

Confidential Client Questionnaire	
Name	Fletcher Stanley. (Thea Mum)
Home Address	34 Wood St Manly.
Date of Birth	1.5.06
Phone	0416 775 432
Email	thea-stanley@icloud-com.
Occupation	Student.
Household situation? Who lives with you?	Mum, 3 siblings, <u>no Dad</u> no animals
Children? Ages?	— "he's not important"
Referred By	—

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?

Do not put on weight - eat alot
energy ~~at~~ 2/10
flat mood.

not to sleep - 1hr to sleep.

sat on couch

old house - 4 years.

mould toxicity?

not tired in H.K. - went outside w/
friend

Brain fog - forgetful

borderline
chronic fatigue?

mum - Pre-Eclampsia &
 no reaction.
 Anti-B. septicaemia
 18+ courses
 Hungry up to date
 10 days feeding tube



Past History - Vaccinations, childhood illnesses, accidents
 0-10 sick in Hk - resp. 10-20 Eczema -> 4 20+
 walking pneumonia x many times chest inf x 4/year
 ears & fevers. Bronchitis June '10 x 3
 Formula - easy Apr 10
 reflux. Mycoplasma Nov '08

Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?
 Falling over - head - multiple CT scans Hk.
 mum: Asthma, Allergies (cheese) x3 0-8.
 Dad: Epilepsy, Depression, Chronic fatigue, Diast

Sleep - hours/night, trouble getting to sleep? Dreams? wake refreshed?
 10pm - 7am - < 9hrs - will not wake up.

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

Stress levels 1-10
 4 - family

Water
 1 1/2 L

Tea/coffee/cola

Alcohol

Allergies
 gluten, dust-mite, pollen, peanuts, salt, bacon

Cravings
 ice cubes (crave) like cold water
 cheese.

Aversions
 Vegetables, Ba

Medications and supplements - how long have you been on them?
 Concerta 36mg x 1 am. melatonin x 1 (1 herb)

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?
 feel too tired.

Type 7 - gluten every
 Type 4 - all types



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

peanuts - Vomits.

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

1 x day or every 2nd day.

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

Head -

Sinus.

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

regularly white/yellow

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?

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

no

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

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

alot aches,
neck

Skin: Acne, eczema, psoriasis, infections, itching

hives

dry skin

Emotions: Anxiety, depression, mood swings

Flat all the time

Nails:

white spots..

Pale appearance,

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

low weight

low energy

borderline

Tongue: (white, furry, coated)

pink, channel.. chronic fatigue?

BP

Pulse

→ seek 2nd opinion

Height	170cm	
Weight	45.7 kg	
BMI (weight/height in m2) 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)		



Breakfast	Wheatbix 6-7 GLF + milk, honey - used to
Lunch	Broccoli, Carrot, Cucumber, Rocket pasta GLF Bolog -
Dinner	steak loves red meat. chicken.
Snacks	sheet / salt /
Weekends	
Treatment Plan	Gut #1 Focus / fog.
Supplements	Fish Oil Pro-B - Combo.

Are you doing other treatments?

Add med's.



Maeve Beary <maeve@nutrific.com.au>

Fletch Background

2 messages

Thea Stanley <thea_stanley@me.com>
To: Maeve Beary <maeve@nutrific.com.au>

20 February 2020 at 09:48

Hi Maeve,

I'll try to find recent blood works, my study is all over the place at the moment so could take some time. Here is his background and the symptoms that worry me / drive me mad!

- Born 01/05/2006.
- Fraternal twin - twin A.
- Born a little under 1 month prem via c-section due to pre-eclampsia.
- Hospitalised for around 10 days as needed to be tube fed due to issues sucking.
- Medicated for reflux from a few months old, stopped when moved to solids.
- Moved from UK to HK at approx 9 months.
- Early to move - sit up / crawl / walk. Late to talk.
- Had operation to release tongue tie around 5 years of age? Recommended by speech therapist.
- We all had lots of respiratory health issues in HK and lots of antibiotics. 18+
- Always used to fart when we were living in HK, used to think it was because he didn't chew his food. Was known everywhere as the farty kid. Took him off gluten but wasn't entirely successful.

ADD.

- Lots of injuries as a kid. Younger brothers diagnosed with ADHD but wasn't able to fight for Fletch as well at the time. Several CT scans for head injuries i.e.
 - falling over his untied shoelaces - which induced vomiting and loss of consciousness (think this happened twice at school)
 - head injury from hitting his head onto a pole on a flying fox - scar on his forehead.
 - riding his bike into a pole.
- Diagnosed with ADD when we moved to Australia. Takes Concerta 36mg.

GLUTEN

- Took him off Gluten after we moved to Australia. Farting stopped. Now if he eats gluten he gets diarrhoea. Has gene for celiac, haven't had the biopsy as couldn't live with the symptoms for the weeks needed to eat gluten.

DEAFNESS

- Worked out he is deaf in one ear in Aug 2018. Hearing with background noise without hearing aid only 20%.
- Tests in infancy were okay. Might have been a reason he was late to talk? Had always put it down to being a twin - sister always spoke for him.

SYMPTOMS

- Allergy shiners - always

- Never has energy
- Always tired.
- Brain fog / ALWAYS FORGETFUL!!! Can't organise his way out of a wet paper bag.
- Just wants to play on a screen.
- Doesn't want to join in family activities.
- Isn't living up to his potential at school, but has a high IQ.
- Struggles to sleep.
- Dislike of vegetables - likes protein and carbs.
- Recently complaining of headaches - sinus.

*Chronic
fatigue*

Maeve Beary <maeve@nutrific.com.au>
To: Thea Stanley <thea_stanley@me.com>

20 February 2020 at 09:55

Thanks for that. See you later

M

[Quoted text hidden]

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Maeve Beary, Nutritionist
0412571134

But A/B's

✓ Pain? A lot aches / neck
methylation?
✓ Tic Bites? EBU? Rickettsia?
CanV?
Boreliosis?



Patient Prescription

Name	Fletcher Stanley
Date	20 Feb 2020
Next Appointment	tbc
Recommended investigations	Food allergy panel – Nutripath test 3217 – I have ordered the test CDSA (stool analysis) ? TBC last bloods 6/18 FBC – Fe, Mg, Zn, Cu, Vit D, B12, Folate, Thyroid T3, histamine, EBV

Dietary & lifestyle recommendations:

1. Gluten free, dairy free - start searching for good dairy free alternatives
2. Keep drinking plenty of water until urine is a pale colour
3. Increase veggie intake - try as many green leafy veggies as you can, especially bitter greens – aim to increase the selection by 2-3 new options
4. Green smoothies – see Thermomix recipe
5. 1+ avocados/day (can put ½ avo into the green smoothie recipe)
6. Add any type of berries to breakfast, lunchbox etc – full of anti-oxidants. Limit most other fruits, pears are ok.
7. Green tea – contains L-Theanine an amino acid/protein which increases sleep quality and relaxation
8. Eat in abundance foods that have been scientifically shown to improve cognitive function:
 - a. Brassica family (improve detox and enhance neuroprotection) – Kale, cabbage, cauli, Broccoli, collards, turnips, bok choy)
 - b. Allium Family – onion family – garlic, onion, leeks, chives
 - c. Blueberries
 - d. Pigmented fruits/veg – purple, blue, back
 - e. Greens – all types, especially dark leafy
 - f. Essential Fatty Acids: Omega 3s (Fish, Fish oils, Flaxseed oil, walnuts/oil, canola, soybean) and Omega 6s (Oils – Safflower, soybean, sesame) pine butts, brazil nuts

Slippery Elm

X Sugar

12-24 Month recovery plan (the 5 R's)

Stage 1	March/April	Remove – foods and irritants to the Gastrointestinal tract/gut eg. Gluten, dairy, yeast, parasites etc. This first step will involve testing the food panels for delayed reaction in the body, then removing the problem foods. Can have NuZest Natural Shake for sustenance during this time.
Stage 2	May/June	Replace - digestive secretions to assist with digestion eg. Bitter foods, herbs, greens, enzymes, water & lemon squeeze – consume with a meal and eat the bitter parts of the meal first. You can have lemon and water upon waking before you eat.
Stage 3	July- Sept	Re-inoculate – restore healthy gut bacteria into the gut – especially the lactobacillus and bifidobacteria species. Also, pre-biotics i.e high soluble fibres as food for the healthy 'friendly' gut bacteria. Given the 18+ doses of anti-biotics Fletch has had in his lifetime we will opt for high concentration multi-strain, practitioner only pro-biotics



Stage 4	Sept - Dec	Repair – consume food supplement and foods containing Zinc which will assist in repairing the gut and restoring immune function (found in red meat, chicken, turkey, nuts, oysters, eggs, sesame, sunflower seeds, parsley, basil, spinach, mushrooms, Vit AC&E from coloured fruit and veggies, fresh herbs), High quality fish oils (vit A), and glutamine (an amino acid/protein). Infuse the cells with as many phytonutrients (plant nutrients) as possible. Mitochondria are the little engines inside our cells, the powerhouses that give us energy...when mitochondria are fed properly with dense micronutrients through food they will restore energy to the body and reduce fatigue.
Stage 5	Ongoing	Rebalance – sleep exercise and stress as all of these will impact the GIT/gut

Supplements	Breakfast		Lunch			Dinner			Bed
B=Before, D=During, A= After									
(Stage 1): Nuzest Clean Lean Protein natural if you need extra choice/food		D							
(Stage 1) Beef Bone Broth – NutraOrganics, can get from health food store: x 1 tsp in 200ml warm water – any time of the day, away from meals	B					B			
(Stage 2&4): 1x heaped tsp GI Revive combined with 1 level scoop of MediRestore		D							
(Stage 3) Pro8-50 Plus (1 x caps daily with food)		D						D	
(Stage 4) Arctic-D Cod Liver Oil (Nordic Naturals) x 1tsp			A						
If developing any colds/flu (Fletcher or family members) Eagle Beta A-C powder. Adults 5g in water x 1-3 times daily. Kids (5-12) 5g in water once daily									

Breakfast options

This is where you need to add in protein to help with hunger. We need to move away from wheetbix and milk (sorry!)

- Smoothies – banana or berries and NuZest powder with almond milk, green smoothie with coconut milk
- Chia pudding 2-3 tbsp soaked overnight w ½ cup almond milk. Add nuts, seeds, berries
- Scrambled eggs, bacon, avocado, rocket
- Pancakes with berries and coconut yoghurt, LSA, seeds, nuts on top – PBCo have an easy high protein pancake mix (Harris Farm)...can make a batch with nut milk and just heat in the morning.
- Gluten free granola w nut milk – Aldi do a good paleo one which is low-ish in sugar

Lunch options

- Gluten free spag bol, no cheese



- Cold meats – chicken, turkey, tuna, boiled egg, veggie sticks w hummus, berries, coconut/almond yoghurt, coconut flakes, olives (any kind), artichokes, broccoli warm or cold
- Meat balls, veggie curries w brown or red rice
- Olina seeded crackers (Woolies health food section) with avo
- Whatever solid meal is on the canteen menu – aim for high protein with veggies, no gluten or dairy

Dinners options

Aim for salad and veggies with protein (plant or animal) with all dinners.

- Steak & Green Salad - Aldi do a good eye fillet you can cut up into steaks for BBQ
- Lamb meatballs w quinoa
- Huevos Rancheros w brown rice (Thermomix recipe) – can buy pre-made brown rice
- Veggie Curry, San Choi Bau, Roast chicken/lamb, Clevers Meats sausage/beef patties with veggies.

Snacks

Veggies, nuts, seeds, nut spread on celery, Olina crackers (Woolies) with avo/rocket, berries, coyo, tamari almonds, boiled eggs, cold meats

Overnight almond chia pudding (9g)

- 2 cups unsweetened almond milk
- 60g chia seeds
- ¼ cup blackberries or blue berries
- Cacao nibs
- 5 drops stevia

Mix chia seeds, almond milk, and stevia together in a bowl. Microwave in 45 second intervals until mixture is HOT, stirring in between each time. Cover bowl with plastic wrap and let it sit in the fridge overnight. Make sure to stir very well before chilling so all the seeds can rehydrate.

Place pudding in individual cups and top with berries and cacao nibs as desired.

Chocolate Smoothie

- 2 large eggs or 2 tbsp chia seeds
- ½ cup coconut milk
- ¼ cup pea Protein (Nuzest)
- 1 tbsp coconut oil
- 1tbsp cacao powder
- 3-5 drops stevia (optional)
- ¼ cup water and ice cubes
- Sprinkle cacao nibs on top

Herbed Omelette (3g)

- 3 large eggs
- 1 tbsp parsley, chives
- 3 spears asparagus, steamed or added to omelette
- S&P



Avocado oil

Vanilla Smoothie

- 2 large eggs or 2 tbsp chia seeds
- ½ cup coconut milk
- ¼ cup pea Protein (Nuzest)
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 3-5 drops stevia (optional)
- ¼ cup water and ice cubes

Yum Yoghurt Bowl

- ½ cup coconut/almond/soy yoghurt (5g)
- ¼ cup frozen or fresh blueberries (5g carb)
- ¼ cup mixed pepitas and sunflower seeds
- ¼ cup chopped almonds
- Cinnamon