



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 6/10/21 Date of Birth: 7/8/87

Name: Vera Zadnivoproska

Address: 125 Awaba St Mosman

Phone: (H) (W) (M) 0478 019 971

Email: vzadnipro@gmail.com

Occupation:

Household Situation: husband

Children:

Referred By: IG

PRESENTING SYMPTOMS / PROBLEMS

Where, when, frequency, duration, history, associated symptoms, what was happening when they started? Cvv 313

- Miscarriage at 10 weeks, October 2019
- SIBO (began after treatment for h-pylori in 2012, cleared, but methane producing SIBO still present)
- Painful bladder syndrome / IC, recurrent UTIs
- Adenomyosis, endometriosis, polyps in uterus, vulvadynia, polycystic ovaries
- Allergies – mould dust algae
- genetically high cholesterol;
- Had recurrent vaginal/yeast/BV infections
- Severely iodine deficient corrected to 26; thyroid tsh slowly creeping up
- ANA positive
- Neg parasites; huge gram neg bacterial overload
- Low soium + bicarbonate
- D = 61
- ESR – 5
- Severe mercury poisoning
- Vaginal – light strep growth,
- High cholesterol



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- Genotype for gluten
- History painful bladder syndrome
- Vera was born in Ukraine and grew up in Los Angeles from the age of 9. She describes a challenging relationship with her dad growing up and recalls being unwell a bit when young. She describes herself as a sensitive person and is prone to illness if she has a significant change in her environment. Vera has experienced some adversity in her university years and recognises the association with those events and the
 - onset of her pelvic pain. She has had dysmenorrhoea since menarche
 - Had two amalgam fillings when she was young – saw bad dentist in early 20s; wasn't removed properly needed multiple root canals x 3
 - Amitryptiline 10mg

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

Vulvodynia - 2006; recurrent UTIs and then painful bladder syndrome & IC, approx. 2006/07;

h-pylori - 2012; methane SIBO (post h-p) - 2012; polycystic ovaries - 2013; endo/aden/polyps – 2021

Had recurrent vaginal/yeast/BV infections since being sexually active from 2006
Have a deviated septum, since birth always have had sinusitis type issues

Feb 2021 to Apr 2021 went on a strict low FODMAP diet

Apr 2021 to Jul 2021 went on a anti-histamine and dysbiosis diet (see attached)

Took a break from all diets Aug 2021. Resumed the strict diet from April

Family History:

Family History – CVD, cancer, diabetes, etc

Sleep

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

Generally good



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Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements

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?



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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:

Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1.

3/11/21

- Mid cycle before/after ovulation
- CA-125 – 31; could be adeno and maybe endo; refer to Prof Ledger
- B12 – 590
- Vit D – 64
- Zn – 11.4
- Cholesterol – high 6.1; historically has had low cholesterol
- DHEA – low
- Neutropenia
- ESR – 20
- Low platelets
- Thrush like symptoms
- Felt like she was coming down with something in week of tests; might've been die off from the herbs; had mild nausea all day long figured out it was the curcumin.
- Has had sinus again – wasn't sure if it was the Nuut shake
- eLyte gave her reflux



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- Overgrowth of Strep B on pap but not on nutripath test – redoing the swab complimentary from nutripath

2.

7/12/21

- GP has been resistant to referring to City Fertility
- Still to ask for prometrium
- About to start vaginal pessary, 3 weeks to go on gut herbs... VMB now normal except low commensals and high but improved Faecalis

3.

25/1/22

- Referral for Bill Ledger – appt in a month
- GP refused to give prometrium
- GI – bloating hasn't improved at all, gets worse during the day
- Wants to lightly chelate
- Vaginal symptoms still present but better – pimple like bumps

24/2/22

- MMap – high steatocrit, heavy gram neg bacterial load
- Saw Prof Ledger- looking into surgery option, potentially end of April/ May
- Vaginal itching 89% down but green tint still happening
- Covid test?
- Glutathione product?
- Chelation challenge referral