

Nikkola Berrington

Naturopath, Herbalist

Sacred Sage

Personal Information

Mr	Matthew
Middle Name	Squire
Matthew	0431461952
Ph: Home	Ph: Work
msquire@live.com	16/05/1989
411/8 stockyard Blvd	
lidcombe	Nsw
Australia	2141
security	<div>Male</div> <div>Female</div> <div>Other</div>

Emergency contact

First Name	Last Name
Mobile phone	Relationship

Referral source

How did you hear about this clinic?

Family or Friends

Monique

Health History

If you have a history of any of the following conditions, please select below.

- ☐ Heart disease
- ☐ Diabetes
- ☐ Asthma
- ☐ Severe weight loss/gain
- ☐ Headaches
- ☐ Autoimmunity
- ☐ Dizziness
- ☐ Pregnant
- ☐ Cholesterol
- ☐ Severe fatigue
- ☐ Bruise easily
- ☐ Blood pressure
- ☐ Night sweats
- ☐ Skin conditions
- ☐ HIV
- ☐ Epilepsy
- ☐ Thyroid

Health history details

long, can't settle, bored easily, hung up on small things, perfection, in his head a lot (esp sleep), dwells on one thing, ok when gets along with everyone, likes being liked, stresses about things if alone, impending life*** Work: full time work (chubb) security monitoring (4yrs), 12 hour shifts, 4 days on, 4 days off. Trigger alarms (petrol stations eg hold up alarms in NT, QLD) Medical alarms (elderly people, ascertain what help is needed eg falls, heart attack etc call help for them) Show call: in between fulltime chubb shifts - on days off works manual labour, which is his exercise. relationship: polyamorous, Monique, has its own stresses which he is ok with as is 'expected' and can deal with those stresses. Daily routine: 2 days 12 hour shifts in day, then 2 days 12 hour shift night - Chubb eg: tonight shift: 6pm-6am GIT: wont eat before does anything, food goes through him, self diagnosed 'anxious tummy' wont eat if seeing someone, going out, working at showcase, will take imodium/gastrex prophylactically, as doesnt have access to toilet etc. is ok at Chubb as is office environment and toilet nearby. small snacks, high protein helps Bowels: loose - takes Imodium and Gastrex, has taken for years. takes strategically - every few days - and takes prophylactically sleep: struggles to sleep unless exhausted (which he is now) which he doesnt mind as he can actually sleep when exhausted. bed 9/10pm - busy mind, lies awake, hung up on things, finally asleep around 12am CardioV: nil Muscular: fractured wrist from playground equipment-roundabout Skin: nil Mood: Stress levels: high/10 from daily life, not from job, but impacts job Respiratory: nil - rarely gets sick

Surgeries

Please list any surgeries you have had.

endoscopy & colonoscopy
- all clear (approx 6 yrs ago)

Medicines/supplements

Please list any medications or supplements, including the reasons you are taking them.

current: nil stopped Nov 24: antidepressants, anti-anxiety, ritalin *was seeing a psychiatrist: above meds, diagnosed ADHD (I suspect is childhood trauma not in-fact ADHD?) didn't like it as felt like a zombie, took himself off Nov 24. Depression noticed is related to free tie of which he doesn't have atm (self), did notice increased anxiety when stopped meds, but also had a lot of changes going on at that time (longterm relationship breakdown, lifestyle changes)

Alcohol consumption

How much alcohol do you consume on a weekly basis?

Smoking

Do you smoke? When did you start and how often do you smoke?

15

Exercise

What type of exercise do you do and how often?

manual labour - 20 hours per week

Family history

Please list any conditions that run in your family.

Mum: (welsh) mental health issues: alcohol (doesn't drink much now), valium use for a long time, weed use Gpa: alcohol Gma: smoker, lung issues, age related issues (alive) Dad: (English) doesnt know much of his health and his families health. Moved to TAS, from ENG, became police officer - current: PTSD work relagted last 3 yrs. Previous: army - issues with medication he received there (unknown what for) Gpa: Gma: Siblings: nil

Current Complaint

What is the reason for your visit?

anxiety /stress / unable to relax/ trouble sleeping *daily life

When did the problem begin?

since teenager, more so last few months since overworking, lack of free time,

What caused the problem?

unknown, lack of sleep and lack of down time is caused by anxiety which causes more stress and anxiety

What relieves your symptoms?

haven't found anything yet, have tried prescriptions before and they dont have the required effect

What aggravates your symptoms?

general life - its a constant anxiety and level of stress.

Have you consulted any other health professionals about this problem? If so, please provide details. below.

yes have tried numerous antidepressants and anti anxiety meds prescribed by GP's / psychiatrists for MAD / GAD and ADHD

Pain scale

On a scale of 1-10 with 1 being minimal and 10 being maximum pain, how would you rate your pain?

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mood scale

On a scale of 1-10 with 1 feeling very down and 10 feeling great, how would you rate your mood?

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sleep quality scale

On a scale of 1-10 with 1 being very poor and 10 being excellent, how would you rate your sleep quality?

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Energy scale








On a scale of 1-10 with 1 being very low energy and 10 being very energetic, how would you rate your energy?

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Bowel movements

Please indicate below which of the following types best describes your bowel movements.

- ☐ **Type 1** - Severe constipation
- ☐ **Type 2** - Mild constipation
- ☐ **Type 3** - Normal (with cracks)
- ☐ **Type 4** - Normal
- ☐ **Type 5** - Lacking fibre
- ☐ **Type 6** - Mild diarrhoea
- ☒ **Type 7** - Severe diarrhoea

Bristol Stool Chart		
Type 1 Severe Constipation		Separate hard lumps, hard to pass
Type 2 Mild Constipation		Sausage shaped but lumpy
Type 3 Normal (with cracks)		Sausage like but with cracks on the surface
Type 4 Normal		Sausage like, smooth, soft and easy to pass
Type 5 Lacking Fibre		Soft blobs with clear-cut edges (passed easily)
Type 6 Mild Diarrhoea		Mushy, fluffy with irregular edges
Type 7 Severe Diarrhoea		Watery, no solid pieces, entirely liquid

Menstrual cycle

If relevant, please provide details to the following questions.

How old were you when your period started?

Are your periods regular or irregular?

On average, how many days are there between your periods?

For how long do your periods typically last?

Do you have bleeding or spotting between periods?

Do you have a brownish discharge before your period starts?

Are your periods:

Do you have a brownish discharge before your period starts?

- ☐ Heavy
- ☐ Medium
- ☐ Light

Food recall diary

Breakfast

depends which shift he has... all changes with each shift and job **food/diet very dependant on toilet/toileting** 4am awake - 6am start protein shake, coffees

Morning tea

protein bars coffee: 2 double espresso's before 12 hour shift, 1-2 cokes through shift *doesn't drink caffeine if seeing gf

Lunch

sand-which wrap

Afternoon tea

protein bars

Dinner

rice and chicken baked in honey but only eats if is home and nothing on. doesnt have dinner if going out, working or seeing someone eg gf

Additional snacks

food from servo

Liquids consumed

water? coke from vending machine (cheap coke)

Additional dietary notes

can go an entire day without eating, doesn't notice hasn't eaten. also does this to avoid toileting. eats well when can but not often doesn't crave sugar. diet is high in protein tried Keto - noticed helped him be able to have catered foods with showcase, as long as doesnt overdo. prior to that couldnt eat it at all then tried vegan

List of test results

Private health fund details

If you have private health insurance that covers you for natural therapies, please provide your details below. Please note, not all practitioners and/or services are eligible for rebates.

Fund name

Customer/Membership number

Issue Date

Number on card

Card issue number

Treatment consent

I have to the best of my knowledge, provided all relevant information about my health and medical history and I give my full consent to treatment. I intend this consent to apply to all future treatments and I understand that I must update my service provider with any changes that may occur in my medical history. I understand that a 50% cancellation fee may apply if I do not provide at least 24 hours notice.

☒ I consent to treatment

☒ I consent to receiving SMS and/or email updates, news & offers

Client Name *

Date

Matthew Squire

10/03/2025

☐ I am the client

☒ I am submitting on behalf of the client

Your Name

Relationship to client

Nikkola

Practitioner