

<b>Date of birth</b>	19 Aug 1986	<b>Practitioner</b>	Nicole Chester
<b>Address</b>	Akiho Oda 1/11 Carina peak Drive Varsity Lakes QLD 4227 Australia	<b>Appointment</b>	19 Dec 2024, 2:00PM
		<b>Created</b>	19 Dec 2024, 1:52PM
		<b>Last updated</b>	12 Jan 2025, 6:48AM

NDFV

Age	38yrs
Status	married
Emergency contact	karthik Rajanindran 0416 044 883
Children	3 years, 4 in 3 months
Occupation Past - present	hairdresser at home, in Sydney
Pregnant - Breast-feeding	PREGNANT - 9 wks +
Height - Weight	
PRESENT COMPLAINT	<p>Pregnant</p> <p>hormone changing, started getting thick pimples around the mouth mostly</p> <p>looking after myself, but struggling to cook and eat with nausea</p> <p>worrying about lack of nutrition, stress.</p> <p>last pregnancy - good natural birth, 41 wk + 1 day - born, was quite active then 10 months after giving birth -- very weak- felt very sick</p> <p>this time 6-7 weeks was worst for morning sickness.</p> <p>nauseous, exhausted, on big move. so nauseous</p>

wake 5-6am, bed at 7pm

energy is ok now. Take Tresos natal in morning  
was tired -

few months after vaccine - fell pregnant, by 8 weeks, had D and C to clear, first  
miscarriage ever had.

in-between - had Pfizer vaccine. lost, couldn't see a heart beat

post vaccine pimple on right side face --- skin went orange like rickets , slowly worse and  
worse, still swells now

get head ache, so sleep face down

last pregnancy- took iron tablet, stopped after gave birth,  
all these things started post vaccination, then AB after surgery,  
had eardrum burst - had AB

keep take probiotics

GUT -- was very healthy -- poo 5 x day, quite natural

feel organs have been moved - bowel more sluggish with this pregnancy  
not feeling like a good empty, poor form, changed.

another naturopath - had me in probiotic

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**Other care - GP - Specialist**

no set GP, only just moved here

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**Pathology**

25.11.24

iron 24.5

sat 49 H

ferritin 68

HbA1c 5.0/31

Hb 132

Haemocrit 4.2  
MCV 91  
MCH 31.2  
platelets 211  
TSH 1.72  
vit D 101

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**Past Complaints**

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**Medical Hx**

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**Family Hx**

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**Current symptoms - HAQ**

no HAQ completed

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**Medication**

none

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**Supplements**

using coccus - nausea

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**Current Diet - Fluid Intake**

struggling with cooking and eating, earing small amounts

rice paper roll, salad with tofu and dinner, lunch  
all meats,

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**Toxic Burden - Alcohol - Drug Use**

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**Stress - Trauma**

had alot of stress with moving and around time of covid and vaccine

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**Sleep - Vitality**

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**Exercise - Relax**

energy has picked up, tired at times

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**Signs - Markers**

small pimples all the way around mouth

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**Allergies**

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**FINDINGS - ASSESSMENT**

feel has a number of compliaction initiated by Covid vaccines, which has raised Akiho's  
anxiety around pregnancy.

Skin eruptions are around the mouth --> higher hormone load + poorer elimination, support mostly digestion and nutrition.

\*monitor Iron

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#### Pathology Requested

iron holding up ok, but need to monitor. fell low in last pregnancy.

Next Blood work -Full bloods to include liver enzymes, electrolytes, fasting Blood glucose, full iron Studies, B12, folate + vitamin D, Zinc

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#### Rx - PROTOCOL

continue tresos natal and nordic fish oil

add

S. bifido Biotic - 1 bd - 2 weeks

Probiotica clinical - 1 sachet daily

Prebiotica Regenex - 2 scoops nocte

silybum (optional) 1 bd for nausea

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#### DIET - LIFESTYLE PLAN

***Mediterranean diet*** – good clean eating, quality protein (mix of fish, red meat and poultry, selection of different coloured veg and good fats)

*Eat minimum once daily - Dark green leafy veg (silver beet, kale, broccoli Asian greens- pak choy, bok choy)*

*Try to add protein to every meal and snack*

Sunshine ☀ daily

Use Beef Liver – 1- 4 daily, dosage pending iron status

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#### Record - Complete

- ☐ Diet & Symptoms
- ☐ Basal Body Temperature
- ☐ Blood Pressure
- ☐ Blood Glucose
- ☐ PH
- ☐ Symptothermal Charting
- ☐ HAQ
- ☐ Mood Appraisal

**Review - Next Visit**

4-6 weeks  
post bloods