

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 08/01/2021 17:49

Activity Date: 08/01/2021 17:49

Contact

Email or text

This is a regular bread recipe to try <https://www.beyondthechickencoop.com/pumpkin-and-sunflower-seed-bread/>

but I think you might mean a nut and seed bread recipe I have which has almonds in the mix so would not be suitable.

REPLY

I thought you gave me print out of one but my memory is not clear on that. I will try the one you have sent however it's very high in carbs for the low-carb diet I was wanting.

I started taking the magnesium tablets one per day and I became ill after about 1.5 weeks. So I stopped and I stopped all supplements for 2 days. I have just been taking the 'normal' ones I took pre-magnesium. Today I checked on my previous purchases and consumptions and I remembered that I had taken the MagOpti powder (310g magnesium) back in 2019 and I was having issues taking it like stuffy nose and not feeling right, that was 1 teaspoon a day. So the magnesium tablets I have just bought are basically the same thing having 150g magnesium and supposed to be taking 2 per day, How can I get around this because the magnesium will help with the blood pressure. I looked up typical magnesium symptoms (when having too much) and it said the following:

I was suffering the diarrhea, nausea, muscle weakness, urine retention and at the end when my nose started blocking up a tiny bit of respiratory distress. Am I just taking too much in a day for my sensitive sally system to handle?

I had planned on taking a tablet again starting tomorrow but was only going to take one every second day to see what happened. What would your suggestion be?

Cheers
Christine

REPLY
Hi Christine

Some find that magnesium is not well tolerated at the needed high doses, if their magnesium levels have already bottomed out. Therefore you may need to reduce the dose to a comfortable level and keep increasing all the time while your body adapts. Your body will tell you what that comfortable level is :)

Ruth



Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 18/12/2020 09:35

Appointment Date: 18/12/2020 09:30

Core symptoms

MOOD

Pyrrole Protect is not suitable for her anxiety.
On the whole anxiety is going ok.

took 1/2 valium and some GABA to cope with a recent road trip, and then after one dose only needed GABA to maintain the calm. Does 1/2 tsp / 500mg of GABA is just right for her.

Sounds like the anxiety drives her lifestyle still a fair bit- it's only really being managed.

Inositol is great for managing repetitive thoughts and worries

BOWEL

might be a bit constipating due to to Ferrograd-C

SLEEP

fairly well - takes GABA at night and that helps

ENERGY

more energy with the Vit D coming in

PAIN

back injury that plays up

OTHER

does feel high blood pressure coming on mainly around ovulation
finds that the /number goes up about 10 points eg /97 normally sits at /87

for most of her life BP was always low

Really

Diet

will look at low carb after Christmas

Herbals & Supplements

no more NAC- did notice a rash when taking it, in the pelvic area (oestrogen clearing out)

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/10/2020 23:00

Appointment Date: 30/10/2020 14:00

Comment or research

vitex lowers prolaction, which is responsible for facial hair

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/10/2020 23:00

Appointment Date: 30/10/2020 14:00

Contact

Email or text

Hi Christine,

Firstly, you may find this video interesting to understand the balance between progesterone and oestrogen.

<https://www.youtube.com/watch?v=YY6lfrH7HnI&feature=youtu.be>

Secondly, foods to focus on for oestrogen and progesterone balance.

Legumes (lentils, black beans, chick peas, butter beans etc, for replacing oestrogen) x2-3 /week

Berries x2-3 / week

Kelp granules (provides iodine and trace minerals for healthy thyroid function, energy, mood, and can help with bloating and fluid retention) 1 tsp, daily to begin with, then x3/ week

Sprouts esp. alfalfa sprouts (for replacing oestrogen) x2-3 / week

Pumpkin seeds/ pumpkin seed oil (for progesterone support) x3/ week

Link for nut and seed bread

<https://peteevans.com/recipes/seed-and-nut-bread/>

Lastly, I think we should supplement with calcium because now is the time to make sure we have plenty on hand for future bone health.

Calcium- need at least 1000mg / 1g per day. I suggest supplementing with 500mg calcium and assume you are getting 500mg from your food



Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/10/2020 14:25

Appointment Date: 30/10/2020 14:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

symptoms of menopause:

itchy skin

moody

2 periods in a month just recently

NEEDS MENOPAUSE SUPPORT

Diet

has been trying 5-2 diet and it worked and helped her lose 6kg

but then plateaued

tried 16-8 and just gained weight

so tried low carb because it has worked in the past- but it's making her very sick- is able to lose the weight- possibly due to a sudden drop in blood sugar

no more than 30g carb are being eaten

does eat yoghurt for calcium

LO CARB DIET

LO carb bread, eggs/ meat/ salad/ broccoli/ but no starchy veggies, 2 slices 5.6g carbs

often 10g carb at each main meal

will eat cheese and tomatoes sparingly-

Herbals & Supplements

needs to keep up the iron

Vit D

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 06/12/2019 16:48

Activity Date: 06/12/2019 16:48

Contact

Email or text

called because the 2 new supplements have caused a reaction eg sinuses, headaches, eyes puffy, top of lip felt a bit tingly

Recommended: Take Eno x2 or 3 times a day to neutralise reactions.

3 days nothing

then 1/2 tsp of mag-opti for 7 days

then 1 cap of enduracell for 7 days

then 1 tsp of mag-opti for 7 days

then 2 caps of enduracell for 7 days

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/12/2019 09:23

Appointment Date: 05/12/2019 09:00

Core symptoms

MOOD

did forget to take Seremind for a few days due to busyness- anxiety did seem to climb up

BOWEL

SLEEP

ENERGY

PAIN

OTHER

tracking BP once a week and doing ok but did notice it spiked a bit (forgot to check if it correlated to certain foods).

Checks it every Sat morning

still anxiety around dropping it fully- suggest she continue with just the 1/ 4 until she feels ready to discuss stopping with GP

the tablet is possibly dropping her BP too much

has lost 6kg of weight so far!

still doing 5:2 diet

hasn't checked Vit D or iron yet via bloods (a bit anxious about this?)

KEY POINTS FROM DNA RESULTS:

methyl B12 will help increase bifido & lacto for gut

zinc and Vit D are really important

DMG/ choline/ SAME/ B12/ folate for mood health

do the trio of Mo/Mn/Mg for the PST foods intolerances esp to tomatoes

oestrogen likely to climb so focus on broccoli and Se- for mood and weight mgt

COMT- needs SAME/ Mg/ GABA

arginine or cheap B12 may help bring down BP? REgulate it so she doesn't need meds?

Wants to check her cortisol levels and will do this privately via Clinical Labs- handout given

?does the lavender oil in Seremind affect her gut microbiome? It's technically not the right variety to do so, but could it?

Diet

DID FOOD CHALLENGES

tomatoes- in a couple of days glands up and lethargy up- had 3 punnets of cherry tomatoes and x6 of the kumato

cheese- same reaction but much slower- tried camembert and tasty cheese- and not a dramatic spike

either

basically all the foods caused the same reaction but just different time frames

bananas and oranges were very fast- within hours she got a reaction

(skin is still looking very calm)

Discussion about the PST list- she has been too strict and can have foods from the third paragraph

Herbals & Supplements

not happy with taking bi-carb all the time so will do Eno once a day

broccoli sprout powder not doing great

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 01/10/2019 09:19

Appointment Date: 01/10/2019 09:15

Core symptoms

MOOD

initial anxiety induced by broccoli powder and B complex seems to have gone
much less anxiety with going to Sydney in car and walking around a fair, when normally it would be heightened

BOWEL

SLEEP

has improved!

ENERGY

v good! lethargy has mostly gone. Can get up in the morning able to do things without forcing anything

PAIN

has been monitoring her BP once a week and it's doing really well (knows how to do the measurement correctly)

1/4 tablet daily for the meds now

has been tracking her BP to show her GP soon so she can get off it

OTHER

has only been following the plan for 3 weeks (visitors and illness delayed things) so she is doing really well.
skin seems to be clearing up too- less patchy and spotty (cysts)

Diet

good, although food restrictions are hard
still doing diet days

Herbals & Supplements

a bit sick in the stomach with the intro of the multi but now ok. Lethargy came back for a few days. maybe memory might have improved

broccoli sprout powder- needs to be with veggies and not fruit juice

has been taking vit C but not necessary to do so

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/08/2019 11:12

Appointment Date: 20/08/2019 11:00

Core symptoms

MOOD

Discussion of Bioceuticals DNA test

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/07/2019 16:10

Activity Date: 11/07/2019 16:10

Contact

Email or text

dropped in to pick up repeats of hydroxy b12 and fibroplex magactive. On discussion- nausea kicking in- have switched to Pyrrole protect 1/2 to 1/ day because of too much chromium

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 28/06/2019 13:42

Activity Date: 28/06/2019 13:42

Contact

Email or text

email 28/6

Thank you for reviewing the tests. I have always felt that doing a donor egg cycle through IVF and taking the Synarel for longer than recommended has been the catalyst for my current health. In hindsight I should never have gone through with that cycle but my sister was insistent that she wanted to help us and then she kept delaying the egg collection for one reason or another. I did fall pregnant but then at 6 weeks I miscarried, ever since then my health has declined. This was in Jan 2016.

I am definitely going to get that DNA testing done, just sorting out funding for it. Do I make the appointment through them or you?

I ordered the tea from the teahut, they also had a kidney detox and a liver detox blend so I got one sample of those as well. Not sure if you received my previous email about the tea so forgive me if you have but should I take one cup each of the 3 blends per day? So 1 cup of the individual teas you suggested (mixed together), 1 cup of liver detox and 1 cup of kidney detox per day? Or should I do 3 cups of each every 3rd day?

REPLY

thankyou, yes that is interesting, because it's all centered around 2016.

Re the DNA testing, I keep the kits on hand (although just realised I need to order more), pay me at the time, follow the instructions at home (its' quite simple) and in 2 weeks time the results come through. I go through and break it down into something more practical and then we have an action plan!

Re the teas, I didn't get the email, but either option would be fine. Have 1 cup of each blend every day, or each day has it's own blend (combo, kidney, or liver).

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 27/06/2019 13:14

Activity Date: 27/06/2019 13:14

Contact

Email or text

email:

Hi Christine,

just some general feedback on all those blood test results. On the whole, nothing stands out, until Aug 2016 when quite a few things jumped up (the bulging discs, glucose started increasing, thalassemia mentioned, autoimmune markers found).

In short, nothing that gives some ideas as to some key triggers or drivers.

Given the high anxiety, intolerance to sulfur, intolerance to anti depressants (SSRIs) and CBD oil, I think that the gene test is going to be the way to go. There is nothing technically 'wrong' with you according to bloods, that explain how you feel. But the genes could be affecting the way different enzymes work, and certain pathways may not be activated well enough. One of the core ones that is talked about a lot now is the MTHFR gene polymorphism, but there are a lot of others that could be contributing to the problems.

Thanks for passing through the past results. They have been helpful in a way!

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/11/2019 19:43

Activity Date: 27/06/2019 00:00

Contact

Email or text

EMAIL

Hi Christine,

just some general feedback on all those blood test results. On the whole, nothing stands out, until Aug 2016 when quite a few things jumped up (the bulging discs, glucose started increasing, thalassemia mentioned, autoimmune markers found).

In short, nothing that gives some ideas as to some key triggers or drivers.

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REPLY

Hi Ruth

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EMAIL

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Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/06/2019 12:53

Activity Date: 19/06/2019 12:52

Contact

Email or text

Hi Christine,

You're spoilt for choice with that website! Up to you if you get a blend already done with Pat Collins brand from Organic Feast, or mix and match your own.

My suggestions:

Yarrow, Hawthorn and chamomile- for heart, kidneys and calming. The more gentle tasting herbs.

Olive leaf. Commonly a bitter herb as a liquid extract, but not too bad as a tea. Would mix it in with the above. Wonderful for blood pressure and heart function. Also a brilliant immune tonic for over winter.

Lemon balm and valerian- calming teas. Valerian has a fairly aromatic taste but should blend nicely with the others.

I'll look over the blood tests soon and see if there is a pattern that comes through.

Thankyou.

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/11/2019 19:29

Activity Date: 19/06/2019 00:00

Contact

Email or text

EMAIL

Hi Christine,

You're spoilt for choice with that website! Up to you if you get a blend already done with Pat Collins brand from Organic Feast, or mix and match your own.

My suggestions:

Yarrow, Hawthorn and chamomile- for heart, kidneys and calming. The more gentle tasting herbs.

Olive leaf. Commonly a bitter herb as a liquid extract, but not too bad as a tea. Would mix it in with the above. Wonderful for blood pressure and heart function. Also a brilliant immune tonic for over winter.

Lemon balm and valerian- calming teas. Valerian has a fairly aromatic taste but should blend nicely with the others.

I'll look over the blood tests soon and see if there is a pattern that comes through.

Thankyou.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/06/2019 10:59

Appointment Date: 13/06/2019 09:15

Core symptoms

MOOD

Anxiety very high- unsure if this is because she is going overseas soon- or because things are not working. Discussion about latest blood test results made her anxious about kidney function. Will send her ideas on teas for the kidneys/ blood pressure to help her feel she is doing something, even though the kidneys could be reduced in function due to the meds, and not anything to worry about too much.

BOWEL

SLEEP

ENERGY

Noticed drops in energy on her fasting days recently- foggy and light headed. She had dropped taking her fish oil supplements on those days because of the high calorie count. Reassured her that these fats don't contribute to weight, and not having the fats on those days could be making her prone to blood sugar drops. She will bring them back in.

PAIN

Really wants to get off her BP meds. She is tracking at 123/80 or 115/76 with meds. Always had low BP in her history, so really unsure why she is on meds (she thinks it was due to anxiety being elevated on particular day, and this is what what they wanted to do).

Diet

Only lost 1.4kg so far on 5:2 diet and wasn't sure if that is quite slow.

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

IRIDOLOGY R

R eye

IRIDOLOGY L

L eye



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 29/05/2019 10:29

Activity Date: 29/05/2019 10:29

Contact

Email or text

email

Hi Christine,

the FBC is there (it checks the red blood cells and white blood cells) and the results for the stool test is there too (checking for blood loss via the stools).

The iron studies show you need more iron, so definitely do it daily.

The red blood cells show a lack of iron, B6, B12, and maybe copper (it helps with iron absorption, like Vit C)

The white blood cells show some kind of long term infection, so that might be something we need to consider for why your iron drops so much. The infection is possibly gut related so it may mean parasites are a problem. It's something we can talk more about if we should target this, at our next visit.

Thanks

Ruth

Record Christine Kenton

Client D.O.B: 17/12/1970

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/05/2019 15:11

Activity Date: 23/05/2019 15:11

| Christine Kenton, Ruth Fellowes

Appointment 08-Feb-2019 1:30 pm

Note Last Modified 06-Mar-2019 11:23 pm

FATIGUE

Exhausted, sick feeling from being so tired, dull headache, no motivation, heavy limbs.

HIGH BLOOD PRESSURE is another priority- has had times when she was really stressed at work and this spiked her blood pressure. During this time her top eyelids went all puffy (she was told due to thyroid) and her bp went critical. Bought a BP machine to monitor it. Work stress led to panic attacks. However Zoloft led to intensive weight gain/ loss of appetite and then on 6th day led to suicidal thoughts. Overcame it by intense housework and jigsaws and went to gp about the problem. Took about 3 weeks + to get Zoloft out of her system. Taken 1 year to get back to her normal daily life.

Anxiety

IVF done- NO BABY results. Thinks she has never recovered from the 5-6 cycles of IVF.

In the past not had heavy periods, were regular, but became worse after IVF.

Day 2-3 period can now be quite heavy. But not so much pain. So period doesn't Really describe the reason for the ferritin 9

Has had a thyroid test done in the past and did come up as being a problem. Some of the antibodies were elevated, but not sure if they were elevated due to taking a B multi with biotin in it (ie making it look overactive).

Picture of the puffy eyes she got when stressed last year don't look like thyroid puffy eyes, so might be more about an amine reaction while stressed.

Has been checked for autoimmune diseases and clear for lupus.

TO DO - a timeline and the vitae mosaic circle

| Christine Kenton, Ruth Fellowes

Appointment 07-Mar-2019 9:15 am

Note Last Modified 07-Mar-2019 10:44 am

Reviewing thyroid results.

Anti Tg- 15.3 or 16.6

TSH 1.31 T4 11.7 T3 3.3

On Bp med and on panadeine extra- Perindropil erbumine- Corvesil for BP

Has tried some of the recipes.

Puffy eyes- 2 or 3 days with it. Can't remember the last time she had it but it was recently, maybe last week. Discussion about food intolerances. Now finding she is reacting to some foods lately.

Last BP - result was good (still wants to get off the meds)

Bring in B12

Gets lots of nausea when her energy drops. 99% gone now and went after 2 weeks of taking an iron tablet.

Stress can build up really easily- we need to manage this better- get her thyroid working better. Does she need iodine.

In the past her lips would turn blue- as a reflection her iron was dropping? Or her BP climbing.

Seremind is working for her.

Getting stool test results tomorrow.

| 08-Feb-2019 12:00 am | Christine Kenton, Ruth Fellowes

| Christine Kenton, Ruth Fellowes

Appointment 18-Apr-2019 9:15 am

Note Last Modified 22-Apr-2019 10:04 pm

PAIN. Did GF diet for 4 weeks. It was time consuming. Didn't focus on additives as she was cooking from scratch most of the time.

SLEEP Sleep was better when on nutrients- magnesium and zinc ran out a week ago.

Wondering if kidneys are ok because she has had higher heat all along her lower back. So cut back on her magnesium and this helped.

PAIN Has fallen over and normally a fall would take a long recovery time- but it didn't this time. USES osteopathy for relief. Not using it often enough because of anxiety.

WEIGHT Disappointed to have not lost weight.

BP- BP doing well 125/ 82 and one time was 106/76 (which is actually normal for her to have very low BP - even when pregnant).

1/4 tablet B12 had to be done because upset tummy but now on full tablet and has noticed BP is normal (even with occasionally forgetting to take the BP)

Seremind is working really well- was anxiety at 10/10 and down to 3/10.

PUFFY EYES 160b and flavour enhancers- French onion soup/ rissoles- set off the eyes.

Faecal occult test done- all clear.

TO DO- consider MTHFR and histamine/ detox issues. Push up the High strength fish oil. Already uses EVOO. Willing to do 5:2 diet to lose weight.

| 08-Mar-2019 8:57 pm | Christine Kenton, Ruth Fellowes

TgAb: monitors iodine. If raised, do not give iodine or it will provoke the immune system. The antibody works against the precursor of thyroid hormone. It's antigenicity is due to its iodine content.

