

Invoice



Date 3/12/20

Confidential Client Questionnaire	
Name	Sarah Kim
Home Address	26 / 36-50 Taylor St Annandale.
Date of Birth	7/8/92 27Y
Phone	04/4 892 132
Email	sarahkim@live.com.au.
Occupation	lawyer (govt). fin Regulatory
Household situation? Who lives with you?	Partner - does cooking.
Children? Ages?	/
Referred By	meg Bataglia.

Why have you come to see me today? What are your Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened? What has inspired you to visit me today?

Thyroidectomy.
 PCOS / Insulin Resistance. ~~Hypothyroidism~~. 2017
 irregular periods, thyroxine, underactive thyroid
 weight gain 70kg. 100mg M-S. 163cm - 165cm
 2 tabs Sun.
 + thyroid removed 2017 - Graves since 19, on meds;
 + gall bladder removed 2014. radioactive iodine
 diarrhoea always had - stomach. really sick then thyroidectomy
 eating disorder (aged 19)
 bulimia & anorexia.
 wanted to be on metformin.
 Korean
 2017 Hip Pain - Nerve. / Pleater w/ physio.

Past History – Vaccinations, childhood illnesses, accidents

0-10 tussellitis
migraines → 10-20 Bullenine,
 Anorexia
 w/ period 20+

Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?

Mum: Aunt diabetes T2D, heart disease, liver issues.
 Dad: always sick
 ↳ power of food. Sister - mental health
 Brother - leg tumor heart

Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed?

7-9, refreshed
 > 7 is poor. murmour, back issue

Energy during the day – scale 1-10, slumps? What time? Moods?

Am - 4-5 10-3pm best time to work.
 pm - 4-5
 Stress levels 1-10

Water alot - forget sometimes

Tea/coffee/cola occasional soft drink, juice.

Alcohol hardly - one/half cider on Friday.

Allergies Cats, eczema. under legs.

Cravings dairy -
 chips, potatoe / salt.

Aversions mushrooms, salmon (sick of it)

Medications and supplements – how long have you been on them?

Thyroxin:
 Neurofor: max alt. (migraines)

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?

Pilates x twice/week, walks 1/2 hr during lunch.

used to swim more. - pool swimming

ac/fresh, yes not in a while

GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals

Bloated around ^{rarely} period - stomach weight, fat on back. feel gross.

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.

stool 3-6. spicy foods. kumchi skew. twice / day.
fermented chilli.
external haemorrhoids -

General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking

never

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections

no

Female Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems? Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility treatment? How many cycles?

Start 12, painful, cramps, migranes, irregular.
2017 tracking 44 days average 26 d duration

Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

Hip Pain - knee pain R.H.S.
 hinges incorrectly.

Skin: Acne, eczema, psoriasis, infections, itching

rough patch -

Emotions: Anxiety, depression, mood swings

↳ anxious person.
 not even needs -

Nails:

dry around cuticles

Eyes (glasses, glare, night vision, swollen, infections, shadows)

Tongue: (white, furry, coated)

3 wisdom
 crown.

last year.
 teeth removed.

BP

Pulse

Height	
Weight	
BMI (weight/height in m2) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight	[Weight (kg)/height (cm)/height (cm)] x 10,000 eg [65kg/168cm/168cm] x10,000 =23
Chest (cm)	
Waist (cm)	
Hips (cm)	
Bum (cm)	

Breakfast	salmon, aro, roast cauliflower + turmeric + kimchi.
<i>cratures way</i> Lunch	Shake: Protein Powder, Cacao, Banana, berries, Hemp P. Butter, green powder, maca.
Dinner	Chicken Drumsticks, Quinoa, eggplant, kimchi
Snacks	Dahl, lentil curry coconut milk.
Weekends	Apple, yogurt cinnamon.
Treatment Plan	Low carbs.
Supplements	Tea 'cysterhood' PCOS.

Are you doing other treatments?