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Welcome  
**Madelaine Brown**

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CIC: 596583

Last Date Edited: 24/06/23

Last Edited by: Rita Ludwinski-Teixeira

Status: Approved by Supervisor

Consultation Date: 01/06/23

Consultation Time: 13:40

Student Practitioner: Madelaine Brown

Student Observer: Molly Addison

Supervisor: Rita Ludwinski-Teixeira

Approved/Rejected by: Rita Ludwinski-Teixeira

Are you pregnant or trying to conceive? No  
Weeks:

For the purpose of determining suitable treatment:

Is the inclusion of alcohol (ethanol) in your treatment / prescription permissible? Yes

Is the inclusion of animal products in your treatment / prescription permissible? Yes








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Health Priorities/Presenting Complaint: What are the main things that the client wants to work on? (Location, Onset, Provocation/Palliation, Quality, Radiations, Severity, Timing, Understanding, History of Complaint)		
Priority	Health Priorities	System
1	More energy and less sluggish	
Location		Cramping - lower abdo
Onset		8 years ago - diagnosed with endo 3 months - since around March 2023
Provocation/Palliation		Palliation: gets better after going to the toilet, after, reduced gluten
Quality		Lingering stabbing pain until going to the bathroom Bloating - worse after foods Flatulence or gas mainly at night Urgency to defacate - pain and gassiness
Radiations		Both with endo
Severity		3-4/7 7/10 = felt anxious
Timing		Worse after lunch but can be any time of day
Understanding		To do with food intolerances or related to endo
History of Complaint		Colonoscopy - found benign growths Dad has a big history of bowel cancer
Review of Relevant Systems		



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Digestive	<p>Stomach issues - food intolerances or endo Every day BM - varies between a type 1, type 3 and type 6-7 Mostly last 3 months Colour is quite yellow or brown, doesn't float Doesn't Undigested food, no mucus or blood. Not difficult to pass. Used to get acid reflux, didn't take medication. Removed gallbladder and had a hernia that was repaired (5years ago). Eat low fat. Just feel bloated after eating a heavy meal. Has an appetite but not really - just eats because. Felt sluggish since high Teenager was dieting. Headache from strong smells 2-3/week. Feels much better.</p>
Endocrine - Reproductive	<p>Had 1 lap Had trouble conceiving, 2 pregnancies - IVF for first. 4 years trying before IVF Sent for investigations which was the lap, stage 4 (8 years ago), lipoidal flush and then fell pregnancy 3 rounds, 3rd one fell pregnant. 4months post partum - fell pregnant 2 girls Did get better for a while, feels like the lower Abdomin, uterus, leg (achy pain) and lower back pain dull ache 10yo first menarche, 16yo-17yo the pill Grade 8 felt the severe pain, was regular 35 day cycle for IVF cycles, 5 days, heavy and lots of clots used pads and tampons Pain with intercourse, no bleeding with intercourse Around ovulation feels pain, crampy and dull before period a few days before, day 1-2 is worse pain 20/10: advil pain relief bad he Tracking on clue - 28-30 day cycle. Bleed is 4 days, first 2 heavy, 2 days light and spotting. No spotting outside of period. PMS - symptoms when not taking NAC, 2 weeks before period will get sore breast and moody NAC taking for 8 months - 1 scoop higher. Struggled with breastfeeding, post natal anxiety Had a lot of help from parents Hardly any hair growth. Hair loss in the head.</p>



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Neurological	Ovulation headaches - tension headaches. Go quickly with advil and don't reoccur. Wears glasses and will get headaches on computer screens. No Hx of migraines Dizziness and vertigo since the last 3 years (iron) - Hx low iron, vit D and Mg. Eating gluten - wakes up with the dizzy feeling. Not a stressed person. Feels social anxiety sometimes. 2/10 (10=worse)
Immune	COVID - NYE - this year Vaccinated - Pfizer Lately feeling getting a few colds from kids Sore throat and then body fights. No GF, got tonsilitis last year. Abx Asthma as a child but grew out of it Allergic to endone, allergy to oranges. Itchiness in throat. in the last few years. High histamine Never gets hayfever
➤ Medications, Supplements and Herbal Medicines	
➤ Personal Medical History major or recurring conditions)	
➤ Family History	
➤ Lifestyle Factors	
➤ Dietary Analysis - Please record brands, portions and frequency	
➤ Bio Impedance Analysis	
➤ Dietary and Lifestyle Review	
➤ Iridology	
➤ Anthropometric and Physical Examination	
➤ Review of Relevant Systems and Interaction Schematic	
➤ Assessment	
➤ Treatment Aims	
➤ Treatment Plan (Nutrient, Dietary and Lifestyle Recommendation)	



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### ➤ Liquid Herbs/Nutraceuticals Prescription

### ➤ Herbal Medicine Actions

### ➤ Second Herbal, Cream, Compound, Flower Essence, Homeopathic, Tea and/or Other Recommendation

### Informed Consent

**Lifestyle and dietary advice** has been provided to assist with achieving your health goal. If you feel any of the recommendations are causing adverse responses or reactions discontinue them and we will discuss modification of them at your next appointment. If you are especially concerned about any adverse response contact the Endeavour Wellness Clinic for guidance.

**Herbal medicines** have been prescribed as part of your treatment. As with any oral medication discontinue this prescription if you experience rashes, diarrhoea, digestive problems, allergic-type symptoms or any other adverse response that you feel may be connected with the prescription. Contact the Endeavour Wellness Clinic to notify us of this response.

**Nutritional supplementation** has been prescribed as a part of your treatment plan to address your health condition. If you experience any signs or symptoms that you feel may be associated with this prescription discontinue the medication and contact the Endeavour Wellness Clinic.