

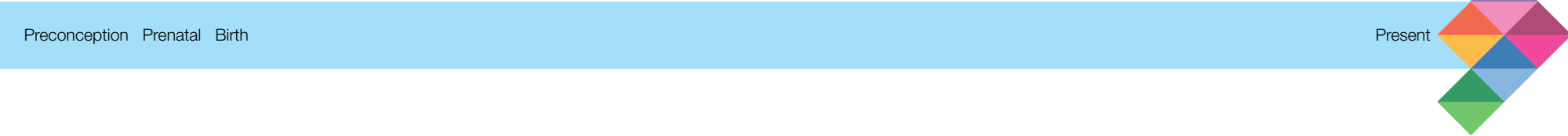
Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Vitae Timeline

Name _____

D.O.B _____

Date _____



Predisposing Risk Factors

Causes

Worse For

Physical Examination

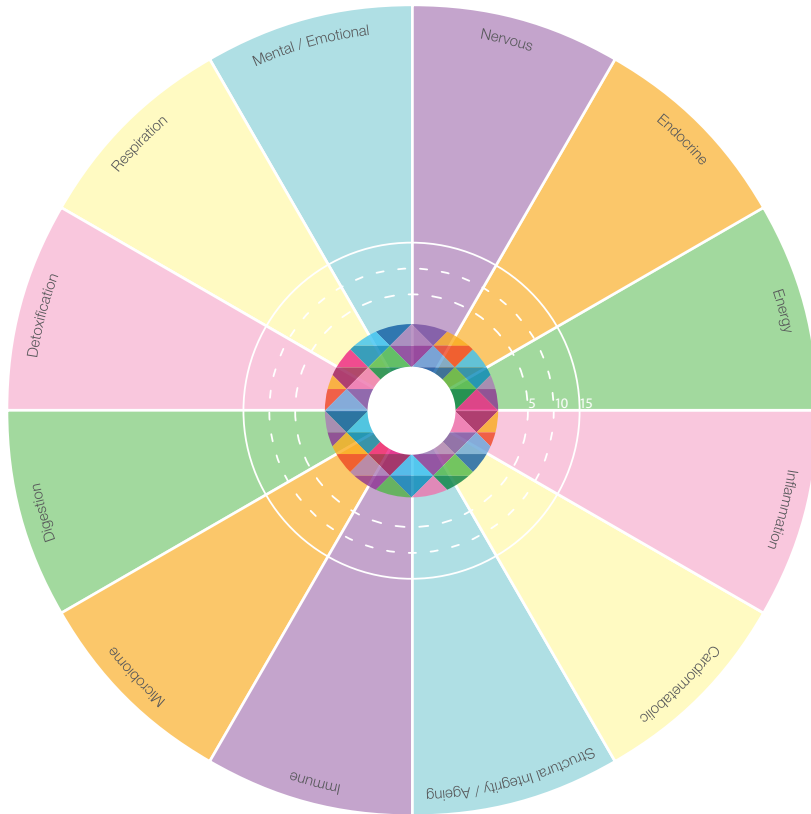
Medication

Pathology Results



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

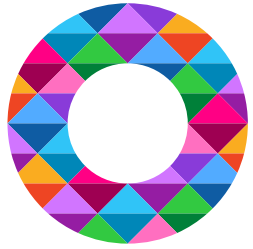
Name _____
D.O.B _____
Date _____



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



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Mosaic Spectrum (continued)

Name _____

D.O.B _____

Date _____

Diet & Nutrition

Exercise & Movement

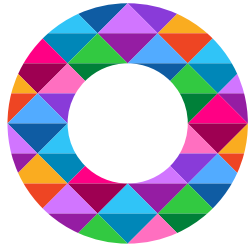
Stress

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 # _____

Notes:

Recommended: Start Inositol (take with tyrosine is fine). start on herbs - 3 x daily instead of 2x, Zinc - drop dosages and build up.
High K+ rich food = vegetables. Be careful of too much iodine - 1/2 serve of dulse flakes (weigh). Avoid sugars/ juices, watch dried fruit.
check vit D and homocystiene - had done with Dr and vit D good - 1/day maintenance and homocystiene sl elevated - methlated Bs.
Picked up more herbs 7 July 22. Hemidesmus 120, Rehmannia 130, Echinacea 80, Lemon balm 60, licorice 20 8ml 2x day. Thyroid tonic (calming thyroid tonic)
Consider Cayenne drops

Picked up herbs 11 Aug 22 410ml + Cayenne drops. Herbs 14 Sept 22 410ml. Herbs 27 Oct 22 410ml

Date **3 Nov 22**

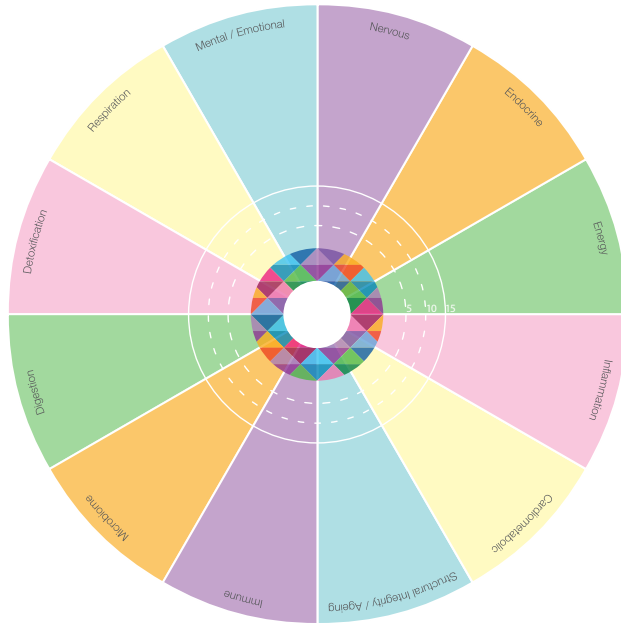
Consult # **3**

Notes:

Main Sx Foggy Brain, And anxiety - unexplained? a lot of demands on time from family, Even though relax, feel always something to do.
Sleep: Good, better
Energy is good, Exercising regularly - one month - 2x - 3x week, pilates, yoga, swimming.
Sore neck: muscle tension, shoulders etc.
BGL: 7. HV: Elliptocyte ++, anisocytosis ++, some hyperseg neutrophils, WBC cohesion mild, Elevated lymphocytes (always up)
Takes NAC on and off - still causes reflux
Taking Opti B12 5mg BioClinic 1/week, Bovine collagen powder (JOLT) for bones.
Recommendations: Myo-Inositol 2 tsp/day. New: Methylated B supreme 1 /day, Vit D 1000IU 1/day, K2 180mcg 1 /day both with food
Herbs: Add withania - 50ml add to herbs 9ml 2x day, drop lemon balm, hemidesmus, Rehmannia,
Diet: Go Dairy Free. if no results in next 6 months - consider AIP.
Drop Lemon Balm next herbal mix Hemi 120ml, Reh 130l, Ech 80ml, Withania 50ml, Lic 20 ml 400ml 8ml bd

9 Nov 22 Bloods, Vit D good, Homocysteine high - Methyl B - retest 3 months.

2 Feb 23 Picked up Herbs; 400ml picked up herbs 14 April, 12 June.



27 March 23

Picked up blood tests from mail box: Homocystiene, Urinary Iodine, Selenium. Seeing dr for thyroid.

Next appt 19th April - cancelled as no bloods. picked up 410ml herbs. 14 / 04 / 23. Picked up Herbs June 23

28 June 23

Hasn't stopped dairy

QML already correct for iodine - mild iodine deficiency, Selenium - high - just.

Tooth out - a root canal - had infection under it - approx mid March. (2.5 months before blood test - took 6 weeks to settle)

Strep infection in throat - one week off work Nov / Dec last year - very bad sore throat - had anti-biotics (def not covid - never had it)

Gut Good: no pain, Bowels: good, easy to pass, 1xdaily. no constipation. Sit on bottom of toilet.

BP - Drs - good / low side

Energy: good.

Stress: Yes, death of Mother-in-Law.

Some anxiety: Breathing exercises.

Hemaview: oxid stress+, elliptocytes +, microcytes and macrocytes +, inflammation + neutrophils elev - blood tests showed high-normal lymphocytes, low normal Neutrophils in 1:1 ratio approx.

AIP + SPMS 2 daily- 6 weeks -

PHGG 10g daily, ThyRestore: 2 daily, NAC 1g daily, B12 spray 1000ug / day.

Sent with thyroid blood tests mid Oct.

Add Nigella to next herbs: Hemi 80, Reh 100, Ech 65, Withania 70, Lic 20, nigella 70 405ml 8ml bd.

Recommended Steve Grundy: the plant paradox.

18 Aug 2023

Sleep compound: glycine, tryptophan, GABA: 100g 5g / day \$13

Herbal formula 400ml as above.

16 Oct 2023

Herbal Formula 400ml as above.

29th Nov 2023

Herbal Formula 400ml as above

29 Jan 2024

Herbal Formula - as discussed with Tara Nelson

Echinacea 80 Cordyceps 80, Rehmannia 110, Withania 50, Nigella 100. 420ml. \$94