

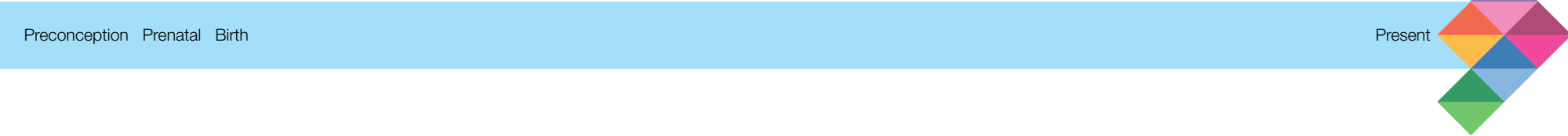
Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Vitae Timeline

Name _____

D.O.B _____

Date _____



Predisposing Risk Factors

F side 1 uncle, 1 aunt + 48s and 56s + sudden death, cause unknown

Causes

Worse For

Physical Examination

Medication

MCT oil Melrose Kick start C8, C10, Wild C Eden foods (mix of camu camu, goji, rosehips, St Johns Wort not HG 1/2 tsp, Horsechest 2 tsp, GUI PI WAN (Ginseng and Longan formula) and JaiWeiXiao Yao San (Bupleurum and peony formula)

Pathology Results

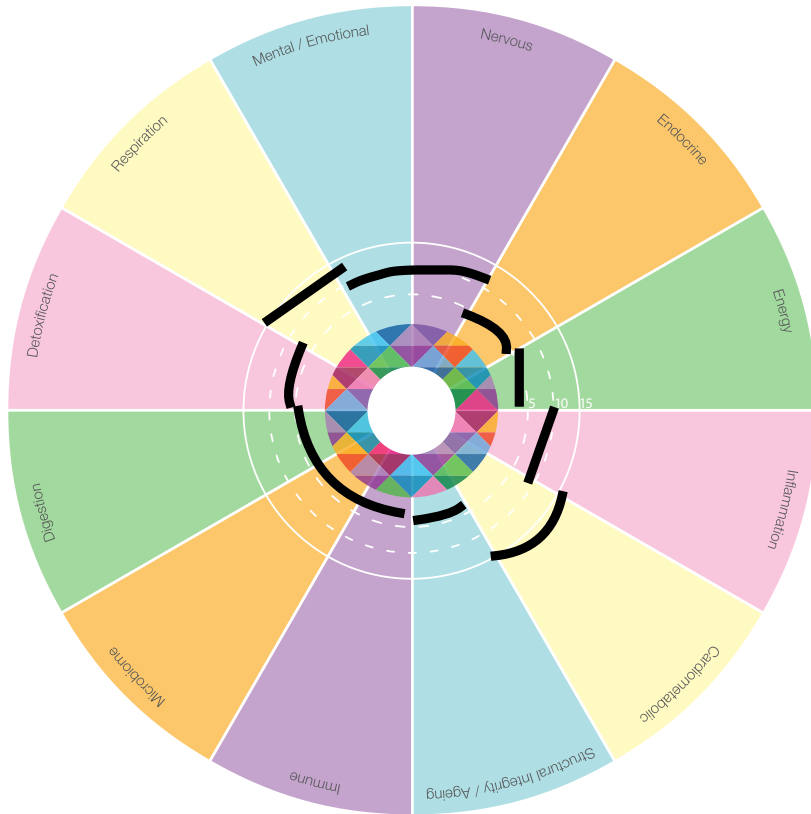


Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

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 mostly good 6 - 7 hr, occ 8

Respiration

Time awake: around 2 - 3 am. esp if early, if bed later - 5am ish

Detoxification

Energy

Digestion appetite: not great

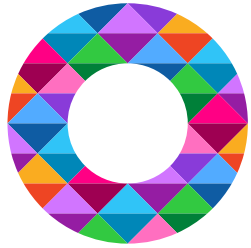
Inflammation

no burning, reflux etc, no bloating etc
Bowels: formed type 4, occ type 3, easy to pass, Regular: 2 - 3 x morning. V
Occ changes

Cardiometa-bolic

Immune

Structural Integrity / Ageing



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Mosaic Spectrum (continued)

Name _____

D.O.B _____

Date _____

Diet & Nutrition

Text

Occ, hamburger, kransky sausage, bacon, potato bake,
not cooking as much
Sleep & Relaxation

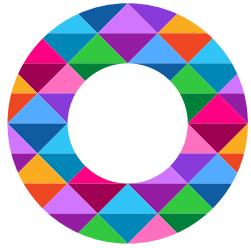
Exercise & Movement

Social & Spiritual Connections

Stress

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



Vita Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Name _____

D.O.B _____

69yo

Date **8 Feb 22**

Consult # _____

2

Notes:

Phone consult:

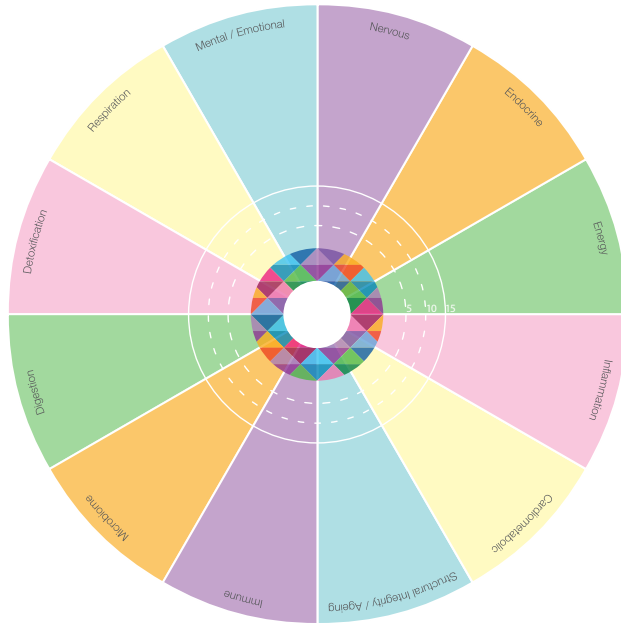
BP pharmacy: 129 / 75 - add 5 as driving there

Herbs: Bilberry 200ml, Ginkgo 110ml, Hawthorn Berries 190ml: 10ml daily in a small amt of water Price : \$129

Keep up other supps

See treatment plan - Ask Dr for iron studies and thyroid hormones

Added in MagTaur Excell, niacin added to vital.ly script



Date _____

Consult # _____

21 April 23

Notes:

high eosinophils - last 2 blood tests: high out of range

drinks boiled tap water from town water supply. Have had cordial at sisters - filter on tank water.

Bowels: Regular 2 - 3 x day, like clockwork in morning. now in smaller bits. ? Magnesium. not runny or water. easy to flush.

Appetite better - more time to heal from relationship separation - more at ease with his presence.

Feels like stomach slightly bigger than normal - same all the time - put a bit of weight on.

Stress - a lot less, better handle on digital, less anxiety around it

BP: Ht Specialist - ?, check bp with chemist.

Diet: 3 tea with one tsp honey, ACV and honey after green tea

B/F: coconut yoghurt walnut and blueberries, or Boiled egg, anchovies, olives, cucumber, sauerkraut (sauerkraut juice, vinegar, sea salt, turmeric), sourdough toast,

Lunch: Avocado with yoghurt, lemon juice garlic, with corn chips, fish or sardines, Guacamole, Salads - lunch and dinner or just dinner. Depends where am

Dinner: Fish or chicken with salad or veges, peas and beans. Occ red meat.

Pressure behind eyes: alleviated - Going to an eye specialist next week. Not as severe as once was.

Rx: Keep up MagTaur Excess, Niacin, Lipoplex, Omega Brain Plus, New B12 spray, Beta Glucan Balance

Herbs: Ginkgo 140, Bilberry 200, Globe Artichoke 160 500ml. \$135 (1.5 mark up + GST). BP Pharmacy 131/77 21 April (stressful day - gate fell off.) 24th April 117/79. 81 pulse

Says - sinus problems and pollen / grass allergy _ Quercetin (added Lymphodran Plus to script to take away from food 1 - 3 daily



9 Oct 2023

Seeing cardiologist and GP - GP recommended Calcium score - was high at 325.58?? or 3255.8? 90% blockage. - will get results to me as well as last blood tests and new ones. Haven't been taking any supplements. Cholesterol 5.3?? Recently dealing with passing of partner and 2 friends. Dr recommended getting a stent.