

Client: Alisa Robertson

Aug 03, 2025

Contact Information

Question	Answer
Contact Information	149 Brougham St Fairfield, Qld, 4103, Australia Phone: 0420380344
Referred By Email	Nothing Entered
Referred By Name	Nothing Entered

General Information & Goals

Question	Answer
Date of Birth	25/10/1978
Place of Birth	Adelaide
Gender	Female
Age	46
Height	165 cm
Weight	58 kg
Occupation	Mother/homeopathic student
On average, how many hours do you work per week?	20
Relationship Status	Married
Number of Children	1
Blood Type (if known)	A+
Hobbies/Activities	Homeopathy, walking, movies, podcasts
What are your top 3-5 health concerns?	Histamine intolerance/reactions/hives energy anxiety/mental health/trauma hormones/perimenopause/hot flushes/hives skin - perioral derm, eczema eyelids sometimes, psoriasis scalp + heels
What would you like to gain from working together? What are your personal health goals?	to be vital and have energy for my family to learn how to cook for vitality for myself + family to clear skin + reactions + be able to absorb my food again to not have a tight chest with anxiety in afternoon like now to enjoy this beautiful world again without needing to numb or run from feelings to be able to concentrate and not procrastinate and follow through without 100 tabs open in brain, but mainly now just not to have physical discomfort and be afraid of what to consume to get off remaining medications (only small amount left)

Sleep & Diet

Question	Answer
Do you sleep well?	now not too bad but had major issues in past... would like to sleep well with aids (melatonin, cbd/thc, Seroquel)
Do you wake up during the night?	not so much now but used to constantly
If you do wake up during the night, what time(s)?	I would often wake early feeling sick unable to go back to sleep say 4am... but lately ok
What time do you usually go to bed?	10-11.30pm now... used to be anywhere between 10.30-2am
What time do you usually wake up?	6.30/7am... used to be with alarm at 7.30 for son school (so much has changed since so unwell these past couple weeks and changing everything I eat)
How do you feel when you wake up?	used to feel horrible like had not slept and wanted to sleep more... now with low histamine and sickness not so bad. would wake almost depressed at times. then not so. have been very up and down for years
	at least 2L

How much pure water do you drink per day (please note 'fl oz' or 'mL')?	
Do you drink caffeinated beverages (e.g. coffee, black tea, soda, etc.)?	No
How many caffeinated drinks do you have per day (please note 'fl oz' or 'mL')?	I used to drink one coffee per day as otherwise I would feel very wired could feel it in my bones and not sleep well. sometimes 1-2 teas. zero caffeine for 2 weeks now
What were your eating habits like as a child? (list typical types of food)	loved salty chips, would walk around with a big bag of chips was given Diet Coke stopped that in early mid 20s now gives me a headaches even 1 sip yuck! good home cooking mixed with whatever I wanted, takeaways... very good in high school when was strict with myself always been a salt lover
What percentage of your food is home cooked?	everything for 2 weeks. before then mostly but had been slipping and lots of takeaway last 6 mths usually just Thai, Indian etc... but then started eating KFC frequently and letting son do same for convenience... terrible!
How many days per week do you eat out?	none now. usually 1 night pizza takeaway (sometimes home cooked), one night Indian/thai
What kind of cookware do you usually use (e.g. cast iron, Teflon, aluminum)?	tried cast iron/ good stuff and couldn't get hang of it... non stick but like the granite/diamond ones for convenience... bad I know!!
What kind of fats do you usually cook with (butter, olive oil, canola, etc.)?	olive oil, butter
In your opinion, what do you think are the three least healthy foods you eat each week and why?	nutella/ice magic was eating at night when boys in bed - oil/sugar/procseed late at night KFC chicken strips - processed, oils pure blonde beers not eating any of above past 2 weeks
Conversely, what do you think are the three healthiest foods you eat each week and why?	eggs - protein, cholesterol, healthy fat grass-fed butter - butyrate, nourishing, healthy fat veges + meat - nutrients
How would you describe your relationship with food and dieting?	used to eat very low carb, Atkins, then apple, then carnivore, lots of bingeing when younger... extremes. much more balanced past couple years but started creeping back in
Do you often feel tired after meals?	Yes
Do you often feel bloated after meals?	No
Do you often feel gassy after meals?	No
Do you experience constipation often?	No
How many days per week do you experience constipation?	I used to suffer severely in 20s... now I take good quality magnesium + used to have MCT in my coffee which keeps me regular.
Do you experience diarrhea often?	Yes
How many days per week do you experience diarrhea?	hmmm not often but I can get a sudden rush sometimes if nervous, or coffee
Do you often feel excessively hungry?	Yes
Do you have little or no appetite?	No
Do you often crave sugar?	No
Do you often crave salt?	Yes

Lifestyle

Question	Answer
Do you smoke?	Yes
How many cigarettes per day on average?	zero cigarettes for 20 yrs, smoked when drinking in 20s... vaporised marijuana last few years nightly to help with sleep, end, add, anxiety... none for 2 weeks
Are you regularly exposed to secondhand smoke?	No
Do you have amalgam fillings?	Yes
Have you had amalgam fillings removed or replaced?	No
Have you been exposed to toxic substances at work or at home?	Yes
What toxins were you exposed to?	mould after 2022 floods

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Do you enjoy playing sports or being active outside?	Yes
If yes, what are your favorite sports or activities?	kangaroo point cliffs walk 3-5 times per week. reduced greatly last couple months. last 2 weeks zero
On average, how many days a week do you walk?	5
On average, how many days a week do you run?	0
On average, how many days a week do you do high-intensity interval training?	0
On average, how many days a week do you lift weights?	0
On average, how many days a week do you do cardio, aerobics, etc.?	0
On average, how many days a week do you stretch or do yoga?	0 - used to do it years ago hot yoga + other a few times per week
On average, how many hours a day are you sitting?	hmmm maybe a few... last 2 weeks most of time sitting or laying down
On average, what is your daily screen time in hours (TV, computer, smartphone, etc.)?	lots! says 8-10 on phone but I listen to podcasts while walking/lectures/doing chores... watching screen maybe 2-3
On average, how many days per week do you meditate?	0
On a scale of 1-10 (1 being low and 10 being high), what is your average stress level?	8

Medical History

Question	Answer
Are you currently taking any vitamins, minerals, herbs, homeopathic remedies, prescription or non-prescription medications, aspirin, laxatives, diet pills, or any other supplements?	Yes
Please list all vitamins, minerals, herbs, homeopathic remedies, prescription or non-prescription medications, aspirin, laxatives, diet pills, or any other supplements you are currently taking including specific product names and dosages/amounts:	<p>not daily but prob every 2nd day or when remember, if depleted daily :</p> <p>Methyl Free B complex seeking health (Thaimin 25mg, riboflavin 20mg, niacin 95mg, b6 20mg, folinic acid 400mcg, b12 50mcg, biotin 750mcg, pantothenic 125mg zinc piclonate 50mg rosita cod liver oil x 3 caps NAC - 500mg</p> <p>when depleted :</p> <p>seeking health b12 adeno 300mcg</p> <p>Every night :</p> <p>CBD oil 0.4ml THC oil 0.4ml Seroquel slow release 5mg Seroquel instant release 5mg (cut smallest 25mg tab in 1/4 as weaning down) melatonin 3mg (used to be 10mg for 12yrs weaning down) magnesium - Mag07 by NB Pure - ozonated meg oxides 300mg (600 if constipated)</p> <p>Homeopathy - have tried many remedies lately (eg. histamine, apis, nux vom, nat phos 6X, syphilinum, Lachesis, thuja, medhorrinum, MTHFR blend) but have ceased all until seeing specialist homeopath/naturopath this week)</p> <p>hospital discharged me with :</p> <p>Ventolin - only used once at home valium 5mg - only used once at home, 3 times in hospital famotidine 40mg - 3 days in hospital, only once at home and stopped - think was causing nausea/headaches/worse fatigue</p> <p>on and off a few days at a time but terrible side effects and didn't like to take unless desperate for adhd (zero last 2 weeks and only sparsely last 6mths) :</p> <p>dexamphetamine 5mg - sometimes 7.5 - 12.5mg spread across day</p>
Do you have any known allergies to medications or herbs?	Yes
Please list all of your known allergies to medications or herbs:	morphine - projectile vomit
	Yes

Are you currently under a doctor or practitioner's care for a specific issue?

Please list the treatments/issues you are currently seeing your doctor or practitioner for:

psychiatrist for sleep issues, adhd, hospitalised during pregnancy 12yrs ago and 5yrs ago for almost nervous breakdown - haven't seen in over 12mths as weaning off, good relationship and supportive of weaning/plant medicine. Plant medicine doctor for help in weaning other meds for endo, insomnia, anxiety, adhd

What is your doctor or practitioner's name?

Nothing Entered

Have you ever been seriously injured, hospitalized, or suffered from a disease?

Yes

chronic tonsilitis + tonsils out - 7yrs old - copious antibiotics through life
then chronic ear infections from 11yrs through teens
then monthly migraines through high school
late teens - domestic violence - 19yrs old violent incident with father, Nana's arm broken, tried to kill me
then turned into endo in 20s
depression in late teens early 20s
20s - trauma, rape, domestic violence
scalp psoriasis started, and cracked heels. Lots of drugs from late teens to early 20s (was perfect good girl at school) - ecstasy, cocaine, alcohol, marijuana.
antidepressants started late teens - on and off until now (not had lexapro for 5 yrs... been on many diff ones, and oxazepam to sleep)
rehab - 23yrs old for various things - depression + any substance to escape, eating, movies, anything
completely clean + sober of all things 26yrs - 31yrs old - 6yrs
many laparoscopies in 20s, 30s for endo
then turned into anxiety/PMDD
enlarged turbinates nasal surgery late 20s
gastroendoscopy late 20s early 30s - leaky gut
5yrs + 11 full cycles of IVF - early 30-35yrs old
31/32 yrs started drinking again, no issues after having to counsel someone having an abortion while having IVF. I sponsored many women to get sober, spoke at schools, women's prisons, ran young people conferences for years, spoke every night of week from floor of meetings for 6 years. Felt had given enough time to that and was time to focus on my family.
MTHFR - homozygous C677T - skype seeiosn with Dr Ben Lynch + went paleo, told would never have biological child but didn't take no for answer and saw doctors overseas brought treatment back to Oz
Highest dose of all IVF meds (probably way over recommended levels, high dose prednisolone for months on and off a few years, developed moon face/hair on face... fell preg for 1st time on 11th/last cycle)
2013/35yrs - ovary torsion went almost septic - emergency surgery to remove ovary from all the IVF stimulation at 9wks pregnant
then at 16wks preg ovary surgery scars infected in hospital again. was on steroids + valium to hold pregnancy, stripped of those overnight + sent home - didn't sleep for 3 nights then went into a hyper-manic steroid induced psychosis - ambo - Belmont psychiatric hospital in post natal ward with crying babies while could feel baby coming down birth canal. 11 days. given seroquel to sleep.
2014 - after son born given lexapro, Seroquel
double umbilical hernia with mesh put in - 2020
hospitalised end 2020 for nervous exhaustion/breakdown - diagnosed with trauma induced adhd, anxiety... given Vyvanse, benzos, checked myself out as none of it helped
Flu vaxx injury 2020 - son vixx injured too developed PANS
pneumonia 2021 - then rib cartilage pain, heart specialists, arrhythmia, heart monitor 24hrs, calcium score 10 should be zero - cholesterol 6.2 doc wanted statins I said no... ancestral eating, Kultured wellness
mould illness 2022 Brisbane floods
2024 - started treating homoeopathically - healed endo with staphysagria + Lachesis
Aug 2024 - October - Lachesis + Syphilinum + strep tilch - felt better than I had in 20yrs - all habitual things that had crept back in not to a bad extent just I wasn't being present as was in so much pain (drinking, flower) completely resolved... very different than trying to stop something, I just didn't even think about doing them as felt content and at peace.
October 2024 - trauma started to come up that I hadn't talked about in 20yrs + had never told family had happened to me. The only way I could cope with it was by believing it had happened to someone else. I finally said it outlaid and told my parents in October 2024. Since then things have been unravelling health wise.
Dec 2024 - perioral dermatitis started, and got worse and worse for months. then Seb term, then fungal on face. eczema started across eyes. scalp on fire, heels deeply cracked til bleeding for years by now.
Dec 2024-feb 25 - thuja/medhorinum hoping perioral would clear, just kept getting worse and worse. tried so many homeopathic remedies to no avail from Feb 2024 -

Please list all accidents, injuries, diagnoses, surgeries, now etc. that you have had, including the date of the event or diagnosis:

Easter 2025 - found out not sure of paternity of my father, huge trauma coming up, many secrets kept from me in family, still unresolved.
Perimenopause prob a couple years, slight hot flushes not too much
Full body hives started about 2-3 months ago - out of nowhere happened twice - never allergic or hives before
Then ambulance called 2 weeks ago - thought was going into anaphylactic shock - couldn't breathe or stop shaking, face bright red and eyes almost swollen shut, face broke out in eczema type stuff.
ER 3 times in 8 days then admitted for 5 days in hospital - out Friday night 1/8/25
Xray from 1st ER trip said shadowing on both lungs, Kerley B lines, interstitial oedema. Huge chest constriction and collapsing at home, crushing fatigue difficulty breathing.
When admitted had chest CT + heart ultrasound - all clear. bloods all clear. d-dimer all clear.
Docs said mystery infection in lungs (sounds like bs to me) which had inflamed them and set off mast cells.
Prescribed famotidine 40mg, Ventolin + valium. I believe it's all tied to trauma being held in my chest + gut issues.

Trauma/grief can be held in lungs I think and realising in hospital I have never held anyone to account of any of it. I jump straight to forgiveness as felt that is what God would want, but never expressed sadness, grief, felt a lot of shame for rape that I see now was not my fault. Forgiveness is beautiful but think it's probably healthy to feel the anger and sadness too for the things that happened but didn't allow myself to feel. None of these people father included have ever apologised to me and they are very much in my life, I love them, it's hard to navigate. I am an only child and my son an only grandchild. Very dominated by parents growing up, very A type, but they also suffered many traumas so I felt protective of them. Get very annoyed with brother in law coming to our home and expected to be fed like I am his mother and never helping. I try to express this and am made to feel guilty for saying anything as he is lonely but very selfish, I am very welcoming and giving but if I speak up or get annoyed I am the bad guy. Won't even help do dishes, not contributed one thing in 17yrs and we are expected to look after him and will have to do so if my in-laws pass. Even tonight after I have been in hospital for 5 days he texts to say sorry you have been unwell I will come over for dinner this week! never asks if convenient, always tells us this is what he is doing and his family has allowed this his whole life which is why he is alone and 50yrs old with massive drug and alcohol issues. I feel so upset at being put in this position and even after saying I need time to recover he still invites himself over and my husband feels guilty if we don't look after him. It makes us fight and I hate it gets in-between my husband and I who I love dearly. (sorry this is turning into a homeopathy explanation of my whole life as copying this to the homeopath I will be working with and seeing this week:))

Were you born vaginally or by cesarean section?	c-section
Were you breastfed as a baby?	No
Until what age were you breastfed?	She had pneumonia when 8mths preg with me in intensive care for 2 weeks and developed mastitis so zero breastfeeding.

Family Health History

Question	Answer
Please check all conditions that apply to your parents or grandparents:	Heart DiseaseArthritisStomach/Intestinal DisordersCancerGallbladder Disease
What types of cancer(s) have affected your parents or grandparents?	melanoma, pancreatic, great grandfather hardening of arteries from smoking- legs amputated, great grandmother breast cancer
If not listed above, please write in any additional condition(s):	weakness in lungs, bronchial - my mum allergies and hives a few times, grandmother, aunty, Father - gallbladder removed Mother - heart attack - 3 stents in heart 2 years ago
Mother's current age or the age when she passed away:	67
If deceased, mother's cause of death:	Nothing Entered
Father's current age or the age when he passed away:	66
If deceased, father's cause of death:	Nothing Entered

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Maternal grandmother's current age or the age when she passed away:	
If deceased, maternal grandmother's cause of death:	bronchitis chronic, was bedridden, chronic UTIs, many antibiotics, had blood clot in lung
Paternal grandmother's current age or the age when she passed away:	56
If deceased, paternal grandmother's cause of death:	melanoma
Maternal grandfather's current age or the age when he passed away:	80ish
If deceased, maternal grandfather's cause of death:	dementia, high blood pressure, possible heart attack
Paternal grandfather's current age or the age when he passed away:	57
If deceased, paternal grandfather's cause of death:	pancreatic cancer

Female Reproductive System

Question	Answer
Do you feel your libido is adequate?	Yes
Are your periods regular?	No
Age of your first period?	12
How frequent are your periods on average?	can go a couple months zero period then last 2 months bang on 30 days
How many days is your flow on average?	6-7... and back to bright red blood... used to be 3-4 and very sparse for years
On average, how heavy is your flow? (light, medium or heavy)	medium now
Do you experience cramps?	Yes
How severe are your cramps? (mild, moderate or severe)	severe now again past 2 months... had healed endo with homeopathy but since shit hitting fan last few months painful again
Do you experience PMS?	No
How severe is your PMS? (mild, moderate or severe)	I used to have severe PMDD but now I am not relieved or mood change when I get period, used to feel immense relief mood wise
Have you used hormonal birth control?	Yes
When did you use hormonal birth control and for how long?	not long - maybe 1 year in early 20s
Are you currently pregnant, or could you be pregnant?	No
How many months pregnant are you?	Nothing Entered
How many children have you delivered and how were they born (vaginally or by cesarean section)?	1 - c-section
Were there complications associated with these births? If there were, please elaborate:	I was on blood thinners up to date before so had to be scheduled to hold pregnancy... very traumatic pregnancy on bed rest from heaommoraging from 6wks wheel chair from bed to toilet even.... ovary torsion... psych ward... very traumatic
Did you receive antibiotics during labor?	not sure
Have you undergone fertility treatments? If so, what kind?	yes - IVF x 11 + 2 or 3 IUI... Chinese herb, acupuncture tried other things first
Are you perimenopausal?	Yes
When did your perimenopausal changes first begin?	maybe 2 years ago
Please list your perimenopausal symptoms:	hot flushes now with hives extreme irritability hair loss about 50%
Are you menopausal?	No
When did you have your last period?	Nothing Entered
Please list your menopausal symptoms:	Nothing Entered
Do you currently or did you previously have breast implants? If so, please provide details.	no

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