



Record Annemieke Wolff

Client D.O.B: 12/08/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/10/2020 10:17

Appointment Date: 10/10/2020 10:15

Core symptoms

MOOD

just diagnosed as ADHD combined- classed as severe
inattention
impulsive
but not so much on the restless side

executive function on the low side

happy, caring, gentle, more social

not focused enough in OT therapy- needs lots of proprioception support
mum is wondering about interoceptor being weak because she can hold her bladder too well/ doesn't have enough sensation
this leads to accidents- because she doesn't know she needs to go
ie there is sensory stuff

BOWEL

seems to be getting better- very few complaints about a sore tummy- starting to get some softness to the belly

SLEEP

harder to get her to sleep at night- takes an hour already with the melatonin

ENERGY

has done vacation care- St Josephs
has done well over the last couple of weeks
but yesterday she had a massive meltdown- likely over tired, disappoints in many ways and then got physical and wanting to run

PAIN

OTHER

practicing with getting her to swallow tablets
has tried milk, will try custard

could try the flavouring mixture to mix DLPA

possibly some ODD?

maybe very taste sensitive - she doesn't even like fiji water

Diet

happy to have the protein shake every morning in 200ml + supplements

Herbals & Supplements

maltofer syrup has to be hidden in homemade banana icecream

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Annemieke Wolff

Client D.O.B: 12/08/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/09/2020 10:09

Appointment Date: 12/09/2020 10:00

Core symptoms

MOOD

enzymes, gaba, probiotic in morning with honey

but at night time won't do it again even with honey -will try to do this as capsules

very strong willed from birth

BOWEL

slightly improving- not complaining about it as much

still bloated at end of day but morning it is quite soft which is an improvement

SLEEP

doing the melatonin at 45mins to get her to sleep- sublingual tablet- this does seem to help

might be waking up at night but not sure because she doesn't go into their room

wakes up at 6.30/ 7am

ENERGY

PAIN

OTHER

concentration:

behaviour improving steadily- significantly getting better per the

doing weekly OT- struggling with this for concentration so we need to keep working on this

no way will homework get done- don't want to do it/ getting distracted too easily

Not until March 2021 for Paed appt!

TO DO

may need to look at food intolerances

consider pyrroles for the stubbornness- look at the Mindd GP notes re this

could do a compound cream or just do the test

if gut doesn't improve, add in Biomatrix

Diet

is able to do the bone broth powder when appropriate with a meal

won't always do soups as a way to get the bone broth

has been doing sardines and mackerel at home but sometimes she

cereal- cornflakes, rice bubbles, nutrigrain, bilinis or toast with salmon but not often

will do banana smoothies again at OOSH
lunch - sandwiches- not eating it often- chicken jumpies-
does a lot of banana eg has another for fruit break and for icecream
dinner- hidden veggies- lot of tomato based dishes

Likes warm comforting meals eg lasagnes. She will do leftovers on colder days in a thermos

do a protein shake for breakfast
extremely slow at eating breakfast and all meals

Herbals & Supplements

5 to 7 nights a week able to do the Maltofer syrup- hidden into banana ice cream!
increase to 5ml 50mg for concentration

Won't do the inositol even in milk because she claims she can taste it

mum thinking she should learn to swallow capsules so less resistance about doing powders

will try the inositol all day long in a water bottle to dilute the taste down because she has so many resistant behaviours - can add a splash of apple juice for flavour

Fiji Water to drink for the silica content

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Annemieke Wolff

Client D.O.B: 12/08/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/08/2020 11:21

Appointment Date: 22/08/2020 11:30

Core symptoms

MOOD

behaviour better in the home but not yet in the classroom

dad says he could see the change in her immediately

feedback book is showing improvements but still some pushing and shoving (mum thinks it might be for valid reasons)

less misbehaving

concentration still to work on

BOWEL

gut- sore tummy still and still bloated

not as many bad smelling flatulence

SLEEP

still takes 40-45 mins to get to sleep even with melatonin

try bringing in inositol at same time- it hasn't yet been tried

ENERGY

seems to complain of being more tired- any time of day-

but still doesn't sleep well at night even though she is tired

seems more regulated in her energy in the office

PAIN

OTHER

couple of flares lately on the hands- but the weather is dry and windy

but has been trying lavender oil

Diet

eating 1/2 banana at fruit break

prefers foods mixed altogether eg bolognaise/ casseroles

has bone broth

happy to do sardines

not yet tried mackerel

Herbals & Supplements

1/2 tsp GABA - a battle- but finally found it works well in honey

still doing melatonin in evening

doesn't like the iron- suggest a grape juice with it

slowly building up the vit D

BODY SIGNS

- Nails
- Palmar
- Eyes
- Tongue
- Skin/ hair



Record Annemieke Wolff

Client D.O.B: 12/08/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/07/2020 10:31

Appointment Date: 25/07/2020 10:30

Core symptoms

MOOD

HAQ shows that calm is going to be critical for her- night time- and has meltdowns during the day
sometimes at daycare
sometimes perfectionist- inositol

BOWEL

tummy feels sick and sore- tight and squeazy
mum says it feels bloated and tight
belly boated mainly at the belly button
discussion that I think the poor appetite and fussy eating is due to tummy distress
she eats a lot of carbs
a lot of flatulence- sometimes very smelly

SLEEP

melatonin does help but she can't do without it- takes 30mins to kick in for her
important to sleep well because she

ENERGY

all over the place- sometimes bouncy and other times really flat, in the same day
Oracle psych are going to do a behavioural assessment
has gotten worse with starting school this year
mum thinking inattentive adhd (I think more adhd)
dyspraxia present and often present with ADHD

PAIN

OTHER

backs of hands get most eczema, sometimes in the creases- more if she is rolling on ground and grasses-
but the hand is the constant problem
very environmental based
moisturises head to toe day and night
started at 4mths old- with exposure to cheap perfume by a nana

she said 'I'm bonkers', quite a lot - INOSITOL for repetitive thoughts

Diet

are there additives in the food
has some very healthy favourite foods
there are days she will have a jam sandwich for lunch
or she will not eat a meal- only tiny mouthfuls
days she is surviving on just air
very consistent with eating habits and intake
there is a lot she won't eat, and this seems to be getting worse

she eats a lot of carbs
they work to limit her sugar but if she can have a lot she would gladly but she would have some capacity to self regulate
likes a lot of salty foods

likes a lot of milk and cheese- but in last 6 months it has reduced

likes smoothies- uses a lot of greek yoghurt compared to milk

Pathology

has doterra oils
mum will be seeing Jenny for weight loss (Jenny uses a supplement program)

Timeline

Pregnancy and early childhood

mum had literally no milk supply- possibly low thyroid function? Mum is on the larger side. Her own mum had the same problem.

Child/ young adult

Herbals & Supplements

needs serotonin- SJW/ tryptophan/ inositol
minerals
protein powder? Or the probiome for lactobacillus
use lavender oil on skin for itchy hands , or epo
dyspraxia- needs lots of fats and vit D

BODY SIGNS

Nails

most of moons, one zinc spot

Palmar

pale

Eyes

very pale conjunctiva

Tongue

minor coating at back

Skin/ hair

eczema

