



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/04/2021 14:05

Appointment Date: 26/04/2021 14:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

wants to discuss oxalates and if there is any benefit to his health

doesn't eat chocolate already

has never felt well since his hospitalisation for mental health- now he feels like he is foggy all the time

has cut back on bread to 2 pieces a day BUT he needs to go fully gluten free

send a plan on how to do the oxalate diet.

finished the CSIRO diet- still didn't lose a lot but he has thinned down on the face and less bloated looking- still only 3 kgs- did drop the alcohol and did drop the maccas though- so he is still eating ok

Herbals & Supplements

still has some inositol

halopideral is the medication he is on for schizophrenia - only 15mg

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/04/2021 14:26

Appointment Date: 12/04/2021 11:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

DISCUSSION AROUND THE CRUCIAL IMPORTANCE OF DIET FOR HIS WEIGHT

he gets allergy symptoms post juice fasts - and feels like eating makes him feel worse- but because he is hungry he has to eat- gravitates towards processed foods too much

nearly finished the CSIRO diet- he has thinned down on the face and less bloated looking- only 3 kgs- did drop the alcohol and did drop the maccas

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/02/2021 20:51

Activity Date: 24/02/2021 20:50

Comment or research

Dr narelle's viewpoint

- doesn't want him off the medication
- only thing with the bloods she was concerned was with the platelets

Allen

- does struggle with air at sleep- has to sleep on his side
- liver pain has reduced and sleeping better
-

REVIEW OF BLOODS

Hb- H- sleep apnoea, dehydration

Hct- H- same

RCC - H- heart problems

MCV - normal

RDW- H

WCC- L- since june 2020- protein/ D/ B12/ folate/Cu/ Zn (neutrophils low)

platelets- consistently low- B12/ folate/ hypersplenism/ meds or alcohol/ bone marrow suppression/ poor EFA balance

CRP - good but elevated

creatinine- increasing but still normal- why? Too much protein?

kidney function dropping

bilirubin- sl H- haemolytic anaemias, meds, salts

ALP- very L

AST- was high, then dropped, rising again- meds/ salicylates

cholesterol - too low- low zn/ mn/ efa's

glucose - improving

iron - normal

TSH- normal

PSA- normal

prolactin- reducing to within range- could improve more

Vit D- 123

testosterone- low normal- needs zinc

B12- normal- or is this artificial, due to history of high folate in 2677 nmol/L

urine- checked- presumably for sugars- clear

needs EFAs/ zn/ B12

meds are a problem

support heart health



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/02/2021 18:39

Activity Date: 08/02/2021 00:00

Contact

Email or text

Hi Ruth. Im very concerned about taking high blood pressure tablets for any length of time. Im also concerned that dr savage never responded to me when i said i wanted to take hawthorn. Which i prefer over drugs.

This is the second day of tablets/drugs for blood pressure. Ive already got dizziness and tiredness. Whats your suggestions please?

Allen

Hi Allen

I am not able to say yes or no to blood pressure medications - if I mess with scripted medications I will be in horrible trouble. I expect that Dr Narelle doesn't know anything about herbs so doesn't think it will work. Lots of people go onto the BP meds, then do natural work alongside that, and get off the meds.

That is an option for you I think.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/01/2021 10:04

Appointment Date: 19/01/2021 10:00

Core symptoms

MOOD

feeling really down with the weight

BOWEL

SLEEP

ENERGY

PAIN

OTHER

he's only on the 50mg injections monthly for schizo but it still has an influence on his weight (it would still be upsetting his endocrine system)

discussion about benefits of B12 to mental health- will get them tested- B12, active B12, and organise for MMA to be done too

Diet

discussion about using the csiro diet to get him into a routine. No reason why he couldn't use NDIS funds for it.

juice fasting was talked about but I want him to do the csiro total wellbeing diet

hasn't done the oxalate diet checklist

has the low carb bread from aldi- and skin tags are clearing up on his face and neck

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/01/2021 13:14

Activity Date: 19/01/2021 00:00

Contact

Email or text

Hi Ruth. A gp called me and said i had a blood test in june and she wont give me another until next june. She said the levels were normal and high. I dont know any more as her arrogance wouldnt allow any open convesation. She was very unhelpful. If you are aware of a gp that is alternative in Maitland area, please pass it on, i would be very appreciative.

Regards,

REPLY

There is a Dr who comes to Organic Feast regularly. She would be good. I think you have to pay to see her, or there is a gap to pay.

Her name is Dr Narelle Savage. I think you just ring Organic Feast to book.

REPLY

I cant go to organic feast. Brent fairns and greg in the cafe poisoned my coffee with epsom salts. They dont want me there. I have thought a bout that already.

REPLY

Allen this is your health we are talking about. Sometimes you have to fight the idiots for that.

You can go in the back way to the clinic rooms so that you don't have to see them.

REPLY

But they abused me for months to get rid of me while i was working there. I really dont want to go there again.

Ive joined the csiro total wellbeing diet 12 week plan!

21/1

Hi Ruth. Ive beaved up and have contacted dr savages receptionist and finding out more. Just letting you know. I hope i dont raise your stress and anger levels at all.

REPLY

Hi Allen,

Not raising my stress levels at all! Hope she works well for you, and congrats on fighting back.

Also saw your email with signing up with the CSIRO.

Fantastic.



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/11/2020 11:38

Appointment Date: 25/11/2020 11:30

Core symptoms

MOOD

2 new jobs now, one with Mabel which is the organisation

BOWEL

seems very sensitive- loose stools most of the time- but he is having fibre (inulin + GI restore) in water
doesn't have red meat much
sometimes has yoghurt with berries
hommous garlic dip
swiss cheese sometimes
usually loose on the first motion of the day in the morning
may go 1-3 times in the morning in the hour
eats bread every day with olive oil or peanut butter or vegemite- maybe 4

this has been like this for 10 years

TRY GLUTEN FREE/ WHEAT FREE/ INCREASE GI RESTORE
COULD BE MEDICATIONS

SLEEP

not sleeping deeply these days even though he is exhausted
will wake tired

ENERGY

not good at all
mental energy is very depleted- no brain power- foggy headed
physical energy

PAIN

liver- when bending down to pick things up- he notices the liver gets cramping- maybe lasts about 2 minutes.
feels out of whack all over

OTHER

Diet

when he eats he is hungry very soon after- he is finding this frustrating

could be prediabetic??

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/10/2020 16:43

Appointment Date: 16/10/2020 16:30

Core symptoms

MOOD

has lost his job- has lost his motivation

BOWEL

SLEEP

ENERGY

gets tired easily- will try collagen

PAIN

getting joint pain

OTHER

still gets a monthly injection for schizophrenia

BP checked and it's good

Diet

discussion about benefits of IF for weight loss- he is interested in doing 16:8 because he often doesn't eat breakfast anyway.

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/09/2020 16:03

Appointment Date: 04/09/2020 16:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

No energy due to weight and low testosterone- research this aromatisation
how to give him energy??
still has some tribulus

PAIN

OTHER

Diet

Herbals & Supplements

ORDER Eagle A-C

ORDER Bulk Nutrients B5 or a B complex- thinking the B5 gives him good energy

1/4 tsp = 1000mg so needs 2.5tsp.

ORDER Bioceuticals Male Essentials

ORDER GI Restore-

Tribulus

Prostaco

ORDER Methyl B

Udo oil is on hand - 2 tbsp will take

ORDER HOG ALA

sample Inositol? He is hanging onto past wounds and heavy from it and resentment. Will try inositol for this. Also good for this

Gut and mood: GI restore and/or probiotica- to switch out from the current slippery elm and inulin
can take inulin at 1 tsp
prefers clear zinc

still getting loose stools and has had for some time (I did not know this- which means he could be malabsorbing)

BODY SIGNS

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

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/08/2020 11:13

Activity Date: 20/08/2020 11:13

Contact

Email or text

Hi Allen,

I'm just really behind with emails/ texts.

I think you were asking about 2 things: amino acids and the use of capsicain.

Firstly, you actually haven't scored overly high on the amino acids so I don't think they will be as great a help as I hoped. However I keep coming across research linking gut health to schizophrenia, and for a long time we've thought gluten is a big problem as well. So these are the areas we should focus on.

Secondly, the capsaicin. I'm not keen on the idea because it's been around a long time (remember the lemon detox diet? Similar idea) and I don't think it does much by itself. It's not a weight loss cure, although doing it alongside other methods like calorie restriction it might work better.

ALLEN REPLY

Ok Ruth. Thanks for letting me know. Can work on the gluten and work on gut health yes. Ive found out why i have enlarged liver and spleen. I fart a lot and always endeavoured to make a big effort doing so. When i make the effort the pressure goes to my liver. The blood pressure, and i feel this has made the enlargement. From constant pushing. If i can get help for my gut health and lower the excessive gas may help. And to stop pushing out the gas so the whole neighbourhood hears it.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/08/2020 10:16

Activity Date: 13/08/2020 10:16

Contact

Email or text

Hi Allen,

I'm just really behind with emails/ texts.

I think you were asking about 2 things: amino acids and the use of capsaicin.

Firstly, you actually haven't scored overly high on the amino acids so I don't think they will be as great a help as I hoped. However I keep coming across research linking gut health to schizophrenia, and for a long time we've thought gluten is a big problem as well. So these are the areas we should focus on.

Secondly, the capsaicin. I'm not keen on the idea because it's been around a long time (remember the lemon detox diet? Similar idea) and I don't think it does much by itself. It's not a weight loss cure, although doing it alongside other methods like calorie restriction it might work better.



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/07/2020 16:33

Appointment Date: 23/07/2020 16:30

Core symptoms

MOOD

priority- weight loss, energy

but at least liver is not aching since he has stopped drinking for 3 mths

BP has gone to normal now

still really worried about his meds messing with his health

50mg monthly injections for schizophrenia now- he has been off it before- but had to go back onto it because his emotions weren't being regulated well enough

prostrate health- still a problem though not as body- just the urgency of it.

talked about having tomato paste in his meals- about 1 tsp nightly.

BOWEL

SLEEP

ENERGY

PAIN

OTHER

vitamin C supplements make him sneeze? (always have)

Diet

hasn't had alcohol for 3 mths

Herbals & Supplements

Review of his vitamin supplements

takes zinc, B5, vit C powder in a drink bottle - makes him feel better and the mood lifts. Notices he seems to sneeze when he takes vit C though. (no idea why). Increase vit C to 2 serves a day instead of 1 for stress.

has MH tribulus - but not sure if it's working for him- 3.5ml twice a day

MH Hawthorn- 3.5ml once a day

Fibroplex MagActive is being done, just having x1 in the afternoon to help relax him. It relaxes him well so could do another one in the morning.

Inulin- still has some left- still lots of wind but not cramping- takes 1 tsp

MH probiotica -

Green powder- all 3 of them are mixed together

still has some Adrenotone- gives him a boost

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/04/2020 20:53

Activity Date: 17/04/2020 20:53

Contact

Email or text

text msg and then an email reply

REPLY

When you say you want to know what to tell the GP about the services, do you just want a sentence to pass on?

I suggest for a quick summary, just using this:

Allen's goals are centred around developing healthy eating habits and practices, for not only weight management, but for mental health and wellbeing. Suggested goals have been:

1. To develop an understanding of what is healthy eating, for his situation and health needs
2. To learn how to maintain mood health through diet and lifestyle
3. To learn how to minimise the need for medications and their side effects, through diet and lifestyle

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/04/2020 13:49

Appointment Date: 03/04/2020 12:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

COMMENT: his injections always make him gain weight- if he goes off it he tends to lose weight he really wants to get off it again but he can't until he is stable- Service Manager at Mental Health Services helped him get him off it last time

on lowest dose possible of 50mg/ month of the injection- in the past this is what he did and then had tablets as back up

Long discussion about the value of talking with GP and raising concerns about how the medication is halting his weight loss, and he has a number of other health complaints due to his weight gain (pain, pre diabetic, sleep, energy).

PAIN

OTHER

discussion about GP needing reasons for using support services- I need to write up some goals for the GP

Diet

Discussion about still current priorities: prostrate health, liver, spleen, weight

Energy is really low and motivation to exercise isn't there

i still want him to focus on more veggies and less carbs esp bread and pasta but he he does swing up and down with this eg weeks when he does well - almost extreme- with juicing and then weeks when he lives off \$3 pies.

Tummy weight looks to have gone down a little though (he hasn't measured himself to check though)

Herbals & Supplements

Still conceredn about the amount of supplements he continues to take. he keeps trying to add things in. I have let in inulin for gut health and a herbal mix for his immune health.

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/03/2020 15:01

Appointment Date: 12/03/2020 15:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Discussion about current priorities: prostate health, liver, spleen, weight

Wants testosterone to go up and prolactin to go down (the prolactin is prob up due to his medication though for schizophrenia)

Hypertension is getting bad. Last time it was 200 (over?)

Energy is really low and motivation to exercise isn't there

Diet

Has reduced alcohol, has green tea, no coffee

Herbals & Supplements

Expressed concern over the amount of supplements he continues to take and has been for most of the time he has been with me. Went through them all and cut it back to a handful.

Asked about having Hawthorn because he used to do well on it in the past he thought (better mood).

Asking after it too because he read it helps clear the excess fluid and will support his health and BP

Fibroplex MagActive x3- good nutrients for energy, mood, blood sugar regulation

B5 powder at 10g/ day- for weight loss, mood, mental energy and motivation

Inulin- as a prebiotic fibre- has some at home- it does make him windy but it's just air, and doesn't smell

Slippery elm- as a gut food- has some at home- his gut feels settled on this

Prostate tablet - he wants ashwaganda to boost his testosterone too

discussion about a herbal mix for the winter season and Corona virus impact:

Echinacea 150ml

Lemon balm 100ml

Astragalus 150ml

Golden seal 100ml

total 500ml 7.5ml bd

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 27/01/2020 16:24

Appointment Date: 25/01/2020 10:00

Core symptoms

MOOD

edited: due to a problem with PD notes were not autosaved and notes were lost without realising

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

follo

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/12/2019 09:48

Appointment Date: 09/12/2019 12:15

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

I am really concerned about the inflammation going on in my body. E.g. enlarged liver and spleen, enlarged prostate.

Diet

Discussion about importance of diet to release inflammation and not to focus on supplements so much.

says he has cut out bread, (wraps are still in though)

has reduced alcohol

doing my best with eating well

stopped coffee and into the green tea

although the changes are good I suspect it might be too little and maybe even too late

Herbals & Supplements

wants to do MG ultrainflammx as a meal replacement- he did really well on it before. Agree.

need to swithc out magtaru as it is out of stock for 2 tablets.

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/11/2019 13:40

Appointment Date: 19/11/2019 14:00

Core symptoms

MOOD

about to apply for a job

BOWEL

loose stools still

SLEEP

had a really disturbing dream last night- sometimes crying in sleep lately

he's wondering if he is too hot

bad dreams for about a week

ENERGY

PAIN

OTHER

has been doing a walk for about a month, once a week with the park run

work makes him tired so this is why only week

walking does

Asked him to fit in more frequent walks and they only have to be 30mins

Diet

has been doing some beer lately (told him off about this for his liver sake). Budweisser light.

no longer on lo cal. Couldn't afford to stay on it so back on the pies

has stopped drinking coffee

has run out of supergreens powder and Aldi don't have any atm. He liked this.

He's very worried about his weight.

I suggest: no bread, no pasta, no rice

Bread --> ryvitas

Pasta --> brown rice or potatoes

Rice --> brown rice

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/10/2019 09:17

Appointment Date: 10/10/2019 09:15

Core symptoms

MOOD

feeling very flat and discouraged about the world

BOWEL

clogged up a bit- due to not having enough water with psyllium husk

SLEEP

harder to get to sleep even though he is exhausted from doing his detox. Has stopped coffee too.
get some sunlight

ENERGY

PAIN

OTHER

prostate health- quite large

liver health- gets pain from it from

Diet

has gone on a diet with his girlfriend. Very low cal. 10 days.

snacks of mixed nuts, salad and juice unlimited. Reintroduce plain food after being on just this for 4 days.

Has suggested he use brown rice instead of white rice as part of the reintroduction of foods, to avoid getting sugar cravings again.

3rd day on the diet and feeling tired

having lots of tea and water and psyllium husk and inulin or he will do a vegan protein shake

will also use spirulina / greens combo powder - has 1 tsp in water. Can do about x6 if he wants

still having wraps though! with lots of salad

Herbals & Supplements

asked me to look for a prostate multi because it is so enlarged

suggested silica-to help expel urine- but he wasn't interested because it was going to be an extra tablet
whereas he wants things that are multi tasking (?)

might need extra B12 to help with moods and energy but wait and so how he feels after the detox

BODY SIGNS

Nails

pale, some are corrugated, one thumbnail is heavily so

Palmar

good

Eyes

pale

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/07/2019 22:14

Appointment Date: 10/07/2019 13:15

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

acute care- headache, clear mucous, sore back, sore throat.

had a growth cut off his tongue recently (non cancerous) from when he kept biting it with an ulcer (sounds like scar tissue).

Diet

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

Suggested herbs would be ideal as an acute tonic.

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

IRIDOLOGY R

R eye

IRIDOLOGY L

L eye



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/06/2019 13:52

Activity Date: 17/06/2019 13:52

Contact

Email or text

email

Hi Ruth I've had an exciting time with making a batch of curry powder using ingredients in my pantry. Except ginger. Didn't have any. But I managed to invent a french/Indian toast.

Eggs whisked with oat milk, mixed herbs, salt with the ed curry powder. Bread soaked and then fried with olive oil.

Then for dinner I sprinkled curry powder over diced chicken pieces sauteed while rice with olive oil salt and curry powder cooked. And mixed vegetables steamed with mixed herbs. Then added to make a fried rice type dish but with curry.

What you think?



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/06/2019 21:36

Activity Date: 13/06/2019 21:35

Contact

Email or text

EMAIL REPLY TO TEXT MESSAGE ABOUT ENLARGED LIVER AND SPLEEN

Hi Allen,

The spleen can become enlarged when there is a problem with the liver. The varices in the spleen mean that there are enlarged blood vessels in it. Basically both the liver and spleen are struggling to do their job because they are too large.

An enlarged spleen can mean you might get more infections because there aren't enough red and white blood cells getting pushed into the bloodstream. To get it healthier again, will mean working on the reason why the spleen became large. It can be due to a bacterial infection, but in your case it would be because the liver is large.

Having both an enlarged liver and spleen will make you really tired.

The best thing you can do for both of these is a light diet. Lots of vegetables (lightly cooked because it's easier to digest), a little fruit, a little meat, low fat and low carb.

Foods that work well for the liver and spleen:

- Seeds
- Legumes
- Kidney beans
- Sweet potato
- Brown rice/ rice
- Oats
- Ginger
- Broccoli sprouts/ broccoli sprout powder
- Cherries
- Hemp seeds

Foods to avoid:

- Icy food or drinks
- Refined sugars and carbs
- Dairy
- Fats in general

Lots of warming foods- so curries, soups, casseroles, ginger teas, rather than raw vegetables, juices or salads.

The diet will be important for quite a few months. At least 3 months, and depending on how bad things are, it could be 6 months before you can bring in some more healthy foods back in.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/11/2019 19:22

Activity Date: 13/06/2019 00:00

Contact

Email or text

EMAIL

Hi Allen,

The spleen can become enlarged when there is a problem with the liver. The varices in the spleen mean that there are enlarged blood vessels in it. Basically both the liver and spleen are struggling to do their job because they are too large.

An enlarged spleen can mean you might get more infections because there aren't enough red and white blood cells getting pushed into the bloodstream. To get it healthier again, will mean working on the reason why the spleen became large. It can be due to a bacterial infection, but in your case it would be because the liver is large.

Having both an enlarged liver and spleen will make you really tired.

The best thing you can do for both of these is a light diet. Lots of vegetables (lightly cooked because it's easier to digest), a little fruit, a little meat, low fat and low carb.

Foods that work well for the liver and spleen:

- Seeds
- Legumes
- Kidney beans
- Sweet potato
- Brown rice/ rice
- Oats
- Ginger
- Broccoli sprouts/ broccoli sprout powder
- Cherries
- Hemp seeds

Foods to avoid:

- Icy food or drinks
- Refined sugars and carbs
- Dairy
- Fats in general

Lots of warming foods- so curries, soups, casseroles, ginger teas, rather than raw vegetables, juices or salads.

The diet will be important for quite a few months. At least 3 months, and depending on how bad things are, it could be 6 months before you can bring in some more healthy foods back in.

Ruth

REPLY

Hi Ruth. I have had flu like symptoms for many months. I've suspected some infection of some sort. After you mentioned bacterial infection it sounded like what is wrong with me. Can you offer me any appropriate herbs?

Sorry, I've misinterpreted what you said

EMAIL

Hi Allen,

no you got it. The reason why you kept feeling unwell is because the spleen wasn't working well enough.

But a big reason for it becoming sluggish is due to what you eat, and because the liver has been struggling for a while.

Yes I did mean no raw veggies or juices. Your body needs everything to be easy to digest, and it's perfect timing with winter. Soups, slow cooked meals, roasts etc are all good. If you crave a raw vegetable, then go for it, but the bulk of your veggies should be cooked. Think of an old fashioned diet where everything was all cooked together. Porridge for breakfast. Soup for lunch. Roast for dinner.

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/05/2019 14:47

Activity Date: 23/05/2019 14:47

| Allen Higginbottom, Ruth Fellowes

Appointment 08-Feb-2018 3:00 pm

Note Last Modified 08-Mar-2018 4:02 pm

Enlarged spleen but thinks there might be liver problems because of how it can feel at night- feels full and congested. Nothing remarkable apparently on his bloods though.

Has Schizophrenia- uses meds- dropped them in the last 2 yrs but then things slowly escalated and needs to be back on them.

Prime concerns: loss of energy, weight gain, BRAIN FOG. Symptoms suggest lots of adrenal dysregulation. Knowledgeable about healthy foods and supplements. Struggling with eating well atm. Needs simple ideas.

| Allen Higginbottom, Ruth Fellowes

Appointment 06-Mar-2018 4:00 pm

Note Last Modified 09-Mar-2018 1:33 pm

Had a back bad- possibly pulled it with injury. Much better. Epsom Salt baths.

Will look at getting pyrroles test done and will get some magnesium.

Adrenotone at x6/ day is just kicking in- possibly been on it for 3 weeks. Would prefer to try a herb mix and see if that works better.

Enlarged liver and does get an ache with this. Also pointed out cherry angiomas- liver. Has polyps on gall bladder.

Brain fog is just starting to clear.

Coffee given up.

Gets Paliperidone injection x1/ mth 75mg which is his meds for Schiz. He does notice a drop in moods etc when it is getting close to the month. Also known as Invego. Blocks dopamine and 5HT2A.

Didn't get any inulin yet.

TO DO

lots of liver support, but don't want to reduce the meds effectiveness so watch for interactions. Focus on adrenal support for now to pick up energy, then diet and bowels for elimination, then liver health. Begin with ES baths. Research meds and if there are things we can do to mimic the meds.

| Allen Higginbottom, Ruth Fellowes

Appointment 27-Mar-2018 4:00 pm

Note Last Modified 26-Apr-2018 9:36 pm

Brain fog is a big problem, lacks energy

Has A+ bloods so prob does well on lots of veggies- but he just struggles with junk food cravings and although has felt better on veggies he just can't be bothered making them.

Talked more about diet today eg protein pizza recipe with veggies, getting more olive oil into his diet, having lemon juice or ACV at breakfast, reducing gluten eg oats and sourdough bread as only gluten sources.

Low platelet count - spleen enlarged - liver congestion.

apparently has glaucoma in both eyes- is it due to blood sugar??

| Allen Higginbottom, Ruth Fellowes

Appointment 26-Apr-2018 4:00 pm

Note Last Modified 26-Apr-2018 9:39 pm

Is doing well with the inulin up to 2tsp/ day with no ill effects. Asked about probiotics- he can do them but it's not necessary. He said he felt better with probiotics and probiotics together re bloating.

Also felt good when he did the metagenics detox powders and was eating more veggies. Now with Schiz medications again he is finding it hard to get motivated and eat better.

ALA does help with energy and less food cravings. Suggested he try chromium as I think it is better for sugar cravings. He has bought in beer which we discussed that it was not good with his meds; will add to weight gain; and not good for his liver. His perception was beer was milder on the liver. Mentioned that if anything, red wine was better but for now he will have to stay off the alcohol.

Key health points: gallbladder polyps, enlarged spleen, enlarged liver.

Need to work on adrenal health, insulin balance and weight. Be mindful of schizophrenia.

Apparently has low platelets (but don't have bloods that show that- blood is thin, has trouble with fish oil (or vit C) with blood nose. Low platelets can be due to heavy metals. Need more protein to help increase levels.

TO DO Keep appts short so we can do more with supplements

Diet- preferably gluten free or grain free may be better. must be alcohol free (maybe red wine in the future). Food intolerance test?

For symptoms: Adrenotone x3-6/ fish oil x4/ cardioX x2

For detox, add in: methyl B's/ zinc, b6, C for 2-3 months Maybe B3 at 1g/ day but would need to monitor liver health

For support, CNS add in: vit D, insulin mgt, NAC for oxidative stress.

| Allen Higginbottom, Ruth Fellowes

Appointment 08-May-2018 10:45 am

Note Last Modified 08-May-2018 12:02 pm

MagTaur- feel a bit sharper and more alert and better mood. Less flat. Chromium seems to give him energy.

Eating a lot of bread because money is tight. Don't usually eat frozen meals but has been lately.

Goal: start with a good breakfast eg bacon and egg muffin, porridge, Bircher muesli, smoothie and something else, baked beans and poached eggs, will get in Deeks bread, garlic cannellini beans

Next goal: do more veggies and smoothies eg used to like doing to have more veggies eg steam veggies and add herbs and olive oil and eat that.

Sleep is not good as stressed about money- just can't get the income in consistently.

Wants to do another juice fast soon and will do the epsom salt baths every day for that as well.

Added in Swiss multi Over 50s as he feels better with it x1/day.

Water intake: couple of litres- 1.5L to 2L. Has a basic water filter.

Has apple cider vinegar in warm water and helped settle his tummy bdown

| Allen Higginbottom, Ruth Fellowes

Appointment 22-May-2018 10:30 am

Note Last Modified 22-May-2018 1:23 pm

Iridology for this visit. Hazel eye, with deep brown heterchromia over digestive zone. Widespread dare fibres radiating through taht area. Faint stress rings. Discussion about the importance of veggies in his diet to support liver and gut health.

Check on breakfast, ACV, water intake. Water intake- doing well. Helps his belly feel more settled. Has been doing ACV in water. No changes to breakfast- has vegemite and toast.

1 tsp of inulin is causing wind, can be a bit smelly at times. Reduce to 1/2 tsp and bring in probiotics.

Loose stools in morning atm. If any further stools they are formed.

His meds are via monthly injection now but in past they used to be oral. Has read how these cause lots of microbiome problems so keen to support gut health.

glycine for schizophrenia and BSL- see health wise notes on amino acids

| Allen Higginbottom, Ruth Fellowes

Appointment 13-Jun-2018 1:30 pm

Note Last Modified 13-Jun-2018 3:11 pm

Mood is stable

Energy is stable

Concerned about increasing cloudiness in eyes, due to possible glaucoma. Needs to regulate blood sugar and maybe blood pressure.

Discussion about weight loss: just hungry all the time. Unfortunately the meds will be doing this. On another juice fast currently. Prefer him to do meal replacement shakes instead of juices. Needs more protein in him. Will jazz up the shake with extra fibre and supergreens.

Might do well with EMDR, and HIT 100 is a meal provider under the NDIS.

| Allen Higginbottom, Ruth Fellowes

Appointment 19-Jun-2018 1:30 pm

Note Last Modified 19-Jun-2018 2:37 pm

Mood- feeling good, feel less flat, more positive

energy- no change, still ok as last week

sleep- not answered/ got side tracked

weight loss- started meal replacement shakes? Not yet- hasn't been able to afford it but will get it this week- Vital Protein and add in the all the extra ingredients to the mix as his meal replacement.

| Allen Higginbottom, Ruth Fellowes

Appointment 26-Jun-2018 1:00 pm

Note Last Modified 26-Jun-2018 1:09 pm

1 tsp inulin is causing lots of wind

seems more awake in the day

still feeling stable in his moods- enjoying the glycine

discussion about multivitamin

| Allen Higginbottom, Ruth Fellowes

Appointment 11-Oct-2018 5:00 pm

Note Last Modified 12-Oct-2018 4:07 pm

Discussion about NDIS funding.

New problems: prostate enlarged, testosterone down, and prolactin up. Medication will affect his hormones, but it has recently been reduced.

current problems: liver health, prevent diabetes onset.

Note: he really needs to lose weight, but is not in the right head space to stick to a better diet and get exercising.

Discussion about supplements.

Will do:

Metagenics Palmetto Plus x1

Magtaur

MH Probiotic sachets

Glycine- likes this, takes it at night. Plus it's good for liver, diabetes and schizophrenia

Adrenotone

Metibol Xcell- x1 causes no problem so suggest he go up to x2

LMII (new) x3- for liver and gallbladder health

Inulin- has Morlife which is jerusalem artichoke + FOS. It doesn't seem to suit him, so has to keep it to a low amount

| Allen Higginbottom, Ruth Fellowes

Appointment 01-Nov-2018 11:00 am

Note Last Modified 06-Nov-2018 10:49 am

Likes the supplements.

Saw Palmetto is new, and doesn't think it is helping with testosterone (explained that it is more his PSA levels, and not so much testosterone anyway).

Feeling really tired lately, but emotionally feels good.

Had a blood test- prolactin up and low testosterone. Prolactin up and now on the lowest dose of the meds to minimise this.

Needs zinc for the testosterone. Will get this retested soon- asked him to check testosterone and vit D and iron (in case iron is too high and causing fatigue).

Asking about Vit D and Vit E to be added to his list. NOTE: NEED TO ADD THESE TO HIS SUPPLEMENT LIST.

Diet- knows it's terrible. But not in the right headspace to change it at the moment.

Exercise- recognises he needs to walk more

| 10-Oct-2018 12:00 am | Allen Higginbottom, Ruth Fellowes

10/10/18

RF - Hi Allen,

I've found your copy of the NDIS plan, and it's actually different from what you have online.

The written copy dated 8.10.18 does give you funding for Improved Daily Living, and it looks like you have control over the funding (the NDIS is going to pay you directly for that support).

You also have funding for support co-ordination, transport, and core supports is the biggest funded area to help with daily activities and community participations. We saw these areas mentioned online. But there was no mention of Improved Daily Living anywhere... I don't understand why the online version and the PDF version are different.

At any rate it looks you can have appointments with me after all.

I don't know if you want to double check which version you should believe. Otherwise I'm happy to give it a try and see what happens when you claim!

Rachel - This is great news! I am still puzzled as the dates on the plan are even different to what was sent to me but we will see how it goes.

Thanks for looking into it.

| Allen Higginbottom, Ruth Fellowes

Appointment 03-Dec-2018 4:30 pm

Note Last Modified 05-Dec-2018 9:46 pm

SLEEP- ok, early morning urination daily, but from about 12 noon or 4.30pm. Goes to bed early though

FOOD- drinking a lot of water atm, feeling quite dehydrated esp in his mouth, concerned about his constant urination.

ENERGY- not good atm, just feel tired all the time. Ran through his supplements. Worried if this is a warning sign of diabetes.

Keeps forgetting the glycine, so will add into food at dinner.

DIET.

Chicken korma - has rice with this- can substitute with brown rice, quinoa.

Bread- 2 toast, toasted sandwich, cheese and ham on a sandwich. Can do Paleo or Essene breads as substitute. Paleo nut and seed bread- needs to buy a loaf tin. This will be a sticking point as he clearly loves his bread. Let him know he may struggle for the first 1-2 weeks as he withdraws from the reliance of the bread.

Substitute with potato, brown rice, quinoa.

He mentioned wraps, so might need to monitor that in the future.

says he wants to do more steamed veggies again- I suggested he use EVOO or butter and salt on them, to ensure they still taste nice and he is happy to eat them. He often gets into steamed veggies, but then doesn't stick with them.

| 08-Jan-2019 10:43 am | Allen Higginbottom, Ruth Fellowes

Just gone fully bread free- now in the last 1 week stopped egg and bacon muffins. Which was the most bread item he ate them.

Was thinking about getting a multivitamin- I see no reason for it.

has been working on eating veggies again. Suggested he get into the beans/ lentils for protein and fibre and cost effective. Pappadums. Recipes to send his way.

Notices the itchy scalp has gone now with stopping bread.

Does have a salad wrap and uses mountain bread wraps. Could use corn tortillas instead.

Coated tongue that is slimy- sees this as candida.

Has been eating fruit cake- was a gift.

| Allen Higginbottom, Ruth Fellowes

Appointment 08-Jan-2019 10:30 am

Note Last Modified 08-Jan-2019 12:43 pm

Just gone fully bread free- now in the last 1 week stopped egg and bacon muffins. Which was the most bread item he ate them.

Was thinking about getting a multivitamin- I see no reason for it.

has been working on eating veggies again. Suggested he get into the beans/ lentils for protein and fibre and cost effective. Pappadums. Recipes to send his way.

Notices the itchy scalp has gone now with stopping bread.

Does have a salad wrap and uses mountain bread wraps. Could use corn tortillas instead.

Coated tongue that is slimy- sees this as a candida sign. Discussion that we need to keep working on reducing his sugar. Continue with no bread, and start cut out other wheat products too eg cakes and biscuits (which he doesn't eat a lot of- it's very much about the bread)

| Allen Higginbottom, Ruth Fellowes

Appointment 20-Feb-2019 9:30 am

Note Last Modified 22-Feb-2019 9:40 am

Candida coating on tongue but Dr says that it is not candida according to testing.

Prostate seems to be getting worse- ED and urination still bad

Meds are not helping with his health goals-Not losing weight with low energy and low mood/ stressed, and not enough money to buy the food he wants.

Sugar cravings

Hayfever symptoms- lots of sneezing, blocked nose. Suggest we bring in Vit C for this, for liver health, antioxidant, and to help with blood sugar regulation. Will replace MagTaur with Mag capsules and a B complex. Bring in zinc for prostate and liver and mood. Has a bottle of saw palmetto to use for his prostate. Cr for blood sugar along with mag and C. Keep digestive enzymes in- whether LMII or another.

Prostate care: daily smoothie, veggie juice, loads of tomato paste, herbals.

Feels really down and angry about the meds messing with his weight and health.

Vit C will be good to bring in.

Want to keep simplifying his supplements. MagTaur to a mag and B complex. Do a zinc. Do Vitamin C. Cr. Glycine. Taurine? MH probiotic. Has liquid saw palmetto. LMII or enzymes (will keep in LMII for his liver and bile).

Diet- prostate- lots of tomato paste, veggie drink every day, protein shake every day,

| Allen Higginbottom, Ruth Fellowes

Appointment 24-Apr-2019 11:30 am

Note Last Modified 24-Apr-2019 11:46 am

Energy and weight.

Moods have been low- but could be the time of year - he notices that 52 days before his birthday he does drop his mood.

Running low on Vit E.

Chromium increase from x1 to twice a day. 1 week twice a day, then try x3 / day.

Still taking a HOG SB digestive - stools are still loose- increase to x2 at the same time maybe in the

morning. Does have the MH sachets on hand but not yet using them.

blood test- may repeat- hormones, low platelet count to be monitored, BSL (insulin), monthly injection being done for palapapridone (50mg- low dose)

DIET- pies- cost effective, comforting, warming- chicken pies. Eggs with bubble and squeak. Chicken with korma sauce. pie maker with Masterfood sauces. Drinks plenty of water.

| 29-Apr-2019 4:31 pm | Allen Higginbottom, Ruth Fellowes

Look at ways to do nutritional compounding for him.

MagTAur/ Vit C/ Gut powder/ P2 detox

Record Allen Higginbottom

Client D.O.B: 10/05/1967

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/05/2019 15:47

Activity Date: 22/05/2019 15:47

Core symptoms

MOOD

doing ok

BOWEL

SLEEP

ENERGY

Still struggling

PAIN

Diet

Discussion and reminder about best foods for prostate health

Reminder about quick and easy meal options that don't rely on bread, handout sent in April 19

Pathology

Email 27.5.19

Hi Allen,

some feedback on your results.

* Platelets are consistently low which could mean you need more B12 or folate, or because the different types of essential fatty acids are out of balance, or most likely because of the medications, they are low because of them. Low platelets can make you feel more tired though.

* Quite a few of your white blood cells are low, and frequently have been over time. Again B vitamins are important, but also zinc and protein.

* The prolactin has gone down since 9 months ago from 765 to 663. The reference range says a maximum is 500. Prolactin goes up with the medications you are on.

* One of your liver enzymes keeps staying up. It was much better 9 months ago (even though still high at 40) but now it is up to 60. This can just be due to weight gain, but could also mean the liver is struggling.

* Cholesterol is low but not very much. Low cholesterol can make a person feel more tired or flat. Zinc and good levels of essential fatty acids help to keep it in balance.

What I gain from this, is that B vitamins, zinc and essential fatty acids (omega 3, 6 and 9) are all still important for you.

PS The Mediherb probiotic sachets are in the drawer for you.

thanks

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

Have been able to cut back on the amount of supplements he has been taking. Bringing in the Metagenics MV will reduce the number of single tablets he has.

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

IRIDOLOGY R

R eye

IRIDOLOGY L

L eye

