _____

7/6/22

- Has moved into partners parents place which is super affected by mould – symptoms got worse and got bad cough
- Mother in law also has endo
- Has only been taking ubiquinol and digestex – has had improvements now will order FX Med
- Need to send her recipes
- Has been flossing brushing every day

2. _____

4/7/22

- Very high calprotectin – referred to simon benstock
- High zonulin, steatocrit and b glucuronidase
- Gram neg overload + strep
- Good bifido, low commensals
- Has been strictly GF and DF and feeling better and trying to avoid amines
- Current gastroenterologist said she had neutropenia and slight anaemia
- Has had to leave work place because of black mould infestation

3. 14/9/22 – 30min

- Bloating is very improved with supplements esp after food
- 98alive might be giving her heartburn
- Found things in Europe wasn't eating much, lost 3kg
- Period – has been ok, think it has improved with supplements but think travel has fired her
- Is enjoying the recipe books
- Still to do everything from last session