

April Ireland

DOB29 Nov 1990

Appointments

Date	Time	Type	Practitioner
22 Jul 2021	1:00PM – 2:00PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
11 Mar 2021	2:00PM – 2:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
14 Jan 2021	9:30AM – 10:30AM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
17 Dec 2020	10:15AM – 11:30AM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation	
<p>Practitioner: Nicole Chester</p> <p>Appointment: 22 Jul 2021, 1:00PM</p> <p>Created: 22 Jul 2021, 1:04PM</p> <p>Last updated: 22 Jul 2021, 2:49PM</p>	
<p>NDRV</p>	
PROGRESS	<p>fatigue daily. was feeling better, but still get dizziness, aura type stuff, fatigue and headaches</p> <p>get leg aches sometimes</p> <p>better than at start of year but not optimal.</p> <p>seeing holistic GP and put on calcium channel blocker, seem to feel better</p> <p>methylated B's vitamins GP suggested have helped a little.</p> <p>really regular with bowel, few times, normal consistency.</p> <p>oesophageal asthma , brother has too, says it hereditary</p> <p>had this feeling , getting for few years, asthma of oesophagus, dairy and eggs really bad for it apparently.</p>
Pathology	<p>IgG panel</p> <p>see attached</p> <p>mostly all gluten containing grains, dairy, few other miscellaneous on lower readings. wheat the highest.</p>
Medication - Supplements	<p>calcium channel blocker??</p>
Current Diet - Fluid Intake	<p>did feel better on paleo, but just started eating what wanted as still getting symptoms</p>

Sleep - Vitality	lethargy
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	great outcome and feel IgG panel was well worth it, as April had very little gut symptoms yet very possible reacting in other ways to problematic foods.
Pathology Requested	
Rx - PROTOCOL	<p>gut weed, seed and feed.</p> <p>reduce gut inflammation</p> <p>Gut RX, S.bifido, multiflora</p>
DIET - LIFESTYLE PLAN	<p>Follow gut rejuvenation for minimum of 8 weeks. Repeat if necessary or continue with just multiflora and Gut RX if gut inflammation still present.</p> <p>Strictly avoid all moderate, high and very high reactive foods on food panel for 8 weeks, or longer if symptoms still persist.</p> <p>If clear of symptoms in 8 weeks, add back one food at a time and wait for reaction for 4 days before reintroducing the next. Omit again if reaction occurs, otherwise add next food and so on.</p> <p>Most problematic foods can be enjoyed again in the future in moderate amounts a few times weekly, however you need to learn your own tolerance limit.</p>
Record - Complete	<input checked="" type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Pressure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	<p>8 weeks if needed .</p> <p>add digestive support to next herbal</p>

Herbal/Supplement repeat

Practitioner: Nicole Chester

Created: 2 Jul 2021, 7:50AM

Last updated: 2 Jul 2021, 3:05PM

Herbal/Supplement	<p>been feeling good, still get fatigued. got oesophageal asthma. have requested igG panel</p> <p>herbal 520mls chaste tree 20 baical skullcap 80 Withania 70 bacopa 90 licorice 60 Bladderwrack 50 Qing hao 50 St marys 100 maritime pine 20</p>
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8mls bd
\$109

Herbal/Supplement repeat

Practitioner: Nicole Chester
Created: 11 Apr 2021, 4:39PM
Last updated: 13 Apr 2021, 8:15AM

Herbal/Supplement	11.04.21 chaste tree 20 echinacea 70 baical skullcap 80 siberian ginseng 60 bacopa 80 qing hao 50 horopito 90 rehmannia 70 maritime pine 10 aniseed drops x 3 7.5mls tds \$108 glutathione liposomal \$49 liposomal vitamin C 200ml \$79
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Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 11 Mar 2021, 2:00PM
Created: 11 Mar 2021, 1:59PM
Last updated: 11 Mar 2021, 3:18PM

NDRV

PROGRESS

saw integrative GP --> gone off sandimigran as GP thought the drugs may also be giving side effects.

feeling loads better! very happy with my progress!
still get nauseas sometimes, eye blurry, unclear vision still get tired, fatigue much better.
not getting vertigo and dizziness really at all now, do lose concentration sometimes when talking for a long time.

seeing a psychologist also, as having relationship issues. only stress in life as still not working. might look at getting a job a few days per week.

only get light headed if didn't sleep, or had alcohol.

feel more balanced since new medication.

Pathology

had heaps of tests with integrative GP (dr rachel Wyndham at medical on miami for diabetic glucose test , coeliac, addisons, all hormones, endocrine --> all came back clear.

Medication - Supplements

Dr rachel put on brexalate SSRI (new one) as felt was depressed, no ill effects while transitioning on meds.

Current Diet - Fluid Intake	paleo eating, avoiding sugar. try to not have crashes.
Sleep - Vitality	sleep not great since off amitryptiline, melatonin did work.
Exercise - Relax	last few weeks, joined the gym. hip problem. feeling good from weight training, light walking.
Signs - Markers	
FINDINGS - ASSESSMENT	<p>good overall progress. Still feel something deeper that has caused multi system symptoms and possible nerve/tissue destruction.</p> <p>recommend long term herbal and nutritional support keep system balance with adaptogens, antivirals, anti-stealth pathogen herbs, adrenal support, hormone balance tissue and nerve repair, liver antioxidants, immune regulation</p> <p>trial inkephalin at one daily for mental clarity. should be ok at this dose with medication</p> <p>add collagen support</p> <p>phase out S.bifido and andro NK and start alternating liposomal C and glutathione to streamline lower term treatment.</p>
Pathology Requested	none
Rx - PROTOCOL	<p>proposed herbal 530mls for next one</p> <p>chaste tree 20 echinacea 70 baical skullcap 80 siberian ginseng 70 ginkgo 60 bacopa 90 qing hao 60 rehmannia 70 maritime pine 10 8mls tds</p> <p>mag taur, coq10, probiotic, liposomal C/glutathione, collagen horsetail, green and nettle tea</p>
DIET - LIFESTYLE PLAN	continue paleo and reg protein/meals alkaline water
Record - Complete	<div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	herbal after proposed above --> add back lions mane and paeonia. try kudzu, got kola, bladderwrack

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 14 Jan 2021, 9:30AM**Created:** 14 Jan 2021, 9:33AM**Last updated:** 17 Jan 2021, 9:57AM**NDRV****PROGRESS**

less dizzy

lots of proteins and fats every 3 hours, found one small chocolate and coffee triggered and felt terrible, little bit less tired, less cravings, only had vertigo once.

going off medication nortriptyline. so think feeling more emotionally upset and sleep affected

current most prevalent symptoms --> nausea, spaced out, light headed, eyes sore, blurry vision, mental clarity can change daily, some days bad, so depressed and emotional last week.

other symptoms after questioning further --> muscle aches, weakness, decreased information, poor concentration, short term memory, decreased word finding, morning stiffness, tingling both arms, legs and lips, shortness of breath, increase thirsty, intolerance to exercise, appetite swings, difficult to regulate body temp, chest pain (lingering dull in chest) blurred vision, night sweats, mood swings, disorientation, vertigo, bruising (always had) poor balance and co-ordination

Timeline (although no unusual symptoms noted while on travel that can remember anyway)

*5 years ago went to NZ --> came back fainted at work , then was bed ridden for two weeks. felt like glandular fever like symptoms.

2017- spent 6 months in south east asia. don't remember anything significant happening

*april 2019 - was in spain, symptoms started in November 2019. although have fainted in past too. Don't remember any tick bite or red rash though

had recent mould exposure, after coming back to rental from 2 weeks away with water damage to building. did feel unwell there, moved out within a week. But no previous long term exposure to mould that aware of

No breast implants.

Quit job to get well.

Pathology

high Urea 7.3

creatinine 74

B12 366

Iron 13, ferritin 95

TSH 1-4- 2.2

only did FSH

previous MRI showed chiari malformation. (where cerebellum dips down into spinal column and benign cyst on pituitary)

Medication - Supplements

coming off nortriptyline

still on sandimigran

Current Diet - Fluid Intake

Doing GF, good clean eating, have increased good fats and proteins.

not sure what to do with diet or what to eat at times?

Sleep - Vitality

sleep not great at present. think coming off meds is affecting me, as having bad nightmares

energy improved slightly

Exercise - Relax

struggling to exercise, even yoga don't feel well.

Signs - Markers

FINDINGS - ASSESSMENT

Strong probability of CIRS (chronic inflammatory response syndrome)
feel most likely Lymes as main driver. But would need to invest in further testing.
presenting with most symptoms connected to CIRS, neurological symptoms present and multi system and multi symptoms involved.

Must support all systems and drive balance, improve protection in all areas.

to complete further screening --> MDA and VCS eye test online.

general clean healthy, with adequate sleep, sunshine absolutely essential.

Focus --> adrenals, hormone and liver support, broad spectrum antimicrobials, nootropics, antioxidants. clean up microbiome balance --. clear bad bacterias

Pathology Requested

lots of possibilities here. Would suggest lymes first, need further research first before ordering

GP --> gliadin, full hormones, AM cortisol and DHEA

Rx - PROTOCOL

HERBAL 530mls
chaste tree 20
paeonia 70
lions mane 80
withania 60
schisnadra 80
rosemary 30
cryptolepis 60
Isatis 80
licorice 50
8mls tds

Andro NK
Mag Taur Xcell
liposomal glutathione
Liposomal C
S.Bifido biotic.
Inkephalin
Melatonin sample

continue CoQ10 and medicinal mushroom powder

DIET - LIFESTYLE PLAN

trial low histamine diet for two weeks. record symptoms
avoid gluten , unless getting gliadin test

Record - Complete

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

Review - Next Visit

4 weeks. pending if decide to do testing.
add cryptolepis next time

Research Notes

Practitioner: Nicole Chester

Created: 13 Jan 2021, 3:02PM

Last updated: 14 Jan 2021, 11:58AM

Notes**Notes/Q for further Ix/assessment**

possibilities for further investigation for April ..

pending results for iron, liver, thyroid --> all ok
suspect virus and/or parasite/bacteria causing systemic chronic inflammation/ previous tick bite?

**interesting to note health declined after camino walk in Spain, also known as a place to harvest ticks carrying bacterias to cause Lyme's

CRIS (Chronic inflammatory Response illness) is a multisystem/multi symptom illness --> conditions that can present with CIRS --> Mould toxicity, Lymes, breast implant illness, chronic viruses

Symptoms of CIRS (clusters)--> fatigue, weakness, decreased assimilation of knowledge, aches, headaches, light sensitivity, memory impairment, decreased word finding, difficult concentration, joint pain, morning stiffness, cramps, unusual skin sensitivity, tingling, shortness of breath, sinus congestion, cough, excessive thirst, confusion, appetite swings, difficulty regulating body temperature, increased urination, red eyes, blurred vision, sweats and night sweats, mood swings, ice pick pain, abdominal pain, diarrhoea, numbness, disorientation, metallic taste, static shocks, vertigo

pathology markers seen commonly in CIRS --> TGFb1, C4a, leptin, MMP-9, dutch test would also reveal higher oestrogen and lower ACTH, cortisol AM, DHEA. could also look at VIP and MSH markers and genotype testing

MOULD? -->)

symptoms --> fatigue, muscle twitch, exercise intolerance, headaches, sudden weight gain, shortness of breath, anxiety, shortness of breath, low immune, GIT dysregulation

Q --> appliance leak, water damage smell in house, roof leak, rooms that make feel unwell, been exposed before and taken furniture with you

do symptoms worsen in certain buildings

pre screening tests --> online VCS test www.survivingmold.com.au \$20, can download as PDF

Mold testing --> Micrometrex (tests for dust, is more sensitive.

could also test for susceptible genotypes more susceptible to CIRS through lab core
Mold biotoxins \$90 each x several

Marcons testing \$160

look at the shoemaker protocol (treat with nasal sprays, questran, welcol, VIP nasal spray

you tube webinar --> on www.functionaldiagnosticnutrition.com website

specialises Dr Sandeep Gupta, shoemaker protocol accredited (sunshine coast

LYMES -->

possible symptoms --. tingling, unexplained crawling or itchy skin, numbness, discoloured skin patches, bruising, balance and co-ordination, night sweats, palsy,

headaches, dizziness, fever, cognitive decline, swollen aching joints, sharp pains (heart or ribs, light sensitivity, vision changes, heart palpitations, chest pain (carditis), flu like symptoms more so initially after tick bite
Borella Miyamotoi (rarely see the rash --> need PCR detection test
specialising in Lyme --> Trish Clough, Lismore, Dr Anjana Arunachalam (also mindful of mold toxicity)

other possible biotoxins --> ciguatera (algae) from reef fish algae, babesia- tick borne bacteria

international lyme and associated disease society

Herbal/Supplement repeat

Practitioner: Nicole Chester

Created: 4 Jan 2021, 11:56AM

Last updated: 13 Jan 2021, 2:47PM

Herbal/Supplement	herbal 210mls chaste tree 20 lions mane 40 schisandra 50 cryptolepis 30 licorice 30b withania 40
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Initial Consultation

Practitioner: Nicole Chester

Appointment: 17 Dec 2020, 10:15AM

Created: 17 Dec 2020, 10:13AM

Last updated: 17 Dec 2020, 1:31PM

NDFV

Age	29 years
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Status	single
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Emergency contact	
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Children	no
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Occupation Past - present	radiographer
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Pregnant - Breast-feeding	no
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Height - Weight	slim
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PRESENT COMPLAINT	been diagnosed with chronic migraines. started a year ago.when i think about it, probably started getting some symptoms few years before that. Did have a bit of stress. legs feel heavy, nausea, blurred vision. pass out. get the aura 24-48 years - prodrome, extra cravings --> aura with blurred vision ,
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headache--> low mental clarity, and very fatigued.
 feel light headed and dizzy. so fatigued and so run down. need to go to bed at 7.30pm.
 One month ago also had shingles

had abortion 5 months before.

did the camino walk in spain, around time health declined

it feels like vestibular like migraine when i look into symptoms, limbs tingly, loss of concentration
 pain level on worst day --> pain not as much but dizziness bad., head spinning, will ease over few hours.

better after eat

tried keto. couldn't function at all. felt terrible

wake wit sore throat, dry, scratchy. always had that since i can remember.

low migraine diet - low tyrosine and histamines. every time ate felt sick, didn't seem to help

started paleo on weekend, been on for 5 days. feel clearer in head since

feel depressed because of the debilitation Im experiencing.

cycle - regular 28 days, always been heave with a lot of PMS

Other care - GP - Specialist

Pathology

2 years ago -iron, B12 low, had infusion.(B12 583 on most recent blood test

BP can rise with migraine to 160/110, otherwise on low side

Past Complaints

low grade sore throats

Medical Hx

22 yrs age - EBV

Family Hx

anxiety, depression, migraines (mum and sister)

Current symptoms - HAQ

see HAQ attached. Gut seems good?
 very symptomatic --> adrenals**, PMS*, low BG***, muscular/cardiovascular, neurological (mostly migraine related symptoms

Medication

was taking amitriptyline ---> changed to nortriptyline recently
 also on sandimigran

had small improvements with meds but not great and feel terrible on these anti-depressants --> more depressed

they have used lots of meds, including botox, and nothing really has helped

doesn't do well with OCP, feel depressed. good response to histamines but don't feel tolerate pharmaceuticals well at all

Supplements

B2 (as can help migraines)

	<p>magnesium - 1 daily</p> <p>coQ10</p> <p>inner health plus</p> <p>medicinal mushrooms powder</p>
Current Diet - Fluid Intake	<p>now paleo, so have eliminated bread, oats etc now</p> <p>see attached</p>
Toxic Burden - Alcohol - Drug Use	<p>don't do well with alcohol</p>
Stress - Trauma	<p>broke up with partner recently --> 2 years, not supporting me enough atm</p> <p>was in love with another partner 2 years ago, and he broke it off, very devastated.</p>
Sleep - Vitality	<p>sleep pretty good.</p> <p>energy poor, particularly post migraine.</p>
Exercise - Relax	<p>tried do yoga, really like exercising but been limited with being unwell daily</p>
Signs - Markers	
Allergies	<p>eggs? not sure as removed and have felt better then ate again and had headache again that night</p>
FINDINGS - ASSESSMENT	<p>feel adrenally exhausted --> endocrine disruption (hormone imbalance, oestrogen dominant?) --> feel enabling low viruses to pop up --> brain/head area. viral load and adrenal fatigue causing chronic dysglycaemia.</p> <p>seems to be mostly undermethylating.</p> <p>need further lx with bloods --. feel maybe low in iron*</p>
Pathology Requested	<p>fun iron studies to include B12, folate, TSH, LFT, hormones, fasting BG**</p> <p>PCR?</p> <p>also suggested stress adrenal profile if want to</p>
Rx - PROTOCOL	<p>herbal 210mls</p> <p>chaste tree 20</p> <p>paeonia 50</p> <p>schisandra 50</p> <p>rosemary 20</p> <p>licorice 30</p> <p>withania 40</p> <p>\$45</p> <p>andro NK - 1 bd after food</p> <p>mag taur xcell - 1 scoop daily</p> <p>can continue other supps</p>
DIET - LIFESTYLE PLAN	<p>continue paleo plus no strictly no gluten *, eggs, refined sugars</p> <p>eat every 2-3 hours, always including protein with every meal/snack</p>

record diet, symptoms, cycle

Record - Complete

☐ Blood Glucose ☐ PH ☐ Symptothermal Charting ☒ Diet & Symptoms ☐ Basal Body Temperature ☐ Blood Pressure

☐ HAQ ☐ Mood Appraisal

Review - Next Visit

Spain --> did pick up anything? had tick recently?

add further anti-viral support --> liposomal C with vitamin A (treatment to cross BBB).

Patient Forms

There are no patient forms for April Ireland.