



Record Beck Raward

Client D.O.B: 16/07/1982

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/07/2020 19:15

Activity Date: 16/07/2020 19:15

Core symptoms

MOOD

Review of questionnaires for the amino acid trial group Mind Your Moods

Needs GABA - indicated by the questionnaires

Needs lots of laxative help so suggest adding in magnesium.

second nutrient would be something for serotonin. Still on meds with sertraline 25mg and serequil anxiolytic 12.5mg. Both are the lowest dose possible. Would like to not need the serequil but she is ok with staying on sertraline.

Could perhaps benefit from DLPA but does really well on methyl B so will keep this in.

STAN

27mths and not sleeping well still

He could benefit from GABA through breast milk and some direct dosing (just a pinch at bedtime I think)

ROB

on medication fluvoxetine at lowest dose possible 30mg. he could do with more but he gets too aggressive with it! This makes me think that despite his questionnaire scoring high with serotonin we may have to use alternatives eg SAME

relies heavily on coffee to get him through his day- lack of sleep from stan not sleeping to having a busy job as a chef.

Loves dairy- used to live off iced coffee in the past- suggests the need for tryptophan

he is a fatigued sugar craver per questionnaire

HAS CEREBRAL PALSY! so add in vitamin D and fish oil as brain supportive nutrients and reduction in muscular pain

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

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Created On: 23/05/2019 14:57

Activity Date: 23/05/2019 14:57

| Beck Raward, Ruth Fellowes

Appointment 18-Dec-2018 3:30 pm

Note Last Modified 21-Dec-2018 10:05 pm

Chronic intestinal pseudo obstruction bowel diagnosed in 2014. A neuro bowel problem. Very rare. However this is a diagnosis of exclusion and they HADN'T ruled out endo at that point, so her question is, was it really endo all along.

Chronic endo in 2016 and an ablation done. Found all around bowel and bladder.

Bedridden by 7 months as result of the surgery because they didn't consult on how to support the neuro bowel problem during a laparoscopy hurting everything now. During this time of 7 months she had genetic testing which showed that she actually can't do Endone and she was reacting badly to it.

Had a surprise pregnancy and then endo went into remission. Period has just come back after 8 months. Period is very heavy but barely any pain involved.

Has reduced sugar in her diet but the rest of the diet is still pretty bad.

Goals- endo is the main priority to resolve.

Goitre- R lobe larger than left but homogeneous. No nodules. Has had it for years.

Lost a lot of blood during birth.

Had an iron infusion and ferritin went to 1000 but has dropped down in 1 month. In the past she has had maybe 6 iron infusions and would last six months.

Had to do colon irrigation's up until 1 year ago due to chronic constipation- stopped during trimester 3.

GAPS - DID WORSE ON THIS and FODMAPS- did better on this. Without it she is bloated- being encouraged to go off FODMAPS but it's not working for her by not following on this. Currently not low FODMAP. I think lactose might be a problem. Onion not good. May need guidance on how to reintroduce foods (handout given on this?)

Iron has been awful recently eg ferritin 2 and Hb at 60. Needed 2 blood transfusions and iron infusions.

Goals- endo!

TO DO

Oestrogen testing/ confirm what FODMAPS foods can be eaten/ herbs for Endo and cysts eg Beth root/ shepherd purse

| Beck Raward, Ruth Fellowes

Appointment 16-Jan-2019 2:00 pm

Note Last Modified 16-Jan-2019 3:17 pm

WWI Nothing done with FODMAPS. Fell off the wagon over Christmas and feel overwhelmed with her eating. Thinks because of sleep deprivation with her baby, Stan, and starting a new job. So the thought of giving up caffeine eg tea and sugar is too much. Has to bring him into her bed. His breathing sounds snuffly.

She knows she is susceptible to chemicals so she responds really well to even just one cup of tea.

Still feels positive about being able to change her diet though. Although she does have some concern of following a diet because of eating disorders in the history, and now she is resorting to binge eating. A lot of body dysmorphia. Anxiety is out of control. He pulls his legs up and

Gave up sugar in November- and felt so good with reduced anxiety. Gaps has been done before.

Really broken sleep. Leaving her deplete. He wakes 5 times on a good day, but might be 11 times. Stan has been through Tresillian twice which works temporarily. He wakes very upset. In his early months he had problems with projectile vomiting. Beginning to think this is a dairy issue (his paed dietitian thinks so too). He does bring his knees up to his chest. He's mainly breastfed.

Gluten makes her sick and very bloated. So she would be willing to give up dairy and gluten for his sake. WE need to get him feeling better.

TO DO

list of gluten and dairy free things to avoid. Will also focus on getting Stans's Sleep better using celloids.

| 23-Jan-2019 12:00 am | Beck Raward, Ruth Fellowes

23/1/19

Beck - Hello Ruth,

I am so sorry! I completely forgot to transfer my payment last week and when I came online to email you I remembered so I've just transferred it, via Osko, so that it will show up instantly in your account.

I had a disheartening appointment with one of the GPs at our practice (but not our GP because he is away) yesterday and Stanley is not gaining weight as he should be. He is now sitting just underneath the tenth

percentile for his height and his weight. The doctor wanted us to start feeding him dairy and gluten again because she feared he was not getting much in the way of carbs or fats (as one of the only solids he was really enjoying was yoghurt).

I gave him dairy and gluten for the past twenty four hours (and he's also eating much better in general and took the most expressed breast milk in his bottle that he's ever had) but I'm feeling so lost as to what to do as he has been waking screaming and then passing huge loud bursts of wind. He was also doing this when he was off dairy and gluten though. He seems to be in pain and is just inconsolable during the night and now any time we put him down for a nap he does the same thing (naps used to be much easier than his night sleep and now they're taking upwards of an hour to get him down with so many tears and screaming) and sometimes wakes after only twenty minutes.

Are there any other food intolerances that might cause this or do you think I didn't do it for long enough and need to try eliminating dairy and gluten again. I'm sorry, I'm so overwhelmed and exhausted from the sleep deprivation that I just keep trying whatever anyone tells me to do but now I just think I'm chopping and changing too much so I don't really know what to do next.

My friend has a friend who is a GP and she has suggested we rule out things like coeliac, cows milk protein intolerance, thyroid and/ or absorption problems as she said if I truly have an abundant supply of milk then the fat content of that would be high and I do have a lot of milk. I can pump about 300 mls in one sitting and sometimes a bit more than that now (cos he's been feeding so much during the night that he's upped my supply).

If you're able to advise me I'd be so appreciative!

Kindest regards,

26/1/19

RF - Hi Beck,

if he's not gaining weight, then I understand why they say gluten and dairy are to be used because dairy is used a lot to help add extra calories.

BUT there are lots of gluten free dairy free ways to bump up the calories too, so I disagree with the GP that it is the only way. You could do loads of rice, and rice puddings, and home made ice creams and dairy free custards and lots and lots of egg meals and avocado mixed into foods. These are all gluten free and dairy free high calorie foods. (Although I'm not sure how old he is, so some ideas may not suit).

If he's a good eater then you know it's possibly not that he doesn't eat enough food- would that be right? So then it could be an issue with how he absorbs his food. Which sounds likely because he's not coping with gluten and dairy again.

On the other hand, he's been restless even while being gluten and dairy free?? So yes, then there might be other intolerances affecting him instead.

How long was he gluten and dairy free for? Usually you only need 3 weeks to notice if it's helping or not.

PS sorry for the late response- the start of the year has been quite intense and I have a high amount of files to get through atm!

take care

Ruth

Beck - Thanks so much Ruth.

He was only gluten and dairy free for a week. We did have one successful night in that time where he slept for a block of SIX hours! Usually an initial block of 2.5 hours is an amazing feat so you can imagine what it was like for us when it was six. On the other hand, most nights have been rubbish! Eight to eleven wake-ups per night and one night (actually the first night we introduced dairy and gluten again!!!) he slept for an hour and a half for his initial block and then woke up crying and screaming every twenty minutes for three and a half hours after that!!!

He slept last night for forty minutes then needed resettling without a feed or being picked up and then went back to sleep for another 4.75 hours. That was when he had eaten dairy during the day BUT it took an hour and a half of screaming and crying to get him down (he could have just been very overtired as he had daycare and only slept two lots of forty five minutes which is about half of what he sleeps at home).

Should we try for the full three weeks though and see what happens? He's never been a good eater but in the last two weeks or so he has started to finally eat at all three meals. I'm getting him weighed next week again to see if he's gained much since the appointment with the GP.

Thanks so much for your response, especially when you're so busy; I appreciate it to no end.

30/1/19

RF - Hi Beck,

It's standard to do at least 3 weeks when you eliminate foods, to see what kind of improvements you get. It helps you to know how big a problem the foods may or may not be.

What you've written makes me suspicious, so I think it's worth the trial.

But just to clarify, he became a good eater after your dropped the wheat or dairy, or before?

Beck - Oh my gosh!

Pretty much AFTER we dropped the gluten and dairy!!!

