A-

Kate Driver
Wellness Practitioner and Naturopath

NAME Kathy Smith DATE 7.2.18

ADDRESS 7 Jerilderie Drive, Happy Valley

PHONE 08 777 2587 MOBILE 040 777 2587

DATE OF BIRTH 7.5.76 MALE/FEMALE EMAIL kathysmith@live.com.au

OCCUPATION teacher HEALTH FUND mutual comm. (hospital only) (BUPA)

ALLERGIES /INTOLERANCES/REACTIONS Nil

MEDICATIONS AND/OR SUPPLEMENTS Swisse high Strength vit C 1000mg (when I feel like getting a cold) Natures way, High Strength magnesium 600mg (1x at night), co-enzyme Q10 300mg Swisse high Strength ~~1 AM~~ ✱ hasn't started.

ALCOHOL/SMOKING/REC. DRUGS occasional drink

YOUR HISTORY (injuries/ surgery/past major illnesses/ childbirth) 2x children (8, 12), 1 miscarriage (1st pregnancy), hysterectomy 2014 (4yrs ago), torn calf muscle (L) 2.5 yrs ago (still have ovaries) (heavy periods) ✱ gallstones - when pregnant (12 years ago)

PAST HISTORY : MOTHER high cholesterol hysterectomy FATHER AF

OTHER grandpa - low WBC OTHER ~~Dad~~ DAD diabetes.

grandma - hi chol. (2x sty) -3 Bypass

YOUR SYMPTOMS/ REASON FOR VISIT-

- check hormones, cortisol, adrenalin nervousness
- difficult losing weight, haven't changed anything... just put on 5+ kgs over last few years. Consistent weight previously for 15yrs.

→ sweats in morning

- had sore throat / nasally ?

low WBC's - consistently

LDL started to get high.

Swisse high strength vit. C 1000mg effervescent

Natures Way High Strength magnesium 600mg.

Swisse High Strength co-enzyme Q10 300mg.

Coffee + milk Snack- rice crackers

Brekkie - protein shake, + water when toast w avacado/or tomato, vegemite, natural muesli w yoghurt

Lunch - leftovers, brown rice salad, tuna + rice crackers ~~coffee~~ + milk

Dinner - burritos w rice, spag bol, tuna nonag, chicken salad, salad s/w, bacon egg s/w, egg w baked beans, curry w rice chicken n veges,

Basal temps — Kathy Smith

36.2 (left)
36.1
36.3
36.4
35.9
35.6
36.3
36.1
36.0
35.7
35.9
35.7
36.0
36.4 (L) 35.5 (R)
35.6

35.7 / 36.1
35.9

peppermint tea
1-2

H2O 1-2 litres

Diet:

loves salt
nice cravings

- dark chocolate

Systems: (digestive, bowel, respiratory ,circulatory, heart, reproductive, urinary, immune, sleep, tongue, sense organs, hair, skin, nails, eyes, extremeties, appearance.....)

* SLEEP - Well / snores
- good 7-8 hours

Bowels daily

not sick often

(BP) ? gets white coat.

- Dry skin / soft nails / dry hair

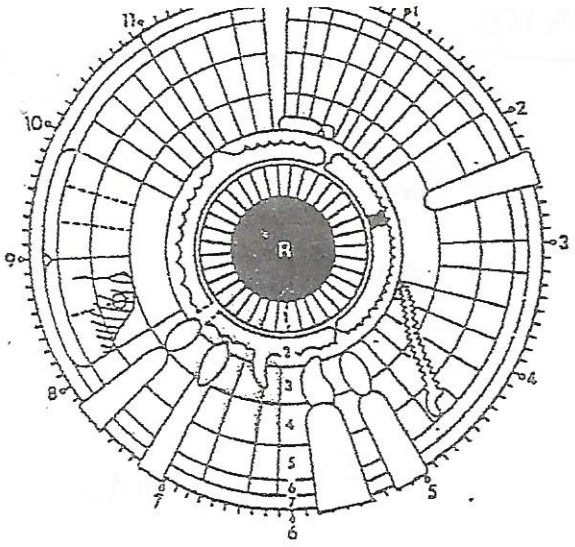
⇒ more sensitive skin as ages

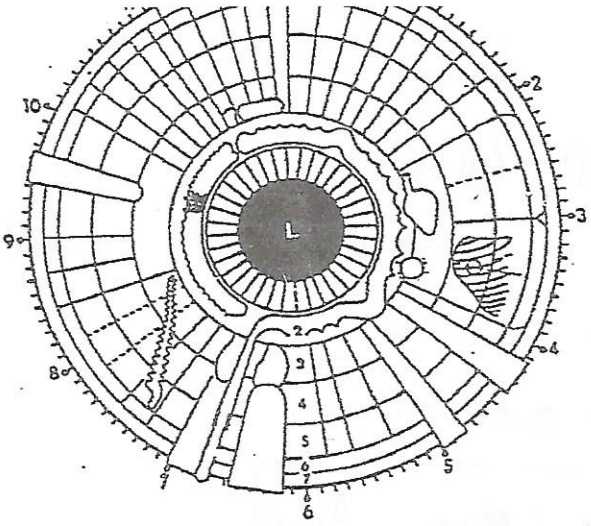
HAIR - good but soft.

eyes tested age 29

* exercise - at beach + Active
few x week

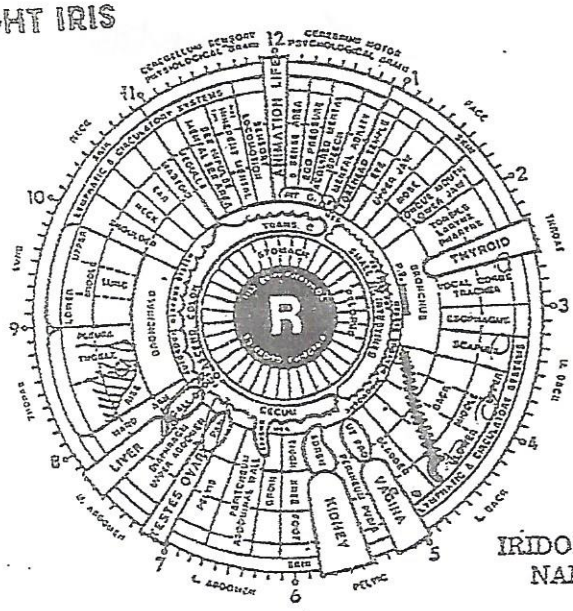
OVULATION pains sometimes

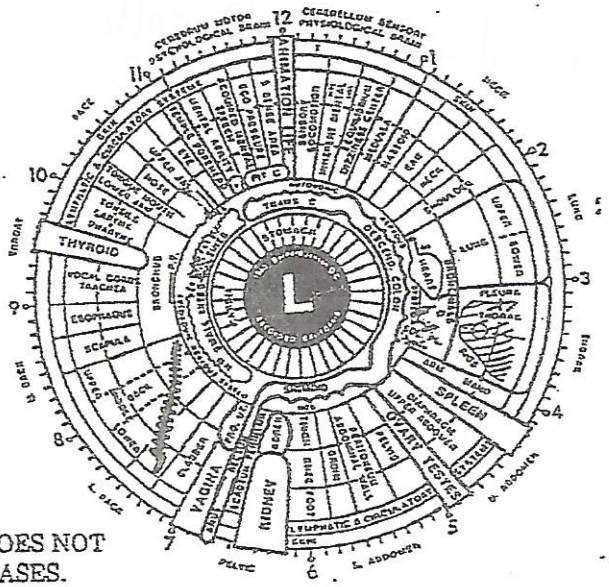




LEFT IRIS

RIGHT IRIS





IRIDOLOGY DOES NOT
NAME DISEASES.

Bone

Thyroid

Bone Crypts

Adrenal Kidney

Sinus

And

↓ HCl

Mid/Lone Spine

Irritated Bowel

Rectal Issues

Pancreas (Rope)

Lymph

Liver

- Eosinophils
- dysbiosis / candida - mind
- worms
- odd cells.

- Uric Acid
  - t-cells / B-cells

RAIDS

- Bowels - 2-4 wks
  - good colon
- Adrenals

* Allergies
* parasites

- LYMPHOMA
-

* Thyroid ?

Date: 7/2/19.

Name: Kathy Smith

D.O.B.:

PH:

Metagenics
Genetic Potential Through Nutrition

Your Prescription
Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Breakfast Dose			Lunch Dose			Dinner Dose			Bedtime	Away from Meals	With Meals
	Before	During	After	Before	During	After	Before	During	After			
Vitamin C - 1000mg			✓						✓		✓ 11a	
Co Q10			✓								3pm	
Magnesium > Energy - Y			✓	1 scoop				* after school 1 scoop				
Intestacleer (psyllium)		1 capsule				✓ 1 capsule			✓	✓ 8pm 1 tablespoon		
Enterocare												
(probiotic / gut healing)												
	NEXT: detox / Liver											
* Apple cider capsules before meals . . . consider detox												

*Maximum of 2 repeat scripts per supplement. This script is valid till _____. After this time please return to your Practitioner.

Additional Supplement Directions: When CO Q10 finished start UBIQUINOL (try Bioceuticals) with BREAKFAST.
* FOLLOW

Dietary Recommendations:
* CHECK your PROTEIN POWDER. MAKE SURE ITS NOT WHEY, HAVE PEA - preferably.
* Cook with COCONUT OIL → see handout

Lifestyle Recommendations: * FILTER your WATER FROM FLUORIDE and CHLORINE
* TAKE your BASAL BODY TEMPERATURE → see handout

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____
at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

MET5233 - 09/17

14/3/19

- ↓ cow's milk ↓ cheese
- Almond milk w coffee + cereal
- had whey protein
- coconut oil

* had celery - x how feeling

finished enterocare + intestaclear

- energy good + sleep good
- not as bloated, feels lighter

↓ nervous recy

↓ rice crackers

↓ hungry

lunch - tuna + crackers (or) salad

AM - rye + avocado + tomatoe

TEA - fresh salad / meat

- zucchini slice egg / bacon / salad sandwiche

x no sweating in the mornings

Live

- oval cells
- worms
- fungal form
- t-cells

Dried

Bowel inflam

good colour

Theraburn

liver

- Ginger

Date: 16/3/19

Name: KATHY SMITH

D.O.B.:

PH:

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Genetic Potential Through Nutrition

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Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Breakfast Dose			Lunch Dose			Dinner Dose			Bedtime	Away from Meals	With Meals
	Before	During	After	Before	During	After	Before	During	After			
* PATHOCLEAR			✓ 1 tablet			✓			✓			
* MULTI FLORA										✓	1 capsule	
* MAGNESIUM / MAGRESTORE			✓	1 tablet					✓	1 tablet		
* PATHO CLEAR (parasites)			✓	1 tablet		✓			✓			
* MULTI FLORA										✓	1 capsule	
* MATRIX PULSE DETOX ; 1 teaspoon in water												
* VITAMIN C after DINNER with above												

*Maximum of 2 repeat scripts per supplement. This script is valid till _____. After this time please return to your Practitioner.

Additional Supplement Directions: TAKE CO Q-10 / Vaginal before bed (bioceuticals or ethics from me)

Dietary Recommendations:
* INCREASE good oils sardines, salmon, nuts + seeds
* START on AOV capsules WITH meals

Lifestyle Recommendations: * PLEASE LET me know BATH BODY tolerances

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____

at _____

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MET5233 - 09/17

Health

* Feels good
* Sleeping good
* finished matrix phase delay

Doesn't like the protein (myth)

→ changed shape, feels hell
nearly finished most others

Neck
Thyroid
it
Loaded

Liver

- T cells
- Dysbiosis
- ovd cells

Med
- good
- SI. Bowel.

Metagenics
Genetic Potential Through Nutrition

Date: 11/4/19
Name: Kathy Smith
D.O.B.:
PH:

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Breakfast Dose Before	Breakfast Dose During	Breakfast Dose After	Lunch Dose Before	Lunch Dose During	Lunch Dose After	Dinner Dose Before	Dinner Dose During	Dinner Dose After	Bedtime	Away from Meals	With Meals
* Continue												
Ubiquinol / Co Q10										✓	1 capsule	
Multi flora then start		Ethical nutrients Inner health plus								✓	1 capsule	
Finish off Pathoclear			✓						✓			
Vitamin C									✓			
Magnesium / Mag restore									✓	until finished		
~~[illegible]~~ Energy-X	2 scoops after breakfast											
Thyrocaps 1	capsule after breakfast and TEA.											

*Maximum of 2 repeat scripts per supplement. This script is valid till ________. After this time please return to your Practitioner.

Additional Supplement Directions: Take Apple cider vinegar with meals

Dietary Recommendations:

* Continue BMR body temperature 1 week before next visit

Lifestyle Recommendations:

Practitioner Name:

Registration No:

Clinic contact details:

Your next appointment is on ________

at ________

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.