

## Record Thomas Addison

Client D.O.B: 30/05/2003

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 07/11/2020 14:19

Appointment Date: 06/11/2020 18:00

### Core symptoms

#### MOOD

The main reason is that Tom has said he is willing to try and do a blood test with something like Panadol ( Valium maybe?) to help he stay calm....What???

We are thinking this is too good to pass up ( its been a year since his operation) and are wondering if you could let us know what you would recommend getting tested for and then we will go to our GP and get the referral.

He may chicken out at the last moment but wow, we would like to try while he's thinking he may attempt it.

I would also like to do a quick review of both Tom and myself .....both going well just wondering if we need to change/stop any of the supplements?

NOTE scripted diazapeme for anxiety and muscle spasms, so he can get his bloods done

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

current blood test request is:

FBC

LFT

TFT

TTG- coeliac antibodies?

Chol/ TG

U/E/C - kidney function ie urea/ creatinine, electrolytes

### Diet

### Herbals & Supplements

#### BODY SIGNS

Nails

Palmar

Eyes

Tongue



## Record Thomas Addison

Client D.O.B: 30/05/2003

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 18/09/2020 09:51

Activity Date: 18/09/2020 09:51

### Contact

#### Email or text

Hi Ruth,

I just had a thought last night after talking to you.

The only other thing I have added into Tom's script that's new is the L-Glutamine 1/3 teaspoon twice a day.

I don't suppose this might be an "overdose" that would be causing the " chicken skin/dry elbows/pimples on bottom that we spoke of?

REPLY

Hi Jennine,

It shouldn't really. It's more likely to affect gut health eg diarrhoea, or mood eg more aggressive or irritable, because these are 2 key areas of the body it targets.

It could still cause an adverse or allergic reaction such as hives and itchiness and swelling of eyelids, because we can be allergic or sensitive to anything. But that doesn't sound like what's happening for him.

I had a check and there doesn't seem to be any record of glutamine causing dryness and itching.

Good detective work though.

Ruth

## Record Thomas Addison

Client D.O.B: 30/05/2003

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/09/2020 14:23

Appointment Date: 17/09/2020 14:15

### Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

SHORT APPT WITH QUERIES

stops 11 times a night with his sleep study, this is classed as mild apnoea ie his brain switches off 11 times an hour

he was holding his breath for too long so mum wanted him to have a sleep study

1. Tom's "chicken skin" lumps seem to have reappeared on the top of his arms and I couldn't remember what you suggested to add into his vitamins when this happens?

Might be the zinc and B6 cream we were using. Last script was Sept19

2. Tom's "dry itchy elbows" has become more noticeable again. I think it was something added to the cream I used to rub in his feet for this? but couldn't remember.

Maybe the cream will help for this again

3. Tom has an opportunity to spend a few nights sleeping on a moored catamaran with his dad next month and Wayne was wondering if Tom can take travel calm ( to avoid sea sickness) with all the medicines he is currently on?

has Dimenhydrinate 50 Mg, Hyoscine Hydrobromide 0.2 Mg

should be fine re the nutrients. Side effect might be dry mouth or drowsiness. Maybe even a rash.

4. getting coarse pimples on backside and a little on his upper legs.

It could respond to the cream as well.

Discussed reasons for the skin changes: Vit A, omega 3, Vit D. All of these he is being supplemented with. so could be a need for the zinc and B6 again or it could be signs of gluten intolerance.

He has been having more bread than in the past ie 2 pieces maybe every 2nd day.

### Diet

Herbals & Supplements

BODY SIGNS

- Nails
- Palmar
- Eyes
- Tongue
- Skin/ hair



## Record Thomas Addison

Client D.O.B: 30/05/2003

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/07/2020 16:48

Appointment Date: 25/07/2020 16:45

### Core symptoms

#### MOOD

#### BOWEL

#### SLEEP

due to get a sleep study- will hold his breath for 13 secs at night when sleeping  
has cirtruline

Tom is not keen to do this because it involves hospitals so will see if this can be done at home  
he is having 1 serve of B12 powder- 1000mcg

he is only at school for 2 days and homeschooled in the afternoon  
has ritalin in the morning, 11am has 2nd ritalin mix

he is flapping more but mum is not sure if that is more gluten/ and he is humming more although only  
towards the end of the day  
needs his own space at 4pm so give him B12 then in cranberry juice

#### ENERGY

gluten is linked to flapping but does sugar as well  
he has mango sorbet 2 times a week, has a lot of tomato sauce, has almond choc milk  
milkshake for breakfast  
crumbed chicken and chips for lunch  
fruit for snacks  
fish or meat with salad

#### PAIN

#### OTHER

### Diet

### Herbals & Supplements

L glutamine does seem to help with

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

## Record Thomas Addison

Client D.O.B: 30/05/2003

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/02/2020 11:01

Appointment Date: 04/02/2020 12:30

### Core symptoms

#### MOOD

main discussion point of today is about the blood results, with many of them being out of range, but GP / paed said everything was fine

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

lots of signs of fatigue ie protein absorption is down, low B12, Low Vit D

however energy seems fine

intelligence is growing + reasoning + problem solving

has noticed he is maybe humming more, which he does when he is tired though

When ritalin wears off he comments that he wants more because he feels fuzzy

spurs are looking better on hands, so we could run the scf out

ritalin is 7.30am and 11am. They notice the effects of it run out by the time he comes home from school

after following a new supplement plan they think they will try no ritalin over school hols and see if his energy and concentration is still fine

he has no withdrawal effects eg he can stop ritalin and the following days there are no issues with mood or behaviour etc

sleep is still really bad and the melatonin is always needed

### Diet

### Herbals & Supplements

#### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Thomas Addison

Client D.O.B: 30/05/2003

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/07/2019 14:50

Appointment Date: 25/07/2019 14:45

### Core symptoms

#### MOOD

flapping still

more empathy and reasoning skills and compliance

delayed gratification skills

#### BOWEL

daily, sometimes sloppy, no longer panicing over any changes to it, Thick and sticky poo often. Large and sometimes dark with beetroot juice.

#### SLEEP

less anxiety over sleep- has a pet companion which helps- gets himself to toilet and back to bed without waking anyone.

#### ENERGY

quite active, esp compared to his friends.

#### PAIN

starting to get lumps on his finger joints which look like arthritis

#### OTHER

immunity has been good this winter

### Diet

not narrowed, but haven't expanded much either.

dinner: chicken or salmon, sometimes red meat, basmati rice, salad and fruit on plate, sometimes pasta

morning: shake with omega brain care, and a homemade juice (take it in a shot glass)

Lunch: popcorn, rice crackers, twiggy sticks, gf biscuits, 3 lots of fruit (varied) kiwifruit

home at 2pm: eats a small dinner

Bring in a protein powder to have at lunch at school

### Herbals & Supplements

stretch marks on his thighs- has grown in height and width

16yo

omega brain care AM and CLO AT with colloidal minerals and vital greens, Floradix Floravital.

GSH cream. Do we keep in the cream? I don't think there is a need for it any longer

is on low dose ritalin in the . morning

Add zinc 25mg, and protein powder. SCF for bony growths and CPMP for healthy appetite

### BODY SIGNS

Nails

Palmar

## Eyes

dark under eyes

## Tongue

## Skin/ hair

stretch marks from all the rapid growth

## Record Thomas Addison

**Client D.O.B:** 30/05/2003

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 19/05/2019 14:43

**Activity Date:** 19/05/2019 14:43

| Thomas Addison, Ruth Fellowes

Appointment 15-Jan-2016 12:00 pm

Note Last Modified 16-Jan-2017 8:33 pm

Still flapping, but has talked about stopping it 'when he is older'. Interesting to hear the maturity starting to come through. Nb stimming is often due to anxiety, so are there further ways to reduce anxiety?

Cognition has really improved per grandma's comments. Is showing some new perception and insights. Also improved problem solving. Expressing thoughts better and making comments about the future.

Does still get anxious easily eg scary movies are worrying now- has he becomes more self aware. So some activities have become scary eg could get hurt. becoming more fearful

has a pet therapist- Labrador- so walking more.

has moments of grown up times e.g. gets breakfast by himself and puts news on and doesn't flap. Mum has pointed out that at those times he doesn't flap.

Omega Brain Care- was able to do this for a while- mint/ (the omega oil) egg/ almond milk choc flavoured as a shake. has dropped off over Xmas.

Kombucha- not keen on it atm.

SUPPS

1/2 SAME atm. Do a whole one for the fear coming on. Does this in juice.

Digestive enzymes at lunch are being missed. Stop when finished?

SB still- leave out.

Ca/ mg bd

Vit E on feet along with the creams. Vit E- leave out when finished?? Especially if we bring in PC

vital greens has dropped off but could do this again in afternoon with a second dose of Omega Brain Care

DIET

Getting into crunchy potatoes more, rice, sugary food, gf pasta, loves his meats, salmon, tomato, cuc

(peeled), celery, cap, carrot, maybe 2 leaves spinach, fruit. rice crackers.

Vital Greens could help with this. SP96 for sugar cravings? Or just do MagCal? Likes salty tastes.

BOWELS- ok- no complaints of cramps. Doesn't seem to be a fuss anymore. When he eats gluten he will get a sore tummy the next day. He is aware of this too. Not a great appetite in general though- he is quite lean.

SLEEP- seems to be getting really good during the school hols- so is school etc etc too much and his brain wired? COMMUNICATION - being more verbal could be an important goal. However can speak well if he really tries.

MOODS- aggression is really dropped off. Is happier than before. has a dog to greet him in the morning- whinging has dropped off.

Is saying sorry more. Seems to be more conscious of others.

Having a growth spurt atm.

TO DO

Double the Brain Care- for cognition, reduce anxiety/ stimming, verbal communication

could switch the Vit E for Bioceuticals Liposomal PC - for cognition, verbal communication more so

Bring back vital greens (so as to have the second dose of fish oil) and to fill in nutritional gaps

keep up eggs and meat for methionine.

colloids- sp for sugar cravings, cpsp for moody teens, SPMP for future worries

| Thomas Addison, Ruth Fellowes

Appointment 10-Apr-2017 11:30 am

Note Last Modified 11-May-2017 2:35 pm

14yo now. Getting taller, and although lean mum notices strength coming through.

SLEEP Going good overall, however the last month has been different. too much bread being allowed in (gluten) and some dairy as well. He has also being tired and over stimulated from the term. This has been a setback due to birthday in early March. Could also be a hormone surge too as he is more agitated/ not able to follow instructions/ gets a bit crabby.

CONCENTRATION. Prior to infractions was following a routine really well, and being self motivated to do so, rather than just sitting in front of a screen. Thinking ahead more about planning his day.

MOODS. Still VERY shy in public. Flapping has picked up again over that last month. has a school psychologist working on anxiety for him. Generalised anxiety e.g. will say he feels worried about the day but doesn't know why.

ENERGY. good. Very appropriate for a young teen.

BOWELS. Sometimes explosive but overall good. Doesn't seem to be phased by explosive times anymore.

DIET. concerned as he is cutting back on foods again e.g. chocolate cake, and sausages (no longer wants the skins on them). Will eat: tacos and carrot, pasta and mince, tom, cuc , cap (only sometimes), pineapple, watermelon, strawberry, kiwi, celery (sometimes), corn, spinach (rarely), potato hash browns, salmon, chicken crumbed GF, sometimes steak.

BF. has his choc mint shake with egg for breakfast, then maybe some fruit

Lunch. Rice cakes and smear of Vegemite, maybe chips or rice crackers.

TO DO.

DE TRIAL. inositol, gaba and L theanine trial. Inositol during the day (empty stomach best) and GABA at night. Maybe he will do well on 5htp?

DISCUSSED doing HTMA to check zinc levels etc and an OATS test.

Email sent: 11.5.17

Inositol- take throughout the day because you may need to go high to get results. Goes well in a water bottle and will taste slightly sweet. 1 tsp= 3.5g of Inositol. Start at that amount and increase each day until at 2.5 tsps to get nearly 9g/ day. 9g is the amount that seems to work for a lot of people. Some need to go as high as 12 or 18g but I haven't had anyone yet who needed to.

The only side effects at high amounts is loose stools, which only tends to happen if you take the daily dose all at once.

GABA- for night time- 1/4 tsp to begin with and quickly build up to 1 whole tsp if needed. 1/4 tsp = 500mg GABA. Take GABA with L- theanine and start with 1 capsule. Can go up to 2 capsules.

| Thomas Addison, Ruth Fellowes

Appointment 05-Jun-2017 1:54 pm

Note Last Modified 08-Jun-2017 2:24 pm

PHONE UPDATE.

Food choices have dropped again, maybe due to winter. Not eating capsicum anymore. Will still eat a little tomato, carrot and cucumber. Eats crumbed meats, spag bol, rice, potatoes, still taking vital Greens powder daily. Will he eat meatballs?

Aggression has picked up a bit but this could be from being a teen boy now.

Unclear on how to dose for inositol and GABA. 1 tsp inositol = 3.6g. Want about 9g/ day for anxiety.

1/4 tsp for 2-3 days

1/2 tsp for 2-3 days

3/4 tsp for 2-3 days

1 tsp for 2-3 days

2 tsp / day - mix in with morning and night shakes? After 3 days increase to 3tsp/ day

GABA is just 1/4 tsp at bedtime to 1/2 tsp. In water or a little juice.

hair analysis test for minerals has been done- just sent off recently. Not yet done the OATS test though.

TO DO:

ENZYMES for appetite, or the citrus pillules. Send a sample down?

| Thomas Addison, Ruth Fellowes

Appointment 09-Aug-2017 10:00 am

Note Last Modified 10-Aug-2017 11:07 pm

Discussion of HTMA results.

1. Leaky gut likely due to poor absorption of the minerals
2. Na, K and P are too low = low energy
3. Co (B12) is too low
4. Lithium is non existant

Slow metabolism therefore too alkaline, low pancreas, low adrenals, low thyroid, low HcL

Can follow the food lists, however if juice is the only way to get Thomas to take his meds, then use them a little.

Needs Vit E, B's and emphasise the B1

Discussion of current needs:

cognition still good, emotions are better e.g. sympathy more evident. But lately he is getting very anxious about various medical appts e.g. his teeth need work but he will have to have general anaesthesia to do this. Very thin at the moment. Violence has picked up. Hums now when eating. Worried about his social isolation. I suspect these changes are due to the low mineral levels/ puberty/ ? hypothyroid?

Psych is questioning if there is ADHD and are considering a trial of meds. This will be up to the paed.

Has had HTMA before as a 8 mo and as a 3 yo. At 3yo it was the opposite of what we are seeing now.

While he is getting teeth done, they are planning on getting some bloods done as he will be under anaesthesia and won't be distressed about it. They would like a full thyroid screen plus coeliac test. (Note; they have had the coeliac gene test and he is clear ?).

there is a new approach of putting all DS kids on thyroid medication, even if the bloods don't pick up a need for it.

Mum is happy to trial the mineral balancing approach for 3-6 months first before adding in medications. I was happy that she was prepared to wait that long. However even for them even 12 months is not too long for them to wait.

Supps- has tried inositol, GABA, L theanine. Don't seem to have seen great results. Is doing SPMP x3?

Could keep this in whilst doing the mineral tonic.

New supps- Vit C, MagTaur (if possible for the Mg and B's), zinc and B6 cream- decrease zinc and increase P5P/ B6, bring in a magnesium cream, use Vit E again in smoothie, keep up the omega brain care, bring in a mineral tonic (needs to be in juice/ water and not the smoothie), keep up the veggie powder in juice. Glutamine/ SB/ bone broth for leaky gut. Do epsom salt baths? Do a regular Basal Body Temp?

| 28-Aug-2017 12:00 am | Thomas Addison, Ruth Fellowes

EMAIL

Just following up two of Toms supplements;

We are needing the new script for Toms Zn and B6 creams to reduce Zinc dosage. If you wouldn't mind writing one up and sending it through when you are able. I think you have also sent the script straight through to Lorn Village Pharmacy as well? We are happy to pay for this of course.

Tom is also happy to take the Mag Taur so are not needing the cream at this stage?

REPLY

Hi Jennine,

will do. Yes I send the script direct to Lorn and they contact you to confirm the order and arrange delivery. I will cc you into the email.

And that is great about the MagTaur! That does save on one less cream for him.

| Thomas Addison, Ruth Fellowes

Appointment 17-Jan-2018 11:00 am

Note Last Modified 18-Jan-2018 9:47 pm

Energy- good. He's busy and active, unlike last time when he was quite fatigued

Mood- Patience/ perseverance/ concentration - not good. But unsure if this is typical teen boy behaviour on tasks he's not interested in.

Solving problems better. Thoughts can get muddled at times. He is aware of his limitations though and is learning to work with that.

Gut- good. Occasionally bad wind. Stools good. But when loose eg with the mag taur (?) it can get quite sticky although the colour is normal.

Bloods review- needs active B's, more minerals, mag low despite long term supplementation, zn low again. Full thyroid panel not done, histamine not done, homocysteine not done. Stomach acid really needs to increase. This would also help keep the minerals at more consistent levels too.

now on Setraline 50mg and this is helping with anxiety. More chilled and relaxed. Sleeping better, more confident. Was asked by Paed to do 75mg but they didn't think it made much difference so took him back down to 50mg.

## DIET

meat, salad, basmati rice, plenty of fruit, not big on sugar except ice cream which he is crazy about.

## SUPP

Still doing the B6/ zinc cream. we had dropped back the zinc but will bring back up again.

Vit E used as needed, mixed into the cream to rub into his skin when it gets bumpy/ dry/ eczema like and it works well

Omega brain 2 tsp- which goes into a shake with a raw egg.

Vital Greens- still able to do this. Mixes into apple juice.

Is trying the MagTaur but only able to do 1/4 tsp as they thought it led to some looser stools. Nb was mixed in with the vital greens so maybe too much fibre plus mag led to this?

Tried the DE but it didn't seem to do anything - no notable benefits.

## TO DO

consider methionine/ SAME, inulin, EVOO, Vit D. Extra B1 as it is good for sulphate pathways.

| 16-Jan-2018 9:44 pm | Thomas Addison, Ruth Fellowes

email 31.12.18

Hi Ruth,

Hope your Christmas and new year has been good.

I know it has been a while, but we finally had an opportunity to get Tom's bloods done when he went under anaesthetic for dental work just before Christmas.

I would be grateful if you could book in a time to look over the results and then if I could make an appointment to skype with you to discuss them.

We have also ended up trailing him on Sertaline <sup>1</sup> after working with a psychologist toward the end of last year. He is currently on 50mg (we did try up to 75mg but found little gain so went back down)

We have noticed a marked improvement in reduction of his anxiety -he is somewhat more confident and a quiet a bit more flexible and compliant in daily living so, at this stage, think it is only fair to allow him this (despite myself wanting to keep him off such medications).

And just something to encourage you...I went to the Dr at the end of October after a 4-week cold with very thick mucus and the Dr said he hadn't been on antibiotics for 5 years! I was surprised and realised this was due to your help (and that I should have thought to contact you about his cold!)

| Thomas Addison, Ruth Fellowes

Appointment 02-Oct-2018 2:30 pm

Note Last Modified 03-Oct-2018 12:45 pm

16 years now

Food options have narrowed. He has coeliac gene so mum doesn't want him to have regular bread all the time.

BF- bought hash browns or milkshake (homemade with extra goodness)

Lunch- rice cakes & vegemite/ fruit (good variety)/ tomatoes/ Woolies GFDF choc chip biscuits/ plain kettle chips/ plain Sakata rice crackers/ GFDF FUDGE

Dinner- salmon, basmati rice, tomato, cuc, red cap, carrot/ crumbed chicken GF by steggles, cutlets (x1 week) or mince for tacos. So only eats red meat once a week. Mango or lemon sorbet (Weis). Eats a lot of potato (talked about how that feeds the good microbiome if it's been cooled- which it often is)

Does eat at McD maybe twice a month. Chicken nuggets, chips, lemonade. ONce a month has GFDF muffins & Boost juice with school.

Preference if for junk food. LOVES tomato sauce. Ham or bacon is enjoyed. Prefers rice over spaghetti.

OTHER

selectively mute with anxiety. About to be trialed for 2 weeks each on ADHD meds - one is Ritalin, not sure of the other one. Ritalin will be fast acting so mum will feed him up after school (2pm school finish). Nails are very corrugated, so back on the minerals.

Sleep- very restless, and has been checked for sleep apnoea before, needs to redo. He seems to hold his breath for up to 10 secs.

Might need to go on iron supplement. Ferroliquid or Maltofer. Needs to do Ferroliquid in a straw because it may stain teeth?  $3\text{mg} - 6\text{mg per kg} = 3 \times 55\text{kg} = 165\text{mg}$  of elemental iron.

Supps: 50mg Sertraline + brain Care oil + egg in a smoothies. Will add in CLO 1 tsp because he has bumpy arms and elbows again.

Vitals greens + 1/2 scoop Mag Taur- after school in juice. Suggest Cranberry juice since that seems to be tolerated with PST enzymes probs

Was doing 1 tsp Fulhealth Colloidal Minerals (finished) He can try Basica, otherwise do more of the fulhealth liquid and do as 20ml.

Do ES baths- he's not keen on baths because he tends to drink the water and the ES makes it taste bad. He could do foot baths, 3 times a week.

At night he has 2-3 ml of melatonin to get him to sleep.

| 03-Oct-2018 12:00 am | Thomas Addison, Ruth Fellowes

Brought the threadworm chocolate square for Tom this morning and then realised they are chocolate which are on the "not to eat" list i.e. ½ I will go back and try to get the other tablets this afternoon.

REPLY

You can probably do the chocolate just for this :) It's only once I think, and then repeat in 10-14 days, so I wouldn't worry about just those 2 doses of chocolate.

| 07-Feb-2019 12:00 am | Thomas Addison, Ruth Fellowes

email 7/2/19

Jennine - Hi Ruth,

Hope you are well. It has been great to get your group emails as always.

We have been away for the school holidays and are just getting back into routine

Toms is going very well thanks to your support. Happily heading into year 10 with another growth spurt and noticeable growth in emotional learning, compassion and delayed gratification! He was fantastic on our first "big" family holiday away flying to Hamilton Island ( although he did eat a lot of hot chips as his main food when eating out ).

Jera also did very well in her HSC and we were grateful for the iron infusion, the supplements and diet support. Jera is starting Uni next week at Newcastle studying BioTechnology. At this stage hoping long term for a career in genetic engineering! ( Wayne's inherited intelligence there I dare say!)

I am emailing also to ask if you may be able to do a new foot cream script for Tom with the same Lorn Village Pharmacy is it?

We ran out during the holidays and are keen to keep it up.

Please charge us for your time in script writing ( as the drs do) and will pay as soon as possible.

