



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Vitae Timeline

Name _____

D.O.B _____

Date _____

Preconception Prenatal Birth

Present



uncles etc + younger

Predisposing Risk Factors

Causes

Worse For

Physical Examination

Medication

Pathology Results

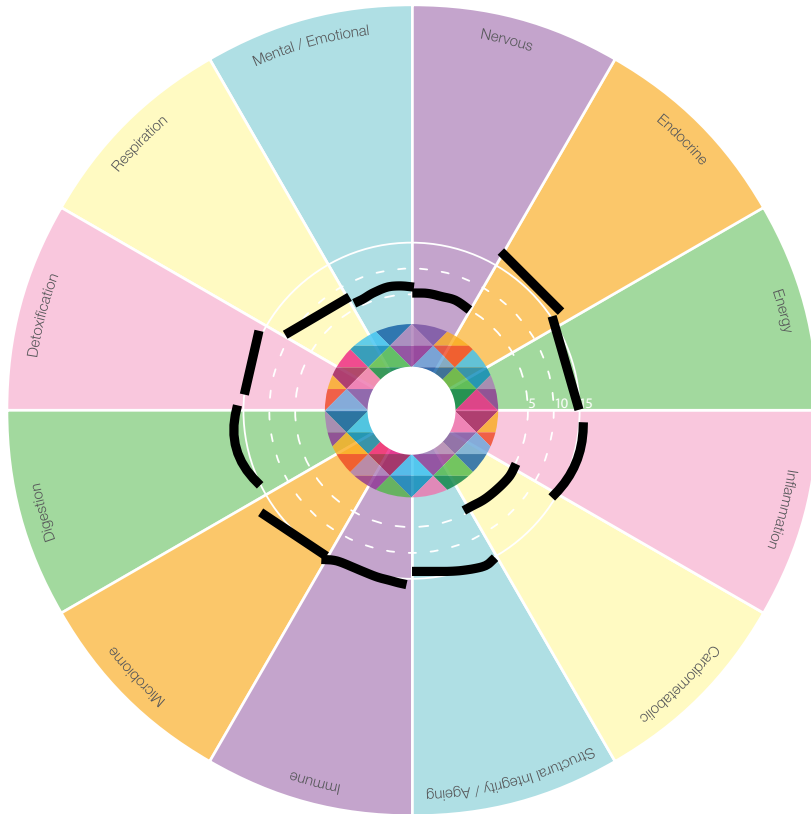


Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Name _____

D.O.B _____

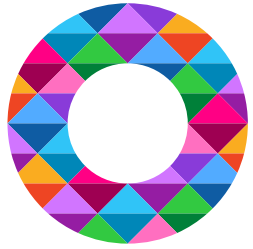
Date _____



- 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
Respiration	Endocrine
Detoxification	Energy
Digestion	Inflammation
Microbiome	Cardiometaabolic
Immune	Structural Integrity / Ageing



Vitae Mosaic
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Mosaic Spectrum (continued)

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

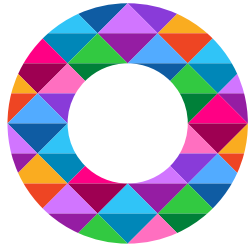
Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Notes:



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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 _____

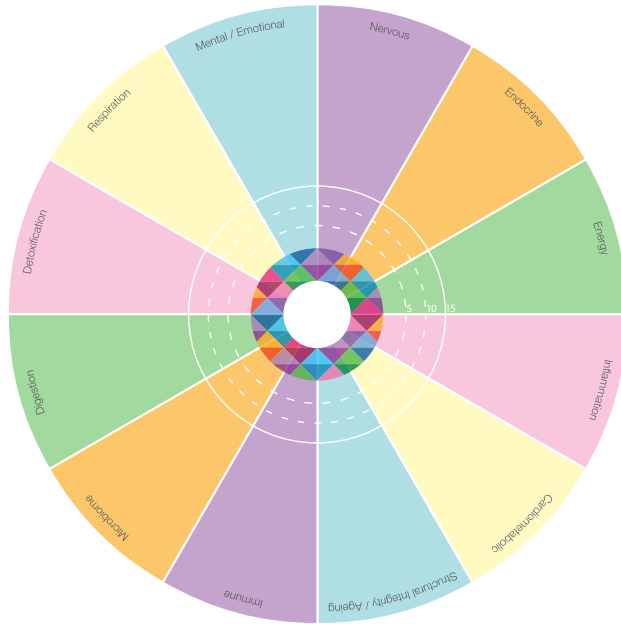
D.O.B _____

Date _____

Consult # _____

Notes:

Picked up more herbs 410ml 10 Aug 22



Date _____

Consult # _____

Notes:

Replaced Mito Pro (as has sulphites) with Energy X (2 scoops daily in the morning)

Picked up herbal formula 400ml 11 Oct 22



25 Oct 22 (2 months)

Energy 7 /10 morning / 2 / 10 afternoon, 2 hr nap in arvo. Still sleeping 9 - 10 hrs / day

6 months ago changing bed and remake 6 step process now 2 step process.

Recently: glands up (haven't been as bad overall), headache and nausea - one off - settled with ACV and rest.

BGL 5.8.

BP: 134 / 73. 78.

No muscle aches / pains / fatigue. No Pain

didn't feel much change with molyzinc, Quercetin, Inflav IC so stopped them all

Treatment: Sublingual B12. start 1/5 - 2 months after injection, Activated B6, Keep up Herbs 8ml twice daily as above.

Recommended Bone Broth (organic, Free range - instead of collagen), Heart : CT score, Diet - Red Meat - at least make sure its pasture fed or game - kangaroo, venison. cooking methods - less roasting - more casserole, stew, soup, add bones and apple cider vinegar, Less sugar - be aware in intake

Next visit OAT?

Picked up herbs 2nd Dec 22 400ml Immune/Adrenal/Nerve Tonic

31 Jan: repeat consult: through ReMed. see below

Change of Herbs: Sib Ginseng instead of Echinacea: astrag 120, Ginger 10, licorice hg 40, Sib gin 80, St Johns 80, withania 80: 410ml.

GUT a lot better since moving away from farm

Covid before Christmas - never got tested by in contact with someone who had it and had typical symptoms - headache / SOB. No sore throat but feel like being shouting at football match - last 4 weeks since covid. no vomiting
Different to sore throat in the past.
Was feeling same as usual before that - some fatigue - but more since covid
up until 11am 7/10, then crash around 11am - 3pm 3/10 - try to pace self during morning. pick up again about 4 in afternoon
About 1 hr nat daily - sometimes 2, occ 3.
Since COVID: Strand full lap is about 5km, - can do about 2.5km and slow pace. No SOB, just fatigue
Sleep at night: never feels enough 9.30pm - 6.30am - sleep most of that time.

finished herbs beginning of Jan.

Moved recently to Townsville - got rid of a lot of stuff. moved into much smaller house - a bit crowded as moving to larger house.
Move - found crash and burned.
Slowly packed over about 2 months.
Work: not ready, in no way ready. Maybe job in August this yr. 3 days per week. so perfect

Biggest problem: husband - not handling stress well. Family turned on him, had to move. Feel like have to give him a lot of support. Husband busy around the house, maybe some depression.
Husband may have had covid - more fatigue than usual.
Husband not understanding of condition. no empathy.
Less stressed since move.
Feeling like have to constantly set boundaries.
Still on the agenda to split up? - but don't feel have then energy
Joint pains: some, varicose vein pain - feels like shoving nail into leg.

A week of chocolate over Christmas. Old gold peppermint. dark chocolate.

GUT: Since back in Townsville - had constipation. Gut been a lot better. no episodes of diarrhoea, no gas, more comfortable. Bowels: 3 x daily, hard to pass, not fully voiding first time. No indigestion
Haemorrhoid operation 15yo - had a fistula -Sx - pain no fever, local off surgery site - healed well,
Symptoms now: itchy, antibiotics done nothing. Slight swelling, bit of blood occasional
Recommended witch hazel cream.

Reacted to psyllium - reaction similar to reaction to grains - tired, low energy
Rain water: off shed roof - filter if possible, has a first flush -

Feeling mostly positive: have a place to live / potential for good jobs.

Supplements: Thompsons: mag, zinc, ginkgo, Nutritional greens: omega 3, mushroom, B3, Vit E, Vit C, milk thistle

Herbal liquid: Astragalus, Siberian Ginseng, Licorice, Withania

.
Horsechestnut complex
PHGG

Ordered and paid for complete microbiome mapping

3 March 2023

Cream for itchy rash on hands - possibly pomphlyx Eczema. Isatis, horopito, calendula - apply twice daily until healed.

28 Feb 23 Consultation Overview

Some blood on toilet paper, Hx of Haemorrhoids.

Discussed complete microbiome map result

Treatment:

Consider: UF Intensive Care. Prebiotica Regenex, Repairase. Imrex, ultra Zinc, Glutagenics, CodLivA oil 4ml daily - 3000IU. on Thompsons zinc 15mg - increase,

RN labs glutamine,

Gave: Multigen Biotic: 1 cap 2x daily, GIT immunbiotic powder 1 tsp daily, Glutagenics 2 scoops twice daily

Already on PHGG

Stop Herbs, energy X for now.

Plan for next consult: Look at gut and bowel Sx, Energy

28 March 23

Energy: no different, morning about 6 - 7 / 10, afternoon 1-3 - go and have a nap most days

GIT: some gurgling and carry on - worse with apples - fructose? Bowels: 2 - 3 x daily, Bit soft, sometimes not formed. otherwise good. Had to go off Onions - again - about 10yrs ago -

Stress: High stress levels - Graham Husband — job on Air compressors - Diesel fitter - a lot of computer work for husband - lots of yelling and shouting, bit of frustration. he is week on week off. bit to organise. Not working yet - doing agriculture mentoring program though - via online - part time - kind of stressful - with zoom meetings, 3 new lots software to learn - find it all stressful. 5min pitch in a couple of weeks. Graham not a fast learner - but will finish, Going to Laura - as part of program. Being a struggle. Energy - most of work in morning. sacrifice housework, visiting elderly neighbour in hospital - bought house in 1990 - so well known. Lot going on. Walking around to neighbours house to feed cat twice daily.

Mood: remain pretty positive - can laugh at things that normally get down.

Hands: In dormant phase of cycle - still some peeling down near wrist - pain got really bad cream didn't really do anything - using aloe vera gel from shop - get biopsy from dermatologist. worse with sweating -

Sleep: A part from shoulder good, morning okay - not like used to be, have to pace self. afternoon slump.

See a Sports Dr about bursitis in shoulder: said from lifetime of using it, landed funny on bed - affecting sleep as trouble lying on shoulder - if roll over wake up. No painkillers - using ICE and not doing anything to hurt it. Physio - some exercises - few months.

Slight sore throat

Teeth crumbling - cant put implants into Jaw as doesn't hold, lost lots of teeth last few years, nails weak

Recommendations:

Seaweed and tahini for calcium

PHGG: drop back one teaspoon.

New: S.C.F: chew two tablets twice daily, K2 180mcg 1 daily, Mediherb throat spray

Keep up gut stuff

Start Herbs again, take mushrooms - at upper dose. - have months worth of Stonehenge Mushrooms

Ordered Nutripath Organic Acids test.

26 April 2023

Phone consult - OAT test - discussed results: problems with mitochondria / kreb cycle blocks / detox pathways - esp glutathione, support gut.

Energy: just out of 3 weeks of a head cold and into another.

Bowels: good, lots of fruit atm: not much gurgling etc. avoid chips / crisps etc - at night.

Treatment Notes from the consultation:

Increase Nutritional Yeast Flakes to one dessert spoon daily

While on OCP: keep up Probiotic and 1 tsp PHGG daily

Eat from brassica family daily: broccoli, brussel sprouts, cauliflower, cabbage.

Brazil nuts: Soak overnight for better digestion. 4 - 5 nuts daily contain enough selenium to reach recommended daily intake. Selenium helps recycle glutathione (Master antioxidant, needed for energy production and detoxification)

See Vital.ly script for supplements: B Vitamins, Mushroom complex, Ubiquinol (more bioavailable form on CoQ10), Zinc sustain (has vit A for immune and gut support), Echinacea Premium (best quality) and probiotic with Sacchromyces Boulardii (Helps clear 'bad' bacteria in gut and support 'good' bacteria)

Next appt: 6 weeks.

14 June 2023

Bursitis recently - tiny swelling on scan - but very painful. Side effect is sleeping with elbow bent - so now trapped ulna nerve. Has been awful - tingling. Sleeping with arm straight has helped, and 20 mins a day with infra red lamp. Zen liniment has helped a lot with shoulder.

Energy: tricky to tell - had about 4 infections - in last month - head cold, fevers - + headache and feeling puffed - possibly covid - as never normally get a headache.

Think energy has been a bit better - 3 day course in Cairns and graziers conference in Laura - managed all okay and not completely exhausted afterwards, wasn't craving afternoon nap, not sleeping in car. Husband been through 3 jobs in 3 months. Supports him with induction etc. Not enjoying the work - diesel fitting - hard physical work, shift work -

Some social anxiety - going to work. People phobia - always felt like that but if also physically low then harder.

Business mentoring course - got through okay

Exercise - walk around block twice daily - to fed cat. Walk to Woolworths 8min either way. Active all day with housework etc. 7000 steps daily. Now at home 10000 steps

Digestions: been pretty good. Regular - up to 3 x a day. Formed. not as hard as used to be. no bloating, no belly aches. red onion better. Tend to have mostly raw. - don't have energy to cook.

Use chopped vegetables from woolies. Eat all meals early in day. Egg white omelette, Roast beef and salad, like brazil nuts, curry.

Mood: reasonable. rather be happy than rich re husbands work. not getting stressed about it.

Bleeding: bruise easily - blood vessel walls weaker - but not bleeding excessively, even with teeth out - not much blood.

Buy cabbage chopped.

SCF 2 twice daily.

MagCalm: 2 scoops once daily in the morning for anxiety. Keep up Methyl B, CoQ10 - eagle ubiquinol 300mg (no sulfites), ultra Zinc, Phgg, Mushroom complex, echinacea PB tabs. Therbiotic, omega 3

Discussed stopping OCP: MICROGYNON® 30 ED: ethinylestradiol and levonorgestrel.

16 August 2023

About only person in Townsville without the flu. But don't go anywhere.

Energy: not that great - yesterday really flat - had B12 injection - Feeling a bit sulky. Today felt better. Bit more energy since - enough to go shopping. Not too much for rest of day. E: 5 - 6 / 10. Afternoons knocked out.

Giving self break after work - marketing work. No real holiday since 1996. Working from home. even when don't have a job - doing courses. Giving self a complete break - reached point in life where never going to make it. Start to realise - only another 10 yrs in workforce. Had conversation about Graham about too much stuff in house. Every time declutter - Graham brings more in.

Husband can't get off treadmill mentally. Grew up on farm - stopping work is hard.

Digestion: went weeks and weeks - had diarrhoea - now 5x /daily formed. Took own water, and food. After lunch - kicks in tummy pain / bloating. Not sure when it came on. Had belly aches / gas / bit sore. Tried not eating everything on diet. Better since stopped SCF. Magnesium - Taking at night. Thompsons mg, Thompsons Vit D had sulphites

Supps: Mg at night, omega 3, Biotin, Activated B6, BioEnhanced methy B, therbiotic, K2, Echinacea, Vit E, D3, Zinc, Ginkgo, milk thistle, SCF, PHGG, Ubiquinol, Mushroom complex.

Infections: none over last 8 weeks. Glands huge last week and slight tickle in the throat - and every now and then aches in joints - every 2 - 3 weeks.

Bursitis has settle down - took about 4 weeks for zen to help settle it. If move arm wrong -painful - but steady ache still there. Do physio. Some tingling in hands - both - occ at night and during day - sleep with arms outstretched. Feet tiny bit tingly at the moment.

Eating more two fruits - pears - gone back to tinned peaches. Coleslaw salad - different packs - with ACV and olive oil and avocado. Stopped cabbage for a few days: didn't seem to help. Early 60s -

Break blood vessels easily - always bruised easily. - on hands - painful / goes black - bruising - usually on joints, close to joints. Not even touching something. 2 omega capsules in morning - green nutritional omega 3. For Supplements:

I've added a D3+K2 spray with no sulphites and an Astragalus tablet (Immune Restore) to your script.

Swap the Ultra Zinc for the Thompson's zinc.

Keep up:

PHGG and Therbiotic

Omega 3

Ubiquinol (take in the morning)

BioEnhanced Methyl B (and stop the activated B6 as this is already in the methyl B) (take in the morning)

For Blood vessel strength take the horsechestnut complex as discussed and stop the SCF.

Diet

Try stopping cabbage for lunch for one week. Swap it for green leafy mixes or baby spinach leaves

If have it again:

add a small amount of crushed ginger to your salad dressing

have the cabbage mix in a bowl with miso and ginger in hot water poured over it.

Please find attached a sample gene report. Let me know if this is something you would be interested in? It's \$250 through Nutripath including postage etc.

I would be good to touch base in 3 months

14 Sept 2023

My DNA report discussion - sent summary

Sent GABA Sample. 200 - 800mg / day dosage range