

Ella Smith

Naturopathy Initial Case Record

Date of birth 9 Nov 1999

Practitioner Tiana Quaife

Appointment 26 Mar 2024, 2:30PM

Created 26 Mar 2024, 2:14PM

Last updated 26 Mar 2024, 6:17PM

Initial Case Record

Risks

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

Diagnosed medical conditions

NA

Medications/Supplements

Magnesium - Ethical Nutrients
Iodine drops - Bioceuticals - 3-4/day
Sometimes a sleep mix.

Current presentation of main complaint(s)

Skin - breakout around mouth, jawline, and chin. Flaring on and off for past 10 months around period. Now constantly flared.
Cystic and surface level.
Tried cutting dairy, gluten, sugar, doxycycline, roacutane (worked 2 years ago)

ACNE, COUGH, ENERGY, MOOD, HORMONES

Systems review

Gut (reflux, indigestion, bloating, stools)
Always feels like needs to clear throat/sinuses (**reflux?**).
Bloating - around cycle, hasn't been too bad recently.
Daily, type 2-4, 1-2 x day. Mostly complete evacuation.
No blood or mucous.

Nervous (mood, concentration, memory, headaches)
Mood - depressed all of last year, currently okay but not amazing all the time. Struggled with body image, tried a few psychs.

Low motivation

Concentration - feels as though she has ADHD. Struggles with concentration.

Memory - good

Hormones (cycle, pain, length, PMS) - regular, currently a few days late (stress?), 28-31 days. Day 1 is painful from the past 1-2 years, enough for a panadol, no pain following days. 3-4 tampons in first day. Heavy for 3 days, stops for a day, comes back for a day - red, brown. Dark red normally.

Bloating & fluid retention leading up to period & day one.

Day before: extreme depression, irritable. Doesn't happen every cycle, happening for the past couple of years.

Lost period for 4-5 months, overtraining and undereating - body builder.

Hx of ovulation pain (bloating), better for iodine.

General aches and pains - "knees feel older than me", pulled back, shin splints

Immune - constantly congested and sniffly. Doesn't get sick often, bad when she does. 1-2 weeks for recovery.

Gets psoriasis on scalp - uses speciality shampoo. Good right now.

Additional systems to follow up

Lifestyle (exercise, energy, stress, sleep, stress reduction)

Exercise - currently 2-3 x weights, 2 x hot pilates, 1-2 x runs (5-10km). Will do less when due on period.

Energy - low, just finished prac. More exhausted than anyone else. 5/10 normally, 8/10 peak (rare).

Sleep - needs at least 8 hours. Sometimes wakes through the night. Currently good. Bed at 10:30-11, up at 8am. Needs coffee to perk up.

Stress - definitely stressed, uni, anxiety

Anxiety - overthinker, free floating. Tried cirtrulline - less anxious, more depressed (5 months) & lexapro - more anxious, less depressed (5 months). Stopped Lexapro in Jan, feels better coming off it. Was taking Propranolol, stopped after stopping lexapro.

Binges food when stressed. Hx of eating disorder.

Diet

Breakfast - 2 eggs, 2 sourdough + coffee with unsweetened oat milk (sometimes 2)

Lunch - leftovers, spag bol, meat and veg and rice, overnight oats

Afternoon - protein/nut/museli bar

Dinner - eggs on toast, chicken and salad.

Weekend - nachos, pancakes ect

Water - at least 2L

Sometimes a sugar free V or monster, preworkout (morning, midday)

Physical Examinations (Biomedical/Holistic)

Tongue - quivering, beefy

Nails - Healthy, grow fast

110/70

Follow up notes

Body charts

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Supervisor's name David Casteleijn. NHAA 156343

Date 26 Mar 2024