



Record Jera Addison

Client D.O.B: 25/11/1969

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 03/11/2020 18:29

Appointment Date: 03/11/2020 18:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

has been in a drop in energy, due to uni assignments

PAIN

OTHER

soy milk makes her break out- suggest she try Bonsoy

send her handout on vegetarian proteins to check she is eating enough per day (bloods suggest she is starting to track low on that)

Diet

has been vegan for a year- discussion around latest blood test results and how she is tracking
suggest iron for just 2 weeks of each month, so that she can maintain her current good levels
suggest Ca supplement- Reparen- should notice a difference with improved energy

Herbals & Supplements

takes B12 at night x2

takes zinc at night- Bicozn which has 25mg

bring in MagTaur to help with demands of uni studies

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

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Client D.O.B: 25/11/1969

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/05/2019 21:15

Activity Date: 19/05/2019 21:15

| Jera Addison, Ruth Fellowes

Appointment 09-May-2017 4:00 pm

Note Last Modified 10-May-2017 10:23 pm

Discussion of test results. Concerns about skin- pimples constantly coming up, but not strictly considered acne, fatigue, some poor moods (irritability)

Iron is good, almost too good. Zinc is still too low. Consider absorption blockers i.e. phytates in grains and soy, diet low in protein, Ca taken at same time, too much fibre. Copper might be blocking zinc e.g. if low protein then maybe not enough Cp to bind to Cu. Folate needs to improve a bit more. B12 needs to keep improving.

DIET

BF- 2 hash browns and a protein shake

Lunch- 2 salad sandwiches on Helga bread, nut bar, apple

AT- cereal with almond milk, chips, fruit, toast (any of those options)

Dinner- salad and legumes, lentils as meat substitute, veggie sausages or patio, stuffed potato with lentils, veg pizza and salad.

Protein Powder is perfect protein at 1 full scoop. Needs 1.5 scoop to yield 27.6g. Legumes are maybe only at 1 to 1.5 cups. Eats cheese so also include cottage cheese, yoghurt e.g. Chobani in diet. Increase eggs e.g. at lunchtime.

BOWELS- daily stools, easy to pass, brown, formed. No bloating or any digestive distress.

| Jera Addison, Ruth Fellowes

Appointment 05-Jun-2017 1:30 pm

Note Last Modified 08-Jun-2017 2:17 pm

Phone questions with mum Jennine:

Jera is taking x3 zinc, EPO (x3?) as new supplements for skin care, and dry patches have gone but noticing

red patches remain from where the pimples were. Not getting new ones as much but old ones are possibly scarring. Mainly under the eyes and cheeks.

energy may not have changed. Is questioning if iron should be tested again.

| Jera Addison, Ruth Fellowes

Appointment 02-Oct-2018 1:15 pm

Note Last Modified 02-Oct-2018 1:43 pm

About to do HSC exams. Up about 6am and bed at 10.30pm/11am. So energy may not be great.

55g protein trying to keep up- Perfect Protein (whey)-

Using Elle Bache products atm.

Zinc/ echinacae/ C- Cenovis is helping with infections.

takes flaxseed oil- 1 tbsp- most days

Pale, dark circles, iron

Period- 5 days- light to medium.

Has problems with iron too high in blood, but ferritin too low. Wayne's side has hemochromatosis. All have the coeliac gene (not Wayne)

Mostly gluten free in the family. Only eats gluten occasionally when eating out. Dairy= Almond milk (soy milk caused deep cysts), yoghurt and cheese (tasty , Brie, halloumi sometimes)

| 16-Oct-2018 12:00 am | Jera Addison, Ruth Fellowes

16/10/18

Jennine - Jera had her bloods done Saturday week ago and received an Iron/ferritin Infusion last Thursday. She was very tired Friday but then picked up and has been very well this week. Thank you for picking up on this for her.

I am sending through her blood test results. Very happy to book another appointment with you if you think we need it from this new information.

19/10/18

RF - Ideally want to have both of those minerals sitting right at the very top of the reference range for energy and concentration etc. Instead of right at the bottom like they are now! Bring those supplements in for sure- magnesium in particular is important for helping iron to be absorbed. Both Basica and MagTaur are rich in magnesium and zinc, so they should help to bring up her levels. Might need to be on some form of magnesium and zinc for quite some time though with those low levels.

20/10/18

Jennine - Will make sure she has the Basica and Mag Taur. She is actually following your plan very well. Yes exams started for her on Thursday so the timing was good. She is noticing she is less tired and thinking clearer.

