

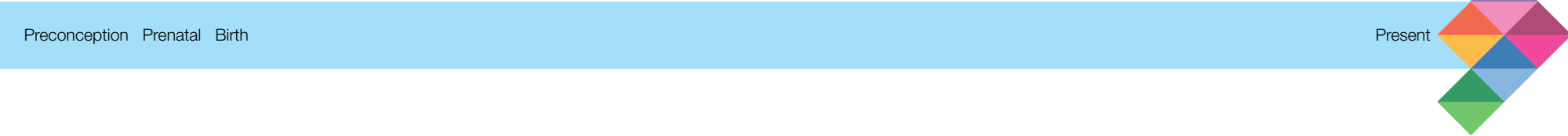
Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Vitae Timeline

Name _____

D.O.B _____

Date _____



Predisposing Risk Factors

Causes

Worse For

Physical Examination

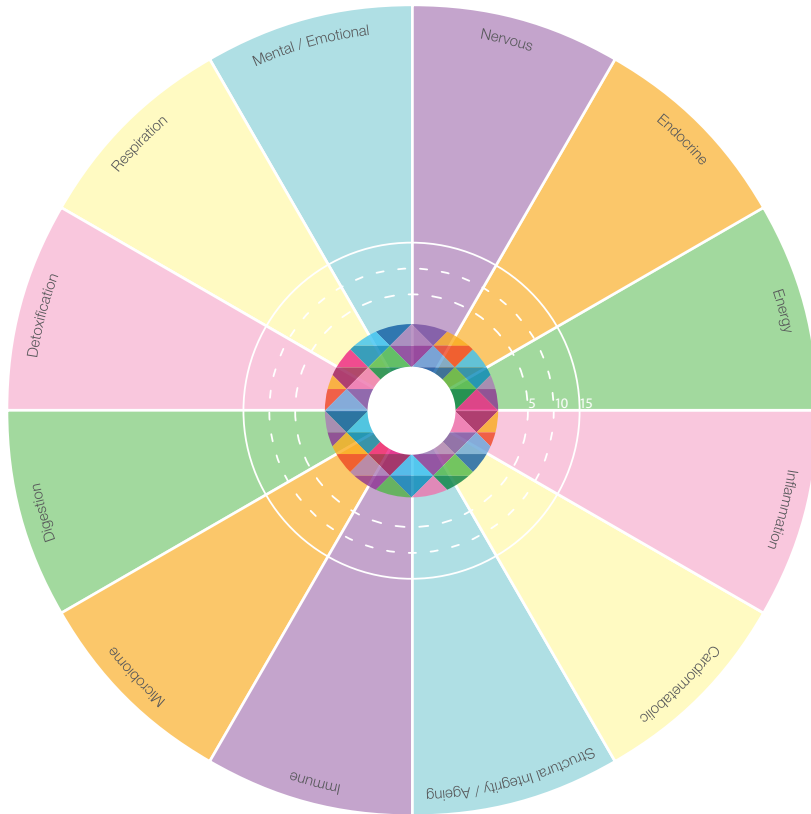
Medication

Pathology Results



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

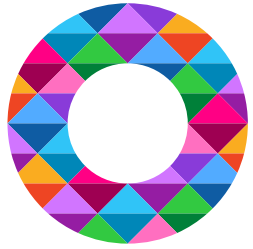
Name _____
D.O.B _____
Date _____



- Score each symptoms based on your perception of severity.
1 = Low Priority
5 = High Priority
- Tally up each segment and plot the dots on the appropriate numbered line.
- Join the dots to determine treatment priority

Mosaic Spectrum

Mental / Emotional	Nervous
last 2 years some travel with work, great but some disorganisation. Accomodation has been an issue. Sense of overwhelm.	Endocrine
Detoxification	Energy
Teeth, lots of work, one root canal (no issues), no amalgams (removed - 10 yrs ago).	Inflammation
Bowels: type 4, sometimes 5, occ type 6 esp with quenda. (having once a year - couple of tubs)	Cardiometabolic
Microbiome	Structural Integrity / Ageing
Immune	



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Mosaic Spectrum (continued)

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

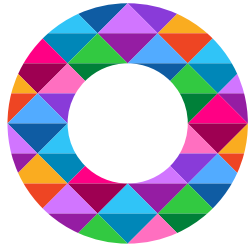
Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Notes:



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Mosaic Coda

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Patient Goals:

Mosaic Summary:

Assessment Summary:

Differential Diagnoses:

Supplementation:

Short Term Aims:

Long Term Aims:

Investigation & Referrals:

Mosaic Spectrum Review



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Name _____

D.O.B _____

Date _____

Consult # ROF: treatment plan stage 1, stage 2 and 3

Notes:

9 Feb 2023

Discussed Pathology and Treatment Plan

Discussed Hx of adrenal burnout - Long Term stress, Hx of excessive sleep, totally worn out - doesn't handle stress well - any changes / trips / etc causes fatigue / nervous system burnout. Picture of burn out

Ordered complete Microbiome mapping

Body Composition - my scales - weight 63.4kg, 22.7 BMI, 35.4% Fat, 29.5% muscle, 45.5% water

recommended - eating more protein - sprouted and fermented rice protein, protein for vegetarians handout

Vital.ly script: Orthoplex MagGI restore - nutritional, nervous Sys support, Metagenics Adrenotone 1 tid,

Digestex 1 bd with main meals.

Neurocalm Soothe - trial.



Date 27 April 23

Consult # 3

Notes:

27 April 2023

Buy all water. always take bottle, even when travel.

Vegan

Bloating - daily, bowels once daily. Gone from well formed to skinny.

Stools firmed up since bowel test 6 week ago

Discussed Gut microbiome test: low IgA, Blasto and dientameboa, Methanobacteria (SIBO), low friendly bacteria

Treatment: Biphasic diet + Blasto / sibo protocol - see hand out in file

Herbal for digestion: Chamomile 40, Gentian 45, ginger 20 15 - 20 drops before 2 main meals

Phone call 15 May. Had Diarrhoea on Friday and haven't gone to toilet since then. feeling faint.

one week with parex, biofilm, GIT immunbiotic, Weekend GutR, Multigenbiotic, GIT Immunbiotic.

Felt better today. but still haven't had a poo.

Lost 3 kgs - don't want to lose more. Having protein powder and eggs.

23 May 2023

UTI - Cranberry capsules - possibly not enough water. cleared up mostly.

Bloating - none. Monday afternoon (after diarrhoea) - well formed etc. Then Tuesday formed, nothing until Saturday. Saturday - formed - not one since. Not eating much. bit of wind - down, no burping. not excessive. Added eggs - and seems okay. Feels a bit stuck when eat them. But okay.

BGL 4.4

Hemaview: oxid stress++, hypersecretory platelets++, Fibrin+

Weight - lost some weight - was 62kg, now 58kg. Seems to have stopped

Bactrex - started - yesterday - to take for two weeks, then back on Parex 2 weeks

Re-introduce foods - starting next Monday - start with rice / quinoa/ banana - slowly. Few days between each.

Has enough herbs - digestive drops. Buckwheat all good

Appointment 4 weeks

15 June 2023

Certain foods causing issues - pain in the stomach - strawberries, mandarin - diarrhoea next day and bloating, grapefruit okay.

small amt of cooked onion okay. Potato okay. Blueberries and banana all good, pears good,

Much more energy - feel can exercise more.

Bowel 2x daily, were (on diet once every 3 - 4 days, formed type 4). Now like chicken nuggets.

Putting weight back on. 58.4 kg here

Rice cakes good - avocado, nuttalex. sprouted nut spread - all good. Honey - contributes to looser stools? 1 tsp in a cuppa

On Parex again,

BGL 6.4

Anxiety: has been good - hasn't felt need to try neurocalm soothe.

Hemaview: 7.5/10

Off supps etc in 2 weeks - appt 4 weeks

Rx: trial Bactrex 1 daily for one week, then 2 daily etc.

Next: consider good gut health - supporting good bacteria - specific foods - arkemansia etc.

Gut review in 2 - 3 months, Omega 3 - has hemp oil caps at home. Gave food - symptom diary for food records.

14 July 2023

Generally really good.

Tummy feeling so much better. Know when have something that doesn't suit -

Foods that are a no no: bread (wheat bread, all wheat foods, strawberries, mandarins, muesli - had lots of sugar

Okay foods: Spelt is fine. small amounts of honey okay, arrowroot

Trialling: garlic, chilli?

If react: stop for a few days then try again.

Bactrex: 2 days on one day break.

B/fast: quinoa and buckwheat cooked. Spelt pancake, arrowroot. rice cakes with nuttalex, ABC sprouted spread, mighty mite.

Lunch: vegetables or salad and - rice and soup/ vegetable curry, vegan pie.

Dinner: crackers and olives, rice cakes with avocado.

Psoriasis: came back on feet. - grants cream really helped. pop blisters and put on cream and stops outbreak. Not on hands.

Stress:

Tried neurocalm soothe - seemed to help

Energy: Definitely higher than was - where couldn't walk up stairs can now run. 7 - 8 / 10

Sleep - trouble sleeping - Asleep in van really well. Wake up sometimes in night and read until sleepy.

Weight: 59.2kg

Exercise: really helps with stress. On Adrenotone.

BP 99/71 pulse 70

Bowels: mostly formed, can be loose occ 1x / week type 6

Treatment: Keep up Gut R and GIT immunobiotic - heal and seal and protect the gut

Keep up MutigenBiotic - until finished

Adrenotone: one tab 3 x daily or 2 morning, one evening: improve adrenal reserve

Omega 3 green nutritionals

Protein powder: fermented and sprouted brown rice protein

Sleep handout

Discussed NUTTAB

Ask Dr for stool test - blasto and dienta.