

Date: 12/2/20

Vegetarian



Confidential Client Questionnaire	
Name	Rebecca Mok
Home Address	64 John St Pyrmont 2009
Date of Birth	25.08.80
Phone	+66 848 92 3638
Email	rebecca@lovefrankie.co
Occupation	Business Owner - Social Change
Household situation? Who lives with you?	live by myself
Children? Ages?	*Spent time BKK & Bahli No.
Referred By	Analyse

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?

Physically - not good in body - 2 years ago felt good. 3-4 yrs ago pregnancy termination hormones everywhere? Weight gain? 4 yrs. metabolism changed - constantly bloated not on cycle w/ periods. Bloating - most of the time - can't pick food - don't eat dairy / wheat - (Skin) healing v. long. - mouth ulcers. really bad v. debilitating. - v.v. painful.

1. Bloating
2. Skin + GIT
3. ulcers

Arrhythmia
↓ BP
white coating

Ant-B - younger

6 years ago (34) - A/B in Bkk.

Burnt hole in esophagus - 3 weeks



Past History - Vaccinations, childhood illnesses, accidents

0-10 med. asthma - age 10

10-20

broken wrist

ventilation

chicken pox (?)

Herpes

(27)

20+

pregnancy
knee pain
OCP 18+

massive Δ in skin after OCP, 2-3 periods

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

no biological parents - hypertension?

Herpes - medication

(Bio mum)

2 root canals - resin filling.

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

6-7 hrs - wake tired - solid sleep

stress - insomnia

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

6/10 morn, 10/10 arvo, 4-5 3pm

Stress levels 1-10

Busy mind - methylation?

less in last few years - 5/10

Water

1-1 1/2 L/day - maybe less

Tea/coffee/cola

no caffeine - tea, herbal

Alcohol

not big drinker 1-2 / fortnight

Allergies

flare-ups v. severe hives - spain w/

Cravings

family - weets, 3/4 times zyrtec.
1 year ago. Sweet tooth

Aversions

after savory crave sweet - choc.
spray / chilli - fire

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

x ✓ herbs ayurvedic / candida?
'Zapper' carlat wormwood, triphala

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

Meditate, yoga, not cardio -

Bkk 10 yrs for business

house in Bali - - work remotely

normal - if don't eat, ravenous
morning breath
horrific.



GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals
 bloated - during period
 1-2 days / normal in last year.
 no protruding. (Parasite)
 Breakfast

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.
 Daily (am) * once, mostly formed -
 Throwing up last week - unformed
 gut parasites.

General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking
 ↓ BP / dizzy - occasional headaches
~~meniere's~~ vertigo?? 20.
 1-2 year, occasional drug. mushroom x smoking.

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections
 UTI's - 4 / life

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?
 Age 12-13 start. monthly 28 days x 1
 not moody

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

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising
 Arrhythmia ↓ this year. & irregular heart beat.
 no meds.

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

— during exercise

Skin: Acne, eczema, psoriasis, infections, itching

intermittently + deep healing

Emotions: Anxiety, depression, mood swings

2 ~~in~~ particularly last year anxiety
Dark in 20's - 20/05 - 6 mths :-

Nails:

strong, grow fast.

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

Driving... never ^{look} very bright? - look tired.

Tongue: (white, furry, coated)

white coating - middle

BP

Pulse

-Dysbiosis-

Height	165
Weight	54 kg - clothing but lighter
BMI (weight/height in m ²) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight	$[\text{Weight (kg)} / \text{height (cm)} / \text{height (cm)}] \times 10,000$ eg $[65\text{kg} / 168\text{cm} / 168\text{cm}] \times 10,000 = 23$
Chest (cm)	
Waist (cm)	
Hips (cm)	
Bum (cm)	

20/2 @ 1pm V0 Ser *CW 390
 Avo. = Cnty.



Breakfast <i>Vegetarian</i>	Cold smoothie - green / mango / banana / aro (nut milk ice). omelette more hot might be better - feel fuller.
Lunch <i>don't eat many nuts</i>	Salad, fish (Vego) Seafood, Tuna. don't like legumes. 2-3 days. Rice / Veggies, Thai
Dinner	eat out: eat home. roasted veggies, soups. rice - brown / red.
Snacks	fruit platter, nuts, dates
Weekends	<i>fish ok</i>
Treatment Plan	* no stone fruit berries in Asia. skin - Keratosis pilaris → severe on legs. Bloating - weight
Supplements	2 Chicken skin

Are you doing other treatments?

glutamine slippery Elm & SB
need good HCl to store zinc. - ↑ Butter Herbs

EPA's - Walnut, Chia seeds, hemp
Bare Broth & Vegetarian
No eating out - bring lunch.

pyjama oil - lumps

High Potency Pro-Biotic

Bromelain Enterocare &
Ulcers. B-Vit deficiency, SLS toothpaste
allergic reaction to food.

Super

- food Panel
liver heat, ↓ digestion
↑ sugar
bacteria

Treatment

- Slippery Elm
- Symptom Dravy
- ↑ water - urine white
- Lactose free, glf.
- ↑ Protein
- Fish Oil / Turmeric Tea / Ginger Tea.
- Zinc / Vit C / Nutrition Care Dandelion Tea.
- recent bloods? gut relief?
- Butyrate producing bacteria