



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/12/2020 11:42

Activity Date: 22/12/2020 11:41

Contact

Email or text

Hi Fiona,

A quick note to say the reverse T3 results came in, and they are much too high. Essentially this means your lovely, active T3 has had the handbrakes put on, and you are therefore not getting enough energy created.

rT3 typically climbs too high due to an assortment of reasons such as stress, a lack of important nutrients (many which also influence immune health too, interestingly), poor gut health, poor liver health.

We can work further on this in the new year.

Until then, have a wonderful Christmas.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/12/2020 11:34

Activity Date: 22/12/2020 11:34

Comment or research

rT3 results now in

T4 14 (12-24) pmol/L

T3 4 (5-6.5) pmol/L

rT3 359 pmol/L

$4/359 = 0.0111 = 10:1$ (s/be 20:1 or higher)



Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 15/12/2020 11:59

Appointment Date: 15/12/2020 12:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

only just now getting out of a head cold- really fatigued from it

PAIN

OTHER

discussion about low iron- allowed to get an iron infusion- last one was done May2019

colonscopy recommended

first will get a stool test (for parasites?) but more likely to be for a bowel cancer scan

needs to get tested for PCR parasites

GP is Lisa Corrig

DISCUSSION ABOUT BLOOD TESTS

Last time she had an iron infusion, they were good at first, then they dropped at 3 months. She doesn't know by how much.

getting an iron infusion early to mid Jan 2021

Diet

review her diet and switch out the oxalates

hasn't done the oxalate checklist yet

Herbals & Supplements

loves using echinacae for any head colds

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/11/2020 16:51

Activity Date: 25/11/2020 16:51

Contact

Email or text

add Reparap calcium phosphate to her list x1/ day



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/11/2020 10:36

Appointment Date: 24/11/2020 10:30

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

had to take time off work- due to plateauing or even regressing more recently
was at 8/10 for energy/ quality of life but in the last 2 weeks has had at least 5 days of feeling like she is at 2 or 3/10

lot of trouble with legs- cramping in legs - mag does help- but feel really heavy- difficult to be mobile
racing heart for no reason now and then- iron?
going to take next year off from work

has had heart checked by US and the conclusion was there is heart reflux ie the ventricles (?) aren't contracting powerfully enough

OTHER

Diet

days she craves salt = HPA dysfunction possible
discussion around if there is enough ca in diet with moving into perimenopause

Herbals & Supplements

suggest need for B12, D, iron to be checked for energy
wants to get thyroid checked

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/07/2020 08:58

Appointment Date: 16/07/2020 09:00

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

has had some bouts of sickness with being at work and getting it from the kids, and it comes down hard when she feels like something is coming on she amps up the echinacae, and the B vitamins

gets some nausea with the Methyl Bs so would back off- but she is having them just before a meal (asked her to change this)

she does feel her energy is quite good though

she has the Eden vit C on hand and doesn't like it

she has noticed when she is unwell now, her glands don't seem to swell up!

Overall, progress is still good and has been maintained, but there is room to grow.

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/02/2020 19:20

Activity Date: 24/02/2020 19:20

Contact

Email or text

text:

Hi Ruth

Just wanted to let you know I've come down with an infection. On Saturday I developed a sore throat, burning eyes, fevers and swollen glands. So I'm now back on stealth complex and myrrh forte of which I have heaps. I'm go onto the tonic soon of which I have half a bottle. Should I also be taking all of the other tablets as well? So far I have been. Thanks for your help.

REPLY

Good good, get onto all the immune supports straight away. Expect to keep them up for a full week, even if by day 3 you're starting to feel better. Completely fine to keep up the rest of the supplements too. Remember you can double the Vit C you have through the day (a very under-rated immune boost!).



Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 15/02/2020 14:11

Appointment Date: 15/02/2020 14:15

Core symptoms

MOOD

had a great holiday and feels very rested
things are in a good space at work and home

BOWEL

using all -bran, and doing well on it for bowels

HAS HAD FLOATING STOOLS FOR A VERY LONG TIME, lighter colour than should be, lately some odour
(soon after starting the all-bran)

SLEEP

very dark under the eyes- been like this for a long time
attributed to iron deficiency yet she has had an iron infusion about 12mths ago now

cousin who can't retain iron

discussion about gluten free diet benefits

feels like this is good

ENERGY

good
did 3 weeks of FT teaching
did park run this morning
not dragging the feet

PAIN

hasn't had any sinus infection and so need to use any spare stealth protocol

OTHER

fatigue improved jan 2020
no sinus infection for a while
April 2019 had the respiratory infection, and didn't recover from this for 3 months
saw Liz Sept19

2yrs ago did have a respiratory infection, which antibiotics worked well for

had a flu shot last year- discussion around trying not to have it this year-might set her back.
look at checking iron and vit d with gp instead/ keep in ehcinacae, and use the steps to prevent infection
getting a hold

discussion at end of appt re history of thyroid dysfunction in mum and maternal aunt

TO DO
should she go fully gf?
really need to test for thyroid antibodies
could low thyroid led to her immune dropping?
main point of today was maintaining her progressf

Diet

no gluten over christmas- too hard

notices gluten may cause heaviness and sluggishness but I'm unsure if it is due to over eating/ BSL disturbances

doesn't eat much wheat foods- a little bread or pasta

Herbals & Supplements

vit C finished 2 weeks ago
mag tablets 2 days ago
echinacae 3 wks ago
fish oil - still have

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 06/12/2019 15:54

Appointment Date: 06/12/2019 16:00

Core symptoms

MOOD

primarily a review of supplements because the stealth protocol

BOWEL

SLEEP

has noticed that sleep is not good but as a school teacher things are very hectic

ENERGY

PAIN

will be 10 weeks on stealth protocol by now.

OTHER

despite the smoke her lungs are coping well, however her eyes are sore.

may cough for no reason- she thinks it is due to high stress levels when thinking over the past trauma

Diet

although this time of year is a high sugar time, and she is getting a lot of choc given to her, she is not craving it.

not big on carbs at the moment

has only 1 pc fruit each day- likes blueberries and has quite frequently on brekkie

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Fiona Wilson

Client D.O.B: 20/03/1971

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 15/10/2019 13:06

Appointment Date: 15/10/2019 17:30

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

all the symptoms of pneumonia but none of the pleurisy showing up in chest xray- complete breathlessness/ fevers/ shocking fatigue/ constant dizziness were the symptoms- started with lots of coughs/ fevers/ aching and flu like.

3 months of symptoms. Even tried ventolin but it made no difference to breathing.

then eventually things started working better with lungs, she would be constantly fatigued. Lymphatic groin glands would flare up rapidly with movement and make it painful to work.

A friend picked up on the CFS symptoms.

Queries if immune system was already compromised eg lungs play up the most.

OTHER

REFERRAL FROM LIZ:

Slow recovery after pneumonia = adalase, metazinc + C, super mushroom= doing better (stopped these for a little while- 1 week- and still needed it).

CFS now diagnosed = adalase, metazinc + C, stealth protocol (vira clear replaced with herbals: licorice 20ml/ wk, lemon balm 20ml/wk, thuja 30ml. Note: Thuja max is 20ml/week) Dosing as 5ml bd.

SSRI to be aware of with herbs (came on during the high stress time with her son's accident). Started this 12 weeks ago.

Doing well on the stealth protocol.

2 weeks now

teacher - high stress job- high emotional family stress over Dec/ Jan- got sick early April. Maybe only Aug when it was starting to be resolved.

First 2 weeks on the protocol

Diet

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

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