



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 06/11/2020 18:06

Appointment Date: 06/11/2020 17:20

Core symptoms

MOOD

bowels are good- but no confidence in it ie still nervous about being far from a toilet

BOWEL

going daily now!

spinach, carrot, mango, ginger, cucumber- ADD FLAXSEEDS 2tbsp

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/07/2020 15:59

Appointment Date: 25/07/2020 15:55

Core symptoms

MOOD

BOWEL

bowel-can go at least once a day

sometimes it's perfect

other times it's a slow evacuation- 2 days of this and then might be good then 2 days slow again

has tried just taking plenty of vit C but she thinks. She thinks it's a cheese issue.

has stopped greek yoghurt but felt it might not suit her

will avoid cheese but try vaalia- and activa yoghurts

sometimes gets pain at night- brick moving pain- takes a few hours and then doing a bowel evacuation and

pain goes away- maybe twice a week

let's try

SLEEP

ENERGY

more energy with having magnesium and basics

PAIN

reflux has gone due to having the basics

OTHER

Diet

not able to stick to diet as well as possible due to school holidays and got a sugar rush as expected she would, but at least not getting as much as she would like

noticed fatigue and foggy head would come back in with the sugar
eyesight would be much better

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



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Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/06/2020 15:36

Appointment Date: 12/06/2020 15:35

Core symptoms

MOOD

brain is not hunting for sugar anymore

BOWEL

first 4 or 5 days it was terrible, and really loose like water
but now settled down
plateaued at weight, although did lose 2kgs
still slightly constipated but MUCH better than before
not going daily or consistent

is eating a cup of greens every meal
breakfast is ryvita, egg, kale, nuttelex
only drinking water, green teas, Basica
rice, potato, and sometimes cheese - tasty and brie
avocado
greek yoghurt
omelette, stew, ryvitas

she is really happy with this but she is not even missing sugar/ hunting for it

she has cut out processed meats as well due to the sugar

no bloating anymore

she needs to get cheap B12, has still been using sublingual
look at increasing fibre, vit C, trial no cheese

SLEEP

ENERGY

way better- not needing to sleep all the time

PAIN

OTHER

Diet

Herbals & Supplements

I will get her to stay on the supplements for another 2 months before thinking of reducing them or stopping them

She is quite conscious of not getting into sugar again and craving it

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



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Spectrum Health

Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/06/2020 15:27

Activity Date: 15/05/2020 00:00

Core symptoms

MOOD

BOWEL

DISCUSSION OF BIOSCREEN RESULTS

Note: strep doesn't need to be cleared out with Taiga because you base decisions to treat according to the symptoms. Since strep symptoms are low, no need to treat. Instead focus on the e coli because she has fatigue and gut motility issues.

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



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Spectrum Health

Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/03/2020 15:16

Activity Date: 16/03/2020 15:16

Comment or research

Lists side effects.

Actions:

Contrave combines naltrexone, an opioid antagonist, and bupropion, an aminoketone antidepressant that is a relatively weak inhibitor of the neuronal reuptake of dopamine and norepinephrine.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4218669/>

But it may improve thyroid function?:

<https://www.restartmed.com/contrave-weight-loss/>

Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/03/2020 17:29

Appointment Date: 10/03/2020 13:00

Contact

Email or text

email

Hi Ruth,

I have just booked a consult for myself for Tuesday March 10th at 1pm.
I was wanting to talk about 3 things and it may take more than 1 consult?

Firstly, I have blood results from early Feb that I wondered if you could look at advise me about. I have attached the results with this email.

Secondly, I have completed the FODMAP test under another dietitian recommended by our GP under the 5 visit health care plan, but would like your thoughts about the best way forward.
I reacted extremely to the Almond (Galactans) challenges with incredible constipation – which I did not expect and have been eating a lot of these foods in the past. I reacted next most severely to The raisin (Fructans – fruit Oligosaccharide) with loose stool motions – also a lot of what I have eaten in the past! And then also reacted, but not as severely, to the other Fructans trials with onion giving wind and bloating and both onion and garlic giving abdominal pain and confusion as to whether constipated or about to have a loose stool motion. Next in reaction level was bread (Oligosaccharide) which had the pain and bloating and mild nausea. And lastly the lactose had less of a reaction than I expected but still some abdominal pain. The remaining challenges had no reaction.....so now I am pretty confused as to what to eat and would love your help

Finally, I have also been trailing Contrave as a way to loose weight as recommended by my GP (she is very kindly persistent with my health)It has been incredible to see the way it affects my mind!! - food choices, brain craving/reactions etc...I have lost 7kg in a few months...however It does also have the side effect of constipation for me....interested in your thoughts with this.....

Record Jennine Addison

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

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/05/2019 21:16

Activity Date: 19/05/2019 21:16

| Jennine Addison, Ruth Fellowes

Appointment 11-Jan-2017 2:00 pm

Note Last Modified 08-Apr-2017 10:18 pm

has finished the parasite cleanse- did it well for 2 months. Struggled with the 3rd month so extended it a bit.

First 6 weeks was great. First few days was really bad diarrhoea. Noticed less bloating at least though. Still have anxiety over the bowels though. Only one bout during the 3 months which is a great improvement. Did wonder if the 3rd month would have really helped more though.

When doing it, noticed that gluten was not tolerated.

No cleanse for 3 weeks. Feels like there is a reversal. BUT not as constipated- and is also walking the dog more which will help with constipation. symptoms would be about 5.5/10 now compared to 10/10 before doing the cleanse. Whilst on it was feeling about 2-3/10 with severity of symptoms.

Has lost 3kgs during it.

Suggest a mini SIBO cleanse.

| Jennine Addison, Ruth Fellowes

Appointment 10-Apr-2017 10:30 am

Note Last Modified 10-Apr-2017 9:01 pm

BOWELS- did really well in the previous plan for parasites up until wk 8 and then didn't finish off with week 9. Bowels are doing well. However has noticed that gluten does seem to make her a little more constipated and she feels the bowels are 'unpredictable' i.e. may have sudden loosening. This does still cause some worry. The only gluten she has is bread. Uses GF pasta or biscuits. Suggest she do sourdough which seemed to suit in the past, or make her Oat and seed bread again.

Only dairy is a little cheese. Asked her to be careful with this re constipation. Try Pecorino sheep's cheese, or combination sheep/goats feta in supermarket. Try sheep's yoghurt i.e. non cows dairy options.

SUPPS. Still likes the MagTaur as it helps her stay on a good diet instead of bingeing (will binge on anything- but favours sweets foods or cheese and crackers i.e. more the creamy starchy foods? Using food as pleasure. Does better on x2 scoops a day, but for cost reasons cuts it back to 1 scoop. Suggest doing 1/2 scoop twice a day so she gets the consistent benefit from it.

Only doing x1 SFM Xcell, but thinks she prob does still need to do x3/ day but tries to cut back due to cost.

TO DO: DE TRIAL, INOSITOL TRIAL. She may need to do 5HTP.

| Jennine Addison, Ruth Fellowes

Appointment 05-Jun-2017 1:00 pm

Note Last Modified 08-Jun-2017 2:37 pm

Tried the DE at 1 tsp/ day. 2 tsp gives her constipation. At 1 tsp she needs to be mindful of water intake to make sure stools are good/ formed.

Difficult to take MagTaur x2. Suggest doing one with breakfast and another with afternoon tea.

Inositol tried a couple of times but not sure it helped.

5HTP not yet tried as not sure if she has already tried this before and it led to headaches. If using, x1 after school and x1 at bedtime.

Still waking at 2am/ 3am each morning.

Layer in the nutrients.

1. L theanine + GABA at bedtime 1/4 tsp
2. Inositol- 1tsp am +1tsp pm- best on an empty stomach
3. 5HTP- x1 after school for 3 days then x1 after school and x1 bedtime afterwards.

