

Ms Milena Atanassova

Naturopathy Initial Case Record

Practitioner	Tiana Quaife
Appointment	5 Mar 2024, 4:30PM
Created	5 Mar 2024, 1:31PM
Last updated	6 Mar 2024, 12:16PM

Initial Case Record

Risks

- ☐ Allergies/Intolerances
- ☐ Pregnancy
- ☐ Lactation
- ☐ Medical Devices

Diagnosed medical conditions

Medications/Supplements

Estelle. Once a day, mornings. Future goals to come off contraceptive pill.
Was taking Dianne for skin, years ago, helped.

Mg every now and again - Ethical Nutrients
Passionflower tea - fallen off the bandwagon

Current presentation of main complaint(s)

Came off SSRIs last year, feeling better mental health wise
Low RBC count on blood test a year ago, low B12 recently.
Has prescription for B12 injection.
2019-2023 vegetarian. Now eats meat 2 x week.

Stress - nervous habit chews nails. Work is stressful with deadlines.
Energy - okay in morning, hard crash at 3pm, picks back up
Sleep - bed at 9:30. Up at 5am most mornings. One weekend night usually in the early am.
Tries to catch up on sleep and sleep til mid afternoon.
Alcohol - binge on weekends. Occasional weeknights, not often
Illicit substances - psychedelics, staying away from uppers. No weed.
Exercise - 3 x days week, weight training.
Cycle - daily, no car. Big ride 2 x week 1hr.
SES 1 day -
Looks tired, low vitality. Dark circles. Pale

Systems review

Gut - no reflux, bloating from carbonated drinks, daily bowel movements, type 3-4, occasionally constipated from low water. Sometimes a sharp pain spasms in the anus, shooting up into the bowel. Causes her to faint.

Nervous - mood okay - lows after coming off SSRIs, still doesn't get the "ups". Separation anxiety - has some unresolved feelings with the ex. Concentration is good.
Needs work boundaries. Memory is fine.

Hormones - on pill. Normal pill bleed, light, mild pain first day. Body will bleed even if she takes the pills.

Lower side of blood pressure. Sometimes faint if triggered (substances that lower blood pressure).

Candida on blood test. Cleared up by itself.

Additional systems to follow up**Diet**

Breakfast - overnight oats, dried berries, peanut butter, yogurt. coffee - oat milk. Normally 10am. Sometimes early coffee 6:30-7.

Lunch - leftovers, stews, curries. If takeaway fishbowl, wrap.

Dinner - stews, curries with whatever veggies from . Beans and lentils, dairy, tofu,

Snacks - fruit, nuts, occasional chocolate bar.

DIYs sauerkraut.

Meat- salami

Protein shake 3 x week.

Water - 1.5L per day. Needs more for cardio.

**Physical Examinations
(Biomedical/Holistic)**

Pale, slightly coated

Nails okay, chewed.

Follow up notes**Body charts****OFFICE USE ONLY****Supervisor's name****Date**