



Briony Chapman

Initial Naturopathic Consultation

Practitioner	Kit Tomlinson
Appointment	16 Jun 2023, 12:00PM
Created	16 Jun 2023, 11:56AM
Last updated	16 Jun 2023, 1:59PM

Presenting complaint (8 Cardinals)

PCOS- diagnosed age 20
ADHD - Just diagnosed.

- priority 1 = ADHD
2. PCOS
3. weight
4. Energy

Complaint history

Digestive System

gluten and dairy causes bloating.
dairy causes diarrhea
gluten constipation.
tries to avoid but not always.

BM= every morning.
sometimes miss a day if eaten too much gluten.
mucus sometimes. no blood. sometimes tomato undigested.
well formed.
loose stools with period.
vomiting before period occasionally. along with diarrhea.

Breakfast:
rarely eats breakfast. occasional GF english muffin. greek yoghurt with muesli.

Lunch: left overs or dumplings
dinner: meat and veg and carb (brown rice or potato)
dessert: chocolate -

snacks: beef jerky, shapes, fruit,
drinks: 2 litres water/ day, coffee once a week (makes focused), occasionally kombucha.
craving: sweet food all the time.
Avoid: green peas and bean, cauliflower.

Endocrine System

implanon - no period put on 20 kg
mini pil - took 3 months - caused mood swings.
was getting period every 2 weeks - this is why took contraceptive.
has been since since 16
menarche age 11
painful since age 14
used to get horriic migraines - once every 2 weeks.
gets regular masages which help.

Went from A cup to DD age 11

now every 21 - 25 days
cramping not too bad if remember to take metformin. 6/10
9/10 when forget to take metformin
can feel cysts burst and they cause pain.
only taking ozempic last monht - has surpressed appetite. eating half the amount was
before. doesnt feel malnourished - still has good energy.

takes fem 21 when can remember.

Bad mood swing once every 4 months with period.
Anxious turns into anger.

occasional dark blood. no clotting. no spotting.
sometimes feel like period has ended and then has intercourse, which triggers period
return.
Intercourse is not period.

ovulation - sometimes notices libido is higher.

never STI. UTI once.

Nervous System

previous diagnosis of generalised anxiety and depression age 17
currently - seeing a counsellor. finds it helpful. weekly. talking about general issues, less
about anxiety now.

has psychology degree. works in social media marketing.

mood can get really low before period. struggles to be positive around this time which is normal.

executive dysfunction week leading to period.

winter time is also worse.

summer - rarely experience.

pathological demand avoidance - pretty much anytime is told to do something.

stress = 2-3 days week. 7/10 will cry. not often though as usually switches of before that.

energy = 6/10 worse at 3pm

still has enough energy to exercise.

gets up around 5am

often wakes 1-2 sometimes cant get back to sleep. sometimes because need to pee,

other times just because fully awake.

takes hemp gummies for sleep.

bed at 8.30 -10 awake at 4.30 5, out of bed at 7am.

normally feels ok in the AM energywise.

sometimes get 11am slump.

exercise = pole fitness 3x week, stretching/ yoga/ kickboxing. spaced between.

gym = sometimes just cardio - 2 morning a week.

bruise easily.

Medical history

c section birth - breast fed.

chicken pox age 6

got a skin infection in Spain - spots on stomach and still have them. age 6.

20 PCOS cyst burst.

20 bronchitis. it frequently recurs every year sometime. hasn't had last 2 years.

once developed into pneumonia.

wisdom teeth removed in lip tie cut.

covid twice possibly 3 times.

first time took ages to recover - cough lingered for 4 months, was very fatigued. sense of smell was greatly affected. second time was ok.

vaccinated - pfizer - reaction = got really exhausted.

sister - PCOS

mum - ADHD (undiagnosed)

cousin - sensory autism

dad - overweight
mums mum - breast cancer, asthma, BP issues
mums dad - cancer, BP issues
Dads mum - osteoporosis
Dads dad - low lung capacity

Medication

Assessment

sligt white coating tongue
nails healthy
good turgor
BP = 103/85 110/80 on standing.

Treatment

diet - protein
lymph support
neural nectar -

Treatment plan

Body charts