



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Melinda Scott

Client D.O.B:

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/10/2020 14:56

Activity Date: 05/10/2020 14:56

Contact

Email or text

Hi, thanks for yesterday!

I was going through my blood tests and came across this histamine test and a few others I thought you might be interested in. My Dr at the time did it as a standard prenatal check, it was 3 weeks before falling pregnant with audrey. Normal range was 0.2-2 and my results were 0.8 so nothing out of the ordinary. I did find lots of tests that were done years ago with notes that i had constant itching in the intestine area which only happens now if I'm stressed which I guess might be all related to acidity etc.

Also I spoke to hubby and he gave me the all clear for the stool test for myself.

Ps i spoke to soon, audrey was at daycare yesterday but had a big and very long angry meltdown last night and this morning, screaming that she hated me and everything around her, which I've never seen before, so I think if all of these changes help we will see a noticeable difference. :)

Melinda scott



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Melinda Scott

Client D.O.B:

Created By: Ruth Fellowes

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Created On: 05/10/2020 14:43

Activity Date: 05/10/2020 14:43

Contact

Email or text

Thanks.

Here are my results from the quiz:

1. 28. SEROTONIN
2. 14.
3. 13.
4. 13.

Ive emailed the other form to bioscreen too.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Melinda Scott

Client D.O.B:

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 01/10/2020 14:57

Appointment Date: 01/10/2020 13:30

Core symptoms

MOOD

panic attacks- heart racing and breathless- used to it and gets on with life but finds this tiring and draining

heart often pounds after a meal- but since starting a low histamine diet this does seem to be settling down

17yo and dropped out of school due to panic attacks- but did eat a lot of icecream/ daily- ie diet was bad
used to get a lot of urination issues- panic about wetting herself at school
all of this led her to drop out of school

she can't work

faints if she stands up too long- so could be POTS as well

faints very easily eg needles/ blood/ does too much shallow breathing

tired all the time- this goes up and down- one week can be doing the same thing eg visiting but next week can't do it

wondering if there is a food correlation

BOWEL

often get constipated

since 17yo

had a colonoscopy- told to have a high fibre diet

SLEEP

has a fitbit- seems to be good

not getting 9 hours sleep and she feels she needs it, but she is not getting enough deep sleep

ENERGY

PAIN

feels like she is sick all the time- but it turns out was hayfever because a nasal spray worked
has been trying anti-histamines- phenergan makes her sleep/ claryntyne worked a little bit

OTHER

23 and me report to review

Diet

eats a lot of choc and kimchi

Herbals & Supplements

3 weeks ago-

folate and B12

B6 and zinc

magnesium powder- lemon flavour- Swisse mag and sleep powder- hops
iron

mag and B powder combo?

was tested for pyrroles and that was high 2014, HpL 24. 7 normalised 30 something

MUM NEEDS TO BE ABLE TO FUNCTION TO WORK

PEA 80% DOPAMINE ALSO AT HIGH NEED

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

