



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Indiana Mcfadden

**Client D.O.B:** 10/06/2011

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 06/11/2020 20:07

**Activity Date:** 06/11/2020 20:06

### Contact

**Email or text**

pre-paid for the next appt



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*Spectrum Health*

## Record Indiana Mcfadden

**Client D.O.B:** 10/06/2011

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 16/10/2020 21:44

**Activity Date:** 16/10/2020 21:44

### Contact

**Email or text**

Thanks Ruth

They contacted me today.

Also could you please let me know how the compound cream should be used and is there a best time of day to apply?

Also are the other supplements ie fishoil, amino acids, iron best to be taken morning or night?

Indy's been having them in the afternoon but has been saying she can't get to sleep, so I didn't know if they could be keeping her up?

REPLY

Hi Jessica,

Glad you found the instructions :) but feel free to always ask questions about the plan as you need to

Re the supplements keeping her awake... none of them should matter when you take them but since it might be a problem, is it possible to try them in the morning?

## Record Indiana Mcfadden

**Client D.O.B:** 10/06/2011

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 10/10/2020 20:35

**Activity Date:** 10/10/2020 20:34

### Contact

#### Email or text

Recommendations attached.

Also including the 4 mood quiz, and instructions on how to complete the FODMAPS Challenges to determine which groups need to continue to be removed/ reduced. So far you have identified that:

Lactose is a problem

Fructose is a problem (apples)

Fructans Wheat is a problem (Wheat)

This leaves the polyols and galactans left for testing.

Any questions about this process, please ask.

I will also set you up with access to vital.ly.com for supplements. Email with log in details will come direct from them.

Ruth



## Record Indiana Mcfadden

Client D.O.B: 10/06/2011

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 08/10/2020 21:10

Appointment Date: 09/10/2020 16:05

### Core symptoms

#### MOOD

don't do well in winter and neither does Dad

#### BOWEL

ache in tummy

good in the morning

maybe gets a bit bloated at times

going to the bathroom helps

has been trying fodmap diet- removed the hiccups- used to get these constantly for months at a time

no issues with passing

modified version with switching over fruit and vegetables and milk- overall helping

this has really helped her moods too esp over the holidays

wanting to check in with the diet

helped about 80% with digestive symptoms

maybe helped 50% with anxiety

not so much constipation- mainly as a 2 yr old- before gluten and fodmaps

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

### Diet

### Pathology

M/V has worked really well for picking up her moods

lot of drugs and steroids when - 2 or 3 courses of antibiotics via IV

### Timeline

#### Pregnancy and early childhood

when 2yo- lots of constipation- couldn't pass stool only once a week after a suppository- then bloated and in pain until the next stool passed

fussy eater at the time

did this for 12 months

took gluten out and things worked well with stools and moods

has been able to relax the gluten

when having to pull back on gluten, it did help again but not to the extent that it used to

Child/ young adult

## Herbals & Supplements

### BODY SIGNS

Nails

sometimes white marks, pale

Palmar

moderate (gray colour)

Eyes

pale

Tongue

fairly clear

Skin/ hair

arms and legs- bumpy, hair is good

