



Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/11/2020 16:52

Appointment Date: 20/11/2020 17:00

Core symptoms

MOOD

BOWEL

SLEEP

A major issue

catapres was causing dizziness so had to stop (she already has low BP)
the melatonin doesn't work for her
can't sleep!

ENERGY

PAIN

OTHER

dyslexia alongside the executive functioning delay

Diet

wants to prepare for regionals with her diet
iced mocha with adrenal switch is yummy for her
has been having a little cheese lately and it's suiting her

Herbals & Supplements

needs to be consistent with the sodium sulfate tablets for BP and energy and hydration
using inositol only when needed
reviewed what will be reduced to simplify the plan

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/10/2020 11:49

Activity Date: 24/10/2020 11:48

Contact

Email or text

Hi Cherie,

Our goal is for around 2g (2000mg) of EPA. Here are some fish oil brand options:

Ones I can order and get sent to you:

Designs for Health Omegavail - high dose, would need x3/ day

Metagenics MetaPure EPA/DHA- x4

Metagenics MetaClean enteric - x4

At larger chemists:

Bioceuticals Ultraclean 85 - x3



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/10/2020 16:27

Appointment Date: 23/10/2020 16:15

Core symptoms

MOOD

mum thinks it has picked up a lot from before
rates about 5 or 6 out of 10 for moods atm- which is an improvement though- she would like more of this

BOWEL

HAS been doing a magnesium bath salt
- SAL.T is the brand being used

SLEEP

waking up at 3am in the morning and not back to sleep until 7am

ENERGY

PAIN

OTHER

Diet

bloating, fatigue, tummy pains

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/09/2020 16:35

Appointment Date: 25/09/2020 16:30

Core symptoms

MOOD

has noticed a correlation with big drop in mental health and histamine flares (welts on skin, itchy scalp, itchy skin). Need to research histamine and mental health per Walsh

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

Drinks 6L of water??? Asked her to add in a little salt to her water. Plus taking PPMP will hopefully regulate her thirst

Herbals & Supplements

adrenal switch x3 / day but no other supplements for the last 4 weeks.

mum thinks she has not been well for 5 weeks

2 hospital visits- one from anaphylaxis from pollen in air- exercise induced; and the other one for mental health

now on catapres

has low BP

B5, orthoplex multi,
got tired of taking so many capsules

consider PPMP for the nervous system

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/08/2020 20:36

Activity Date: 22/08/2020 20:35

Comment or research

consider inulin for her sleep

will need fish oil soon as maintenance



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 21/08/2020 16:40

Appointment Date: 21/08/2020 16:30

Core symptoms

MOOD

doing well- inositol working great- mood, motivation,
ran out for 3 days and saw a decline

BOWEL

used to be more constipated than

SLEEP

needs x2 slow release melatonin and x1 fast release if she is to sleep at night

ENERGY

PAIN

OTHER

GABA was stopped due to breathlessness- even at a low dose- 1/8 tsp was fine but at 1/4 tsp.

Diet

is more conscious of carbs for her mood- trying coconut, porridge, banana and almonds
there is a choc spread that she likes

eating plant based diet

doing a pea protein powder- can't do whey protein- uses Tropeaka vanilla pea protein /rice protein

not eating eggs

Herbals & Supplements

really likes the Adrenal Switch choc powder

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/07/2020 16:48

Appointment Date: 24/07/2020 16:30

Core symptoms

MOOD

Dr Schall says no to working with him for amino acids

Quiz shows she needs serotonin the most: GABA/ INOSITOL for those revolving thoughts and ocd thoughts/ L theanine

for the blahs, she needs tyrosine, do LPA or fish oil instead.

BOWEL

SLEEP

gaba is working well- especially for sleep

now doing the EN mag sleep formula as well- and the combo works well. Has passionflower, glycine, magn

ENERGY

PAIN

OTHER

applying for ndis- so needs a letter

Diet

is now eating breakfast- home made granola with nuts/ almond milk/ sugar free maple syrup at 10am
sometimes misses lunch because it is filling

has been eating brown rice

eating has really picked up since the last visit with healthy carbs

Herbals & Supplements

dislikes the Orthoplex Activated B vitamins because it has a strong smell- we can switch that one
will do GABA, inositol, and has L theanine on hand in the Adrenal Switch powder <https://www.australiansportsnutrition.com.au/adrenal-switch-nutrition.html>

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/06/2020 20:24

Activity Date: 30/06/2020 20:24

Contact

Email or text

Hi Cherie,

Here is a handout (BEST FOODS TO MAINTAIN HEALTHY WEIGHT) for Liv with healthy carbs listed, plus a selection of ideas for pre and post-workout.

Could you please look through it and see if there are foods you would like her to include. My concern is she is self-restricting too much. Is she currently get support from a psych in relation to this?

Don't forget to do the questionnaire! Let me know how increasing GABA goes and if it helps.

Hi Ruth,

Thank you for these. She has been very concerned that she has "wrecked her metabolism" by only eating dinners and it is my belief this belief is what has had her stuck in the one meal thinking pattern. (she has always said she feels sick to eat before early afternoon). You helped her so much on a Friday to the point we went out for lunch yesterday and she is eating those carbs and at brunch this morning (healthy pancakes). You helped her so much and she is talking to those thoughts now and saying "no Ruth said these are good carbs" to retrain her thoughts. Yes she sees a psychologist once per week however your session last Friday was soooo helpful to her and I can see a change in her eating already!!!

Thank you Ruth ☺

Regards,
Cherie

REPLY

Gosh what a beautiful story. My eyes turned leaky all of a sudden. Your daughter is an incredible person and so talented, I really want to see her potential reached.



Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/06/2020 16:52

Appointment Date: 26/06/2020 16:30

Core symptoms

MOOD

fluvoxamine- now on to 1.5 tablets- 1 tablet + 0.5mg- now at 75mg can go up to 100mg

SSRI

so serotonin would be important for her

needs to do the questionnaire so we can merge in the amino acids

BOWEL

SLEEP

GABA maybe not working

ENERGY

PAIN

OTHER

TO DO

I'm concerned about her obsession with food that won't make her put on weight

zinc

inositol if increase in GABA doesn't help

need the mood questionnaire to be filled in

talk with mum about current psych support

need to bring in more B12 and folate

needs to be eating more carbs and fats for brain health/ mood health

Diet

getting an allergy test done because had some choc cake and eyes swelled up- not sure if it is gluten or dairy

So cows milk protein allergy.

potassium sorbate? is this what caused the allergic response?? Liv thinks it is dairy because reactions seemed to be getting worse

also gets extreme tummy pains

likes savoury flavours

not hungry during the day- needs more carbs- can do smoothies

she is only doing dinners

snacking on frozen fruit in the past

needs it spelt out re the carbs and the portion size- needs grains-

focus on veggies

do the dried fruit mixes

what carbs can she eat that won't make her worry about weight

concerns about her obsession with foods that won't make her gain weight- bring in more

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/06/2020 16:32

Appointment Date: 05/06/2020 16:15

Core symptoms

MOOD

suspect moods are swinging too much- no middle ground (even with fluvoxamine)
on circadin 4mg
melatonin 3mg

BOWEL

SLEEP

has been trying GABA- seems to work BUT if she isn't dog tired she still won't sleep

but staying awake because she is working on a project with her business

ENERGY

PAIN

OTHER

will get her to do the Bioconcepts questionnaire to determine amino acids for bipolar
really need B12 and folate

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/05/2020 17:32

Activity Date: 26/05/2020 17:31

Contact

Email or text

Text:

Hi Ruth. Are these vitamins ok? Should she keep taking the B6 tablets as well as these? When would you recommend she take these and how many?

Thank you Ruth.

Regards,
Cherie

REPLY

Yes they are a lovely brand (she's referring to HOG brand). Yes do a trial of still taking x1 B6 and x1 of this multi. Can even try x1 multi with breakfast and another at lunch- for energy and mood lift.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 02/05/2020 16:41

Appointment Date: 02/05/2020 11:15

Contact

Email or text

Hi Cherie,

Some of the updates are in the handout, and I'll add to it with any extra amino acids to use when you get a chance to do the questionnaire.

Soaked almonds is a very simple thing to do. Cover almonds with water, soak overnight, drain and store the almonds in a container in the fridge. They are very buttery and personally I think taste better soaked. If she had a handful of these on waking, it would be a nice boost for energy and mood.

But in case Liv would like to read something <https://www.healthline.com/nutrition/soaking-almonds#recommendation>

This is an interesting case study on a teen, finding B12 and potentially folate to be beneficial. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3404901/>

And this is a reasonably good summary of the value in B vitamins
<https://psychcentral.com/lib/vitamins-for-bipolar-disorder/>

This is a very extensive write up on nutrients that are supportive for mood
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6007750/>



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 02/05/2020 11:30

Appointment Date: 02/05/2020 11:15

Core symptoms

MOOD

feeling sad- not hungry in morning or lunch and dinner (will eat it) + little dessert + little snack eg pano
chocolate loving earth- mint

feel sadder after eating

no pain

eg. 4 squares of the choc really helped- loves dark mint
nutty maple - loving earth

BOWEL

dairy free- to avoid tummy upset

gluten - had it by accident- diarrhoea eg 6 times

has had coeliac test done: passed it but she wasn't really eating gluten prior

mum also has an issue for gluten- migraines and weight- but tolerating

I think it valid that she not eat gluten or dairy

SLEEP

some nights won't sleep - for about a couple of weeks

last night was 10 hours

no good in life

not waking up until 12noon sometimes because she doesn't see any point in waking up

First meal might not be until 3pm or it more likely will only be a snack

ONLY eating one meal a day (it's a good one, but needs better BSL regulation during the day)

ENERGY

natural drop in energy and moving makes her sadder

has had some benefits by doing exercise

dancing doesn't make her happy

PAIN

calves will cramp up sometimes and takes a while to clear

stops for a few months and then will come back

OTHER

allergies- last week were flaring up and zyrtec helps

I am concerned about the possible severe depression and apathy. Private discussion with mum about this.

- * Recent visit with Dad could have triggered this

- * Are using CAMS but although the first visit was good, the follow up one wasn't. They don't seem to want to continue with pscy appts to talk things through

did think that when they had to reduce B5 that she didn't do as well

- * she may need a B multi to meet her needs

- * will do the Amino Acid questionnaire to see if we can help lift those moods

Diet

she loves sundried tomatoes (could she be sensitive to them though- glutamates/ amines)

Also loves almonds and chocolate

she seems to fixate on foods

I don't think she is eating enough carbs- eg a lasagne was made with veggies as the sheets, instead of gluten free pasta sheets.

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 28/03/2020 11:03

Appointment Date: 28/03/2020 11:00

Core symptoms

MOOD

BOWEL

deadly fluffs re the smell
but maybe not as much with dairy coming out

SLEEP

ENERGY

PAIN

sometimes she pulls her eyelashes out with anxiety (this was a passing comment- need to check this)

OTHER

is getting a service dog (for the ASD)
get a puppy and hire the trainer, is the way to access service dog, for a 'neurological disability'

Diet

discussion about what are starchy veggies
noticed dairy was giving her diarrhoea- so stopped it
thot it was gluten but now not so sure

15 ear infections in first 2 years of life- now thinks it was due to dairy in the formula- went onto rice milk
and from then on was much better.

sugar free maple syrup Queens

does like the stevia extract as her sweetener

does like drinking tea, but doesn't have it that often

loves cinnamon

stopped vegemite

suspect COMT pushing up noradrenaline- needs sulfate pathway open- prob will be methyl sensitive- lots of
B5- no methylco but other B12 is ok- mg, mn, mo- don't overstimulate with too many nutrients.

Herbals & Supplements

allergies are really bad- so is there something natural
mirtazpine has a built in anti histamine, but she is not on this anymore
zyrtec not helping, now trying polaramine

BODY SIGNS

Nails

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Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 09/03/2020 21:54

Activity Date: 09/03/2020 21:53

[Comment or research](#)

folate deficiency can lead to suicidal thoughts- per Braun & Cohen text on folate? Or Paxton.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 02/03/2020 14:58

Activity Date: 02/03/2020 14:57

Contact

Email or text

emailed:

healthy plate handout

diabetes healthy plate options

mix and match macro

Record Olivia Lightfoot

Client D.O.B: 15/03/2005

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 29/02/2020 22:09

Appointment Date: 29/02/2020 14:30

Core symptoms

MOOD

1 week in hospital due to rapid weight loss and suicidal ideation. Anxiety and depression were through the roof.

ASD 2- took weight loss too seriously- had gained 20kg in 6-8 mths due to meds (seroquil and zoloft) lost weight while taking mirtazapine which mum now thinks caused all the problems- messed with Liv's head.

Liv says that she obsessed about her weight but now that she is being weaned off that med, she feels like she can see herself more clearly.

Lots of talk about ill treatment while in hospital for a supposed eating disorder.

No one would investigate if the meds were the cause for the ideation.

discharged last Friday

there are some OCD tendencies

does tap dance, musical theatre, ballet

BOWEL

SLEEP

ENERGY

PAIN

OTHER

TO DO

factor in nutrients for anxiety, noradrenaline breakdown

Diet

loves cooking!

no weight gain is her goal

currently 67kg and her ideal is 65kg. She can go up to 70kg which is also normal for her.

Pathology

reviewed bloods that were done on admission, and nothing stands out as being a threat to her health
AST and ALT were elevated above normal range, but this could be due to the medication Mirtazapine

Now on circadin (Melatonin) 4 mg
Movox (fluvoxamine) 15mg SSRI
Mirtazapine is an SNRI

I'm thinking that she didn't need the noradrenaline and this led to heightened anxiety leading to eating problems and body dysmorphia

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

BODY SIGNS

Nails

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Tongue

Skin/ hair

