



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Melinda Scott

Client D.O.B: 25/06/1983

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/11/2020 22:19

Appointment Date: 03/11/2020 14:00

### Core symptoms

#### MOOD

Discussion of Bioscreen stool test results

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

### Diet

### Herbals & Supplements

### BODY SIGNS

#### Nails

#### Palmar

#### Eyes

#### Tongue

#### Skin/ hair

## Record Melinda Scott

Client D.O.B: 25/06/1983

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 31/12/2020 13:36

Activity Date: 02/10/2020 00:00

### 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

#### REPLY

Thanks Melinda,

I think the current position is that if histamine is over 0.6 it is considered on the high side. I will have to check notes about this because it does seem to change as researchers learn more about the role of histamine.

#### MELINDA

Ahh thanks, actually I did come across this below on the mthfr website after looking it up. :) I can't remember how I was feeling at the time as it was so long ago but with lots of uti symptoms around that time im guessing it wasn't great.

## Record Melinda Scott

Client D.O.B: 25/06/1983

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/05/2019 16:15

Activity Date: 19/05/2019 16:15

| 18-Aug-2017 9:46 pm | Melinda Scott, Ruth Fellowes

email 13.8.17

Hi,

Thank you, It's only been 11 days so i'm not sure if we are meant to see an improvement at all but she hasn't had the types of bottom rashes that look like a sunburn since she started the diet, but she still seems to be upset/ lots of tantrums etc, not sure if its teeth, the diet and also how much of this is normal but I can talk to you about that next week :)

In regards to my appointments, I was in one of those "looking for answers" moods today and spent some time looking over my blood tests and doing some reading about other peoples experiences with anxiety. I feel like my anxiety is increasing and its been at its worst ever over the past 2 weeks, i'm not sure if its something in the supplements that's making it worse (namely blackmores b6?) or if its work making me anxious. Like normal though I feel like i wake up anxious, before my mind gets a chance to even start worrying about things. I start back at my old office I used to work at this Monday and i'm really worried i'm so anxious that I may loose my job because of how anxious i'm getting. So after doing some reading about how i'm feeling and what anxiety treatments have helped others, i have two questions to do with iodine and b3, I've never had my b3 tested and I got my urine iodine tested mid 2014 which was 71 ug/L (mild iodine deficiency). I use Himalayan salt at home and don't use table salt with iodine added. My thyroid has been at the lower end the last few times its been tested. Today I was desperate for something to make me feel less anxious and I found metagenics thyrocalm in the cupboard that mthfr support sent me last year, I took 3 tablets at once and It could just be in my mind / a coincidence but I felt slightly calmer in my body within 2 hours. I'm just wondering is it worth getting my iodine / b3 tested? or trying one of these as a supplement? I'm guessing things don't normally work this quickly, but I feel like id like to try one or both of these before Monday hits, I guess if it doesn't help at least in the meantime I will be a little calmer with the thought that i'm actually doing something that may help me in the long run, would like to know your thoughts on this?

reply on 18.8.17

Basically your anxiety could be driven by an overfunctioning thyroid. Thyroid are common drivers for anxiety in women- with the thyroid being either over or under functioning, but more commonly over functioning ie hyperthyroidism.

Based on your response to the Thyrocalm- which is designed for over functioning thyroids- and that you say your thyroid has been at the lower end - which suggests that TSH is dropping- then you are likely to be dealing with hyper thyroidism.

You are actually the first person I've found to do well on B3 supplements from the start. So by all means keep them up and as soon as they seem to kick in, start to cut back. A common problem with B3 is that an over methylating person will not do well on long term dosing as it bascially swings them the other way into undermethylation.

Thanks for your observations as it helps me to keep that in mind for your care.

| Melinda Scott, Ruth Fellowes

Appointment 30-Aug-2017 11:00 am

Note Last Modified 31-Aug-2017 4:36 pm

Asking about her current SUPPS and if she could bring in others:

Solgar Niacin 100mg x5. Helped to begin with but now not.

source Naturals Phosphatidyl Choline 420mg x1

Bioceuticals Iodine spray 288mcg

Has Seeking Health P5P which has expired- could try it, but may not have any potency left. Felt that current script of B6 left her feeling odd, but when she took it out there was no improvement either.

Note: Current supp is the Bioc Natal Essentials.

Menses- as disruptive as the others, mood wise. But stress is bad again so this could have kept the improvements from showing. PMS started earlier this time. Ovulating next weekend so will be trying for a baby then. However bleeds have been improving- used to have 4 days of bleeding, now down to 2 days.

Sleep- needs 9 hours to function well, 7 hours leaves her dehydrated and hung over feeling. Has always been a slow riser as a child. Fall asleep and stay asleep well but then has to wake up all the time for bathroom (heavy urination).

Diet- asked about being gluten free for the baby- I suggested keeping it low gluten so some remains which allows their bodies to remember how to break it down.

Concerned that her last thyroid test showed it was too low (after discussion it possibly is actually low TSH and therefore hyper instead).

TO DO

focus on adrenal health eg adrenal cocktail. Cortisol is possibly out during night therefore needs more sleep and excess urination?

using her 23and me test and her MDA test, make up some Amino. acids. She has tried L theanine before but can't remember what it was like (would like to use for improved energy even on interrupted sleep).

Iodine reset may be good to do as in the past it was low.

Keep taking her B3 in and out to suit. She may do well on SAME which would also need to cycle in and out.

Set aside a B6 RN brand for her to try.

| Melinda Scott, Ruth Fellowes

Appointment 19-Sep-2017 9:15 am

Note Last Modified 20-Sep-2017 10:15 pm

Checking on what supps will work.

Had a Pyrrole pack once and didn't do well. P5P was needed as a swap for B6 to make it work.

Really thirsty all the time. (Adrenal Cocktail).

Hypoglycaemic tendencies- but not as bad as before.

Concerned that the iron supplement is causing a yeasty/ metallic smell (vaginal)

Send script that will layer in the supps so she can see what may or may not be tolerated. Also handout on iron rich foods. Needs some muesli bar options for snacks.

Asked if she should use ALA or Taurine yet (bought from iherb) since the gene test indicated they would be useful. Will wait to layer them in later, after reintroducing slowly the current list of supps to check what she is not tolerating. Note: RS ALA is in MyGEn 100mg.

| Melinda Scott, Ruth Fellowes

Appointment 11-Oct-2017 11:45 am

Note Last Modified 13-Oct-2017 7:55 pm

6 weeks pregnant- lots of nausea just started up. Not sure if it is just the high anxiety.

SLEEP- ok atm but waking up a lot with urination and feel hung over.

DIET- will do the adrenal cocktail- to settle the nausea. Also could try banana, Coconut water- not liked. Also lots of pineapple. Reactive hypoglycaemia diet will help e.g. the liver/ MTHFR diet that is high in plant foods and proteins.

Discussed a pregnancy nutrition plan that will also ideally help with anxiety ie higher zinc and B6. Used the Pregnancy handout as a base and adapted it slightly. Refer to my pregnancy guidelines handout and adapt.

Thinks the Solgar iron might be making her nauseous - however it is bisglycinate so would think it was tolerated. Hard for her separate the nausea and the anxiety i.e. which one feeds which. Unfortunately whilst being pregnant it will likely not be possible to draw that distinction.

Txt msg later : has Nordic Naturals Ultimate Omega with 1.4g of EPA and 1 g of DHA. This can be used as her EFA supplements.

| Melinda Scott, Ruth Fellowes

Appointment 12-Dec-2017 9:15 am

Note Last Modified 12-Dec-2017 11:31 am

15 weeks pregnant. Noticing anxiety creeping up. Had gestational diabetes test and this was fine. TSH has been declining over the years. Looks like an overactive thyroid since 2000 and has never felt since she was

at a good level of TSH at 1.8. Compiled a table and she notices that when TSH is good (above 1.2 that is when she feels well. It has been rapidly declining ie 0.8 at 2 months ago and now 0.32.

Nausea still there but only starting to back off.

Folinic acid is meant to be better than folate for her according to her gene picture. Sort out the pregnancy vitamin so that she gets her B vitamins in for adrenals/ thyroid and stress/ anxiety with MTHFR. Biomedica will be good enough? But has cyanaco.

Taking iron picolinate now from visionary health which is 500mg. Needs to take with food at bedtime otherwise gets cramps from it.

Citra Mag x2 still being taken.

Not taking fish oil as was worried it wasn't suiting.

Needs to get more minerals into her- takes Ural/ suggest she also takes mineral water with lemon or lime juice. Eat licorice (real ones ) for iron and BP balance. Low BP will make her anxious. Use salt. Everything seems to taste sweet in the last fortnight- does this suggest that she should be classified as gestational diabetes.

TO DO

Suspect long term adrenal and mineral imbalances leading to thyroid hyper activity. Want to bring minerals back in balance/ support the adrenals. Thyroid will become Hyper while pregnant but the TSH is still not good and therefore she will feel more anxious. Neurosom formula is safe- start with x1 and prefer she only needs x2 am to feel well rather than needing x4/day. Adrenals could be struggling because she can't process the B vits due to MTHFR. This may have been what started the whole problem with anxiety (affecting the adrenals and then flow on effect to thyroid becoming hyperactive to compensate)

| 07-Dec-2017 12:00 am | Melinda Scott, Ruth Fellowes

EMAIL

Hi ruth,

I got some blood tests this week and my TSH levels are down to 0.34 and am feeling real crappy, tired, anxious and nauseous, i know this can be normal in pregnancy but i can see they've dropped by half when i had audrey and stayed that way and have dropped by half again in the last 3 months.

My nan has thyroid problems and is on meds for them, her situation sounded similar to mine. I'll be seeing the doctor tomorrow about it so i'm not sure if they will offer me anything but my anxiety has heightened slowly since the birth of audrey and i wonder if this could be to blame so i'd like to correct it if i can, i'm not sure if they can/will give me anything while i'm pregnant. Thought id give you the heads up that i'll give you a call after my appointment to see if i should make an appointment to discuss any natural remedies or medical if they offer me anything.

| 14-Dec-2017 12:00 am | Melinda Scott, Ruth Fellowes

EMAIL

Hi Mel,

here is what my colleagues came up with- the closest we could get is a multi by Seeking Health in the US.

<https://www.seekinghealth.com/optimal-multivitamin-minus-one-45-capsules>

MEL REPLY 14/12

Thanks I'll have a look :)

Looking back i took mygen (folinic) when pregnant with audrey plus i think about one or two seeking health lozenges (methylfolate) a day and didnt have a problem so I wonder if I'm just anxious and its bad timing when i happen to take the bioceuticals and blame it on that or its something else in the tablet.

I asked in a forum and there seem to be only mixes (generally 50/50 methyl and folinic), bioceuticals new innatal <https://www.bioceuticals.com.au/product/preview/InNatal> and the seeking health optimal prenatal. So i could always try one of those. I'm keen to keep taking the rest of the bottle i have left of the mygen with just the folinic in it and see if i stay anxious :)

I did phone hamilton pharmacy and she said she could make a mix but she thinks it would be about \$100, she couldnt say how long the bottle would last though and said i'd have to ring her back and she could basically copy the eagle brand prenatal but swap the folate and then give me an accurate quote.

Fyi I emailed mgen to see if they had any stock left and they replied with this "Hi mel, thanks for your inquiry re the maternity formula. My name is Amanda and I designed the formula. I am a bit surprised that you react to the methylated folate when you are positive for the genetic mutation MTHFR. Have you only ever had the reaction when you have taken the MTHF on its own? Usually the co – factors B2 and B3 help to offset the side -effects that may occur with MTHF and that is why they have been deliberately included in the maternity formula. If you feel you react to the MTHF with the supportive B vitamins it really is fine to just stick to the Mygen fertility and maybe consider an extra calcium/ magnesium supplement. Good luck with the pregnancy and take care, Amanda"

Actually now that i think about it, i had to finish up work early towards the end of my pregnancy with audrey because thats when i got really stressed (and i started taking extra iron then). This time i started taking extra iron a few weeks ago and have been more stressed out since. I could have been stressed from low iron but i guess it could have even been the iron tablets.

REPLY 18/12

hanks Mel,

I like their suggestion to just stick with the Fertility version and add in extra Calcium / Mag supplement.

If you wish to keep seeing if it is more the iron rather than the change in folate forms, that would be a good idea. Although it's not usual for iron to cause that kind of response.... however we are all very unique people with our tolerances to supplements.

