

Alexander Danilov  
DOB 10 Mar 1988

Appointments

Date	Time	Type	Practitioner
25 Mar 2025	4:00PM – 5:15PM	Initial Naturopathic (75 mins)	Nicole Chester
18 Feb 2025	3:45PM – 4:45PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
14 Jan 2025	1:15PM – 2:30PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

**Follow Up Consultation**

**Practitioner:** Nicole Chester  
**Appointment:** 18 Feb 2025, 3:45PM  
**Created:** 18 Feb 2025, 2:17PM  
**Last updated:** 22 Feb 2025, 1:52PM

**NDRV**

**PROGRESS**

**Nephrologist has diagnosed me with IgA Nephropathy (Bergers Disease)**She indicated this at two separate appointments and has done numerous tests, including AI markers. No other definitive diagnosis for other AI at this point. Suggested possibly Lupus, but feels would have presented with alot worse symptoms

it is postulated that Bergers disease is AI

Urinary symptoms - urge and itching have gone mostly

Bowel- less gassy, especially when adhering to plan more initially, when deviated and ate some bread/sugars noticed gassiness returned.

Energy/sleep/mood- I didn't notice much of a difference

The weird back pain over the abdomen has disappeared

**Nephrologist Belinda wants to put me on ACE inhibitors, said optimal systolic BP should sit under 110 to avoid kidney stress**

BP readings have currently been  
Mornings - 115-130/65-80 with an average of 120  
Afternoons - 110-125/60-80 average of 117

did no coffee - 2-3 weeks, noticed an improvement in urinary symptoms  
decaff -- symptoms seemed worse

coffee did seems to aggravate

almost completely cut bread, pastry, and pastas, only had twice since here last.

vegetable greens, fresh salads, no sugar ( few lapses with sugar, and noted i didn't feel  
that great afterwards

more veg, lapses. at times with some things

Pathology

**Bloods Feb25- fasted, rested**

Sod 141

Pot 4.1

Bicarb 31

AG 5

**Urea 4.1**

**Creat 81**

GFR >90

urate 0.287

BG 5.1

GGT 15

ALT 15

AST 18

Cholest 3.6

**TG 1.5**

Iron 16

Ferritin 61

B12 422

folate 23

Hb 147

MCV84

Neut 1.81

**Lymph 1.80**

platelets 194

CRP 1.0

PTH 2.5

urine

protein 0.06

creatinine 8.5

ratio 7

	<p>all autoimmune markers seem within range.</p> <p>GBM AB &lt;2</p>
Medication - Supplements	
Current Diet - Fluid Intake	
Sleep - Vitality	<p>Didn't feel alot of difference in my sleep, mood</p>
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>diagnosis has been very helpful in stream- lining Alexnaders Treatemnt Plan.</p> <p><b>*Dramatic improvement in blood markers.</b></p> <p><b>body's inflammation right down</b></p> <p>Need to add immune modulation. Vitamin D levels?</p> <p>keep the immune system balanced, prevention for URTI/ anti-viral support, stress support</p> <p>Continue NRF2/anti-oxidant support, reduce inflammation, scarring protect nephrons, repair /protect microcirculation</p> <p>Monitor and reduce CVD and MetSyn risk factors to improve body composition. support methylation.</p> <p>bif focus on diet and rest</p> <p>it was discussed stealth like bacteria and viruses can inhabit the ENT, Consider saline/xylitol flushes regularly to minimise secondary infections</p>
Pathology Requested	
Rx - PROTOCOL	<p>Herbal 500mls</p> <p>Astragalus 100</p> <p>Withania 70</p> <p>Mushroom forte 160</p> <p>Ginkgo 70</p> <p>St. Mary Thistle 100</p> <p>7.5mls bd</p> <p>mag taur xcell - 3/4 scoop</p> <p>NAC - 1gm bd</p> <p>S.bifido biotic -1 bd</p> <p>Gut -R - 1 scoop</p>

neuro-regenex - 1 bd	
DIET - LIFESTYLE PLAN	<p><i>Kidney Friendly Diet</i></p> <p><u>Strictly no gluten.</u> watch intake and monitor reactions to eggs, dairy, soy and Corn</p> <p>Reverse Insulin Resistance improves hormone balance, body composition and cardiovascular health.</p> <p>Sunshine ☒ daily</p> <p>low tox living</p> <p>watch micro plastics</p>
Record - Complete	<div><input type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input checked="" type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<p>add omega 3</p> <p><b>discuss water intake</b></p> <p><b>add microcirculation foods</b></p> <p><b>need to check for D status!</b></p> <p>additional herbs to consider - hawthorn, Rehmannia, perilla, cordyceps</p>

Initial Consultation	
<p><b>Practitioner:</b> Nicole Chester</p> <p><b>Appointment:</b> 14 Jan 2025, 1:15PM</p> <p><b>Created:</b> 14 Jan 2025, 1:07PM</p> <p><b>Last updated:</b> 19 Jan 2025, 10:42AM</p>	
NDFV	
Age	36
Status	married - ruslana
Emergency contact	0405 012 190
Children	girl - 3 .5yrs
Occupation Past - present	IT, sitting for long periods, full time
Pregnant - Breast-feeding	

NA

**Height - Weight**

184kg, 88kg creeping up in last few years, normally 78kg

**PRESENT COMPLAINT****Episodic microhematuria (frank)**

2 episodes since 2021- triggered by viral URTI

Urinary symptoms - itching, the urge to pee, feeling not empty, feeling the urge to continue. I can tell if want to go, or a phantom urge, doesn't get better when urinating or don't urinate.

dull pain around the lower abdomen feels like the tightness of stretching. thought I was getting back issues. so went to see Emma, but feel it's the kidney issue now.

hematuria is constant, any infection, trace of blood cells with no symptoms.

like stretching muscles, tight muscle sensation, normally at the back , radiating to right leg.

stopped exercising, 3 weeks ago, and no physical lifting as worried with pain feeling in back.

Gut - constipation, dark patches i guess at times, but not all the time.

watery, solid sometimes, pain yes, gas ALOT, more sluggish with bowel now

Feel rubbish most of the time.

My wife is vegan, I like a juicy steak, miss them.

eating vegan last 6 years, plant-based with occasional meat/eggs  
and a bit of sugary stuff, we all do.

weight gain - exercise, stress eating, snacks in the house. use to cycle.

10 years ago, 72-73 kgs then

feel a draft of cold air-- coughing and sneezing that night.

getting warm, change of temperature brings out sickness.( tired run down feeling, feel like getting sick, flat mood alot)

BP is ok 130/80 last reading, sometime in 120's

**Other care - GP - Specialist**

seeing renal specialist late January

**Pathology**

did CT scan - with contrast - ruled out malignancy

CT scan without contrast - revealed nothing physical with kidneys, no calculi, only slight full on the right side

noted: gallbladder was distended

noted: faecal loading mildly loaded on the right side of the bowel

then recently found Cell casts, confirmed RBC coming from kidneys.

Xmas - Boxing Day, out of the blue - I started feeling terrible. 2 weeks, I stopped taking coffee no acidic juices and calmed down. made a difference.

#### **BLOODS 28.05.24**

Sod 139

Pot 4.2

Bicarb 31

**Urea 5.9**

**Creat 84**

GFR >90

urate 0.32

ALT 18

**AST 31**

Cholest 3.5

**TG 1.1**

HCT 0.4

**MCHC 362 H**, low B12/folate??

**Neut 5.7 H**

**Lymph 5.7 H**

Eosinophils 0.2

**Mono 0.7**

Basophils 0.0

#### **BLOODS 28.10.24**

Hb 146

RBC 5.0

HCT 0.45

**MHCC - come down to 323 H**

**IgA 3.85**

IgE 101

**CRP 9.5 H**

Cholest 3.5

**TG increased to 2.2**

**\*Albumin: creatinine ratio H 258.7/58\***

#### **BLOODS 6.01.25**

sod 142

Pot 4.2

Bicarb 29

AG 12

**Urea 5.6**

**creat 84**

**GFR >90**

**Urate 0.33**

GGT 13

ALT 18

AST 20

Cholest 4.1

**TG 1.6**

**Hb 153**

**RBC 5.2**

**MCHC 330**

**neut 1.8 L**

**lymph 2.2**

**mono 0.5**

**eosinophils 0.4**

**basophils 0.0**

**platelets 190**

**URINE**

Albumin: Creatine ratio

back to normal 23.4: 16.2

ratio 1.4

**trace protein**

**RBC >100**

**Past Complaints**

heyfever

**Medical Hx**

Timeline

2021 went for a regular check-up for Australian visa -- told about protein in the urine, dipstick in urine had no idea, as wasnt getting any symptoms  
RBC found, no symptoms back in 2021

Late 2021 - 2 x Covid shots (Pfizer) --> Regret getting the vaccine

May 2022 - Got Covid (Did smash us a bit) My wife and little girl were not vaccinated and we experienced symptoms the same

later in 2021-- went on omeprazole -- then the acute urinary symptoms started. stopped omeprazole, symptoms went again.

2022 nothing much of a problem, I knew it was there. Dr. left it alone, with no new tests

2023 -- returned again post respiratory infection (mild symptoms, only lasted a few days),

2024 - mid-year, another respiratory infection - stayed on Gold Coast- flu, flew to Sydney- weak couple days later was getting 38-39 temps

now its always there.

Family Hx

Current symptoms - HAQ

Food sits, bad breath, stomach burn, heartburn,**dark Tarry stools**, upper and lower abdominal cramps, excessive gas, loose watery stools, constipation, **alternating constipation,/diarrhoea**, undigest food, incomplete emptying, narrow stools,**dark patches in stools**, anal itching, Pain under ribs, yellow cast to eyes/urine/skin, oedema, heat intolerance, low mood, nervous irritability, feel stressed, tense, oversensitive overwhelmed, mood swings, need stimulants, feel fatigued after stressful day, hard to get up in the morning, **difficulty staying awake through the day**,, Incomplete emptying of bladder small amounts, dripping after urination, ejaculation causes pain, difficulty attaining or maintaining erection, premature ejaculation, low energy stamina, frequent urination, increased appetite, fatigue drowsiness, profuse sweating, dizziness when stand, cold and flu is frequent, frequent infections, Nasal congestion discharge, persistent frequent cough, mouth ulcers, wounds heal slowly, general itching- ENT, sneezing, coughing wheezing, foods worse and symptoms, palpitations, loud snoring, fluid retention, lower back pain, frequent urination, burning with urination, urgency of urination, bloody darkened strong smelling urine, Headaches, lower back hip pain, muscle tightness, tension, muscle cramps, spasms, creaking noise, noisy joints, limited range of motion, difficulty falling asleep, difficulty relaxing fidgety, eczema/dermatitis

Medication

nothing

Supplements

nothing

Current Diet - Fluid Intake

Bf- avo on toast sourdough butter tomatoes or cereal/overnight oats/  
pancakes

lunch - pasta, veg soup, veg broth with veg, lentil soup, pasta

dinner - pasta, porridge, buckwheat or rice, tofu, chickpeas

Toxic Burden - Alcohol - Drug Use

rarely drink alcohol

don't smoke

was quite to reactive to vaccines -- tuberculosis -- skin prick test even gave me a reaction

	covid vaccine -- pain at the injection site, no other symptoms
Stress - Trauma	feel stressed all the time
Sleep - Vitality	poor
Exercise - Relax	none at present
Signs - Markers	skin colour - grey/yellow cast
Allergies	exposed alot to greass, pollen etc - get asthma symptoms- cough quite alot started allergies, pollen, dust, cat dandruff, and cherries, around 12 years old
FINDINGS - ASSESSMENT	<p>overall health vitality needs alot of support. dietary and lifestyle changes needed ASAP.</p> <p><b>very poor diet</b> Feel eating habits over past 6 years since vegan, not supportive. high sugar load leading to early signs of MetSyn, TG rising. High level of gut symptoms indicating dysbiosis/SIBO</p> <p><b>CRP and IgA high --&gt; systemic inflammation</b></p> <p><b>many possible drivers</b>-signs started pre-jab x 2, then amplified symptoms started post-jab x 2 reactivation of old viral load? --&gt; systemic inflammation, genetic predisposition, toxic burden?</p> <p><b>Suspect may have iron overload</b> No blood work provided has included these markers. low B12?? MCHC has been high with Hb rising.</p> <p><b>a very high albumin-to-creatinine ratio</b>is most concerning. recent one normalised. It seems that it needs close monitoring. bloods reveals some concerns about kidney decline from and optimal range view.</p> <p><b>bi-directional - gut dysbiosis and impact on kidneys? Uraemic toxins from gut</b> increased toxicity/inflammation - body being poisoned.</p> <p>is this a case of auto-immunity/viral activation? Iron overload/increased RBC level, body trying to eliminate?</p> <p>feel the need to build overall health and vitality nutritional status and see what markers shift</p>
Pathology Requested	<p>always fasted, rested nd hydrated</p> <p>Blood work -Full bloods to include liver enzymes, electrolytes, kidney markers, fasting Blood glucose &amp; Insulin, triglycerides, lipids, full iron Studies, B12, folate + vitamin D,</p>

	Zinc
Rx - PROTOCOL	<div>Herbal</div> <div>Astragalus 40</div> <div>Withania 30</div> <div>Echinacea 40</div> <div>Globe Artichoke 40</div> <div>Ginkgo 30</div> <div>St johns 30</div> <div>7.5mls bd</div> <div>\$59</div> <div></div> <div>mag taur xcell - 1 scoop</div> <div>NAC - 1gm bd</div> <div>S.bifido biotic -1 bd</div> <div>Gut -R - 1 scoop</div>
DIET - LIFESTYLE PLAN	<div>Kidney Friendly Diet</div> <div></div> <div>Additionally avoid gluten, eggs, dairy, soy and Corn</div> <div></div> <div>Reverse Insulin Resistance, improves hormone balance, body composition and cardiovascular health.</div> <div></div> <div>Sunshine ☑ daily</div> <div></div> <div>Record all food and fluid intake, noting down symptoms at the times they occur</div>
Record - Complete	<div><input checked="" type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<div>3 weeks - post specilaist</div> <div></div> <div>add microcirculation 5-point foods</div> <div>neuroregenex? gota kola, ginkgo, NRF2, mushrooms, nigella/Gymnema/cinnamon, coleus</div> <div>increase anti-ox (combination of nutraceuticals - coQ10, ALA, b vitamins, resveratrol, selenium, vitamin E, ruin, zinc, inositol, <b>Acetyl L-carnitine (low in vegan diet) - no. of actions to protect kidneys</b>, mag citrate</div> <div>support mitochondrial function</div> <div>immune modulation</div> <div>water quality</div> <div>reduces iron foods? add silybum?</div> <div></div> <div>frothy urine? dry itchy skin? muscle weakness, fatigue? --&gt; circulating toxins</div> <div>healthy muscle mass</div>

Alkamin, NAC

testing - dysbiosis, OAT test

Patient Forms

There are no patient forms for Alexander Danilov.