

Health timeline – Bec Vaughan

Birth - 1985	Eczema
Approx 2003	Split head open and had stitches in forehead (Was very clumsy as a child – always breaking bones, hurting self etc)
2007 – 2012	Multiple bones broken, mostly during P.E in high school
Approx 2001	Concussion playing AFL
Approx 2002	Painful periods with vomiting +++ Put on Oral contraceptive pill to control
Approx 2011	R knee dislocation Subsequent blood clots in right leg – warfarin therapy
2012	Haemorrhoids diagnosis
2013	Weight lowest it has ever been (weight lost over approx. 2 years) Feeling extremely happy with my health and fitness at this time Came off the Oral contraceptive pill
Approx 2014	Break up with ex-partner: <ul style="list-style-type: none"> - Anxiety for the first time - Insulin resistance - Adrenal fatigue - Suspected PCOS (undiagnosed, but many symptoms were there) - Hirsutism started - Aromatising estrogens
2014	First indication of iron deficiency (GP didn't say anything at the time)
Early 2015	Started getting shin splints in both legs after running
2015	R Knee dislocation (second time)
Oct 2015	Iron deficiency
Approx 2016	Had Medical abortion
2016	Hip pain started
Approx 2017	Had medical abortion
2017	Diagnosed with hip dysplasia
Approx 2017	Stepson came to live with us full time Very stressful time for me – extremely hard transition to suddenly living and caring for a 3yo child
2020	Brain fog Poor concentration Inability to easily absorb information Lack of mental clarity
Sept 2020	CDSA results: <ul style="list-style-type: none"> - Blood found in stool (subsequent investigations were NAD) - Positive for Streptococcus bacteria (anginosus, parasanuinis & salivarius)
Oct 2020	High total cholesterol reading Low testosterone, androstenedione, SHBG, DHEAs Lowish cortisol (tested in the AM) Diagnosed Iron deficiency
June 2021	Iron deficiency (subsequently repleted)
July 2021	Logan conceived
May 2021	DUTCH test results (luteal phase results): <ul style="list-style-type: none"> - Daily free cortisol lower end of normal, cortisone higher than cortisol, DHEA higher end of normal

	<ul style="list-style-type: none"> - Low melatonin - High oestradiol - Estrone – higher end of normal - 5-alpha-androstanediol above range - High 4-OH metabolism of estrogen, low 16-OH metabolism of estrogen - Low methylation activity
Aug 2021	Iron repleted to 38 (ferritin), after taking high dose Zinc for 4 weeks
April 2022	Pressure to be induced by Obgyn +++ Logan born Post-natal stress +++ (covid, new mother, etc)
April/May 2022	Mastitis that resolved itself after 24 hours Breast milk reduced +++, never regained properly Stress +++ due to reduced breast milk
May 2022	Breast abscess developed (unexpected – no common symptoms experienced other than the lump) – seen GP and didn't even ask to see it. Did nothing about it. Ended up in hospital ED 2 days later: <ul style="list-style-type: none"> - Hospital stay – 3 days & IV antibiotics - Second hospital stay – 5 days & IV Antibiotics - Abscess aspiration x 2 – 60mL first one and 80mL drained in second one - Breast milk reduced again, never regained properly +++ - Stress +++ due to reduced breast milk
Approx July 2022	Started noticing urinary incontinence, urgency, lack of anti-diuretic hormone signalling
March 2023	Diagnosed iron deficiency (Cholesterol back to normal from Oct 2020 reading)
June 2023	Nutrigenomics testing: <ul style="list-style-type: none"> - Coeliac gene SNP HLA-DQA1 & HLA-DQA2 - Multiple brain function/chemistry imbalance gene SNPs - Obesity gene SNP - Allergy / histamine gene SNPs - Methylation gene SNPs
2023	Started noticing brain function sub-optimal: <ul style="list-style-type: none"> - Low dopamine (not tested, going off symptoms – dopamine seeking behaviours +++) - Brain fog - Lack of concentration - Lack of clarity - Poor memory (short and long term) - Lack of empathy
Jan 2024	<p>Started noticing:</p> <ul style="list-style-type: none"> - Gut health declining - swelling in fingers - Swelling in right ankle - Eczema flaring on hands <p>Iron deficiency persisting Low B12 / high folate – under methylating</p>
March 2024	Iron deficiency persisting

2024	HTMA: <ul style="list-style-type: none"> - High mercury levels - Reading for other heavy metals: Germanium, Barium, Rubidium, Nickel, Vanadium, Strontium, Tin, Titanium, Zirconium - High stress / adrenal exhaustion - High Boron
2024	IgG food intolerance testing <ul style="list-style-type: none"> - High IgG food intolerance to Cane sugar, green beans, kidney beans - Moderate intolerance to whey protein, cow's milk, chicken eggs, peach, pineapple, lima bean, oats, oregano, honey - Very high IgG reaction potential to candida albicans (if I have it, this doesn't mean I have it) - Moderate IgA reaction potential to candida albicans
2024	Weight gain +++ since birth (approx. 15-18kg) Despite