



Record Lorna Wilson

Client D.O.B: 11/10/1981

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/11/2020 13:40

Appointment Date: 17/11/2020 13:30

Core symptoms

MOOD

only had enough inositol for 3 days trial- felt good on those days- but hard to gauge true effects with only 3 days

BOWEL

SLEEP

ENERGY

a few more days in the week than normal- felt she had energy and motivation
only did x1 B multi

PAIN

peri-oral dermatitis is cleared

heavy period still

moods drop before and during the period

WE NEED TO CHECK IRON- pathology says it was low (maybe single digits?)

No period pain, just heavy blood loss

does get arthritic pain in fingers over winter- mainly due to cold weather

OTHER

used to have PCOS- not evident since moving to Aust

still gets hair on chin though? (see previous notes)

Diet

Is remaining dairy free- occasionally has cheese- feels she should be DF for longer
just sticking with gluten free bread so she doesn't overeat- hasn't tried sourdough

CHECK FOR OXALATE TOXICITY

Herbals & Supplements

pathology results: low iron and low Vit D

was recommended FerroGrad

recommended high dose vit D (maybe once a week?) Each tablet costs \$6 so might be a weekly option

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Lorna Wilson

Client D.O.B: 11/10/1981

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/10/2020 13:42

Appointment Date: 16/10/2020 13:35

Core symptoms

MOOD

did a paleo diet with Cyndi O'Meara- noticed that removal of gluten and dairy were helpful.

Gluten- mood- makes her depressed- was even able to reduce anti-depressants

dairy- pain in joints, not really for period pain

easier to keep out dairy (son is dairy free)

gluten free diet is hard- craving carb type foods- stress from work (mental health worker)

BOWEL

interested in gut health for the gut brain connection

has read about the GAPS diet

SLEEP

ENERGY

PAIN

OTHER

peri-orbital dermatitis: antibiotics cleared it straight away- 2 weeks

but moved around a lot

OB gut biotic - SB + L rhamnosus- taken about 10 hours apart

did this to prevent vaginal thrush flaring up with use of antibiotics

MOOD significantly worse PMS for 1.5 weeks prior

heavy period- since having children

OESTROGEN?

folliculitis- from shaving

laser really helps to prevent

was diagnosed with PCOS a few years ago- period became regular before conceiving

Diet

likes salmon a lot, but not really any other fish

lunch is the most difficult meal to get right

TO DO

Had problems with milk production with her children? consider thyroid

first born had tongue tie- confirmed hetero MTHFR
consider MTHFR with mum
flooding periods and low moods = low progesterone? consider vitex
deal with the carb cravings
consider IF- husband already does it
can use the inositol on her children for their sleep and behaviour

Pathology

PND for 2 children
6 yrs ago first incidence, difficulty breastfeeding led to onset- baby was very unhappy with feeding
4 yrs for next child PND

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

also using Blackmores Lyp-sine for cold sores during winter- Starts taking in May
(not prone to them in other symptoms
NN Omega 3 + D
Changing Habits- whole food multi called Peak Performance- looks comprehensive

BODY SIGNS

Nails

ok, bitten

Palmar

good

Eyes

pale

Tongue

coated, lots of grooves

Skin/ hair

hair falling out, dermatitis on skin

