

Mr Raymond Palmer

DOB6 Oct 1956

Appointments

Date	Time	Type	Practitioner
21 Jan 2025	2:45PM – 3:30PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
12 Dec 2024	11:30AM – 12:15PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
3 Oct 2024	10:00AM – 11:00AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
5 Sep 2024	10:00AM – 11:00AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
9 Aug 2024	3:15PM – 4:15PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
18 Jul 2024	10:00AM – 11:15AM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
20 Jun 2024	11:00AM – 12:30PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 21 Jan 2025, 2:45PM

Created: 21 Jan 2025, 2:47PM

Last updated: 1 Feb 2025, 8:24AM

NDRV

PROGRESS

out of Gut R, herbal

love the herbs, want to stay on the Tongkat ali for testosterone

On normal days where I played up had a bit of gut upset but I don't get that thing in the morning.

Mel - im sure in menpause, hot flushes. getting cranky over nothing.

just doing good serving lettuce instead of psyllium

Pathology

Medication - Supplements

Current Diet - Fluid Intake

been pretty good. pick better options when eat out

have potato gems in oven sometimes

Sleep - Vitality	sleep ok, still get up to go to the toilet, but not as bad
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	staying consistently well. any upset is due to too much alcohol or poor choice of food.
Pathology Requested	
Rx - PROTOCOL	Herbal 540mls Schisandra 100 Tongkat Ali 160 Chamomile 90 Saw Palmetto 80 Lions mane 90 Ginger 20 15mls mane repeat Bio-D and K2 - 1 od (long-term) Zinc Picolinate - 1 scoop after food GI Repair - 1 scoop Metamucil, using iceberg lettuce instead
DIET - LIFESTYLE PLAN	good clean eating
Record - Complete	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <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	4-6 weeks

Follow Up Consultation	
Practitioner: Nicole Chester Appointment: 12 Dec 2024, 11:30AM Created: 12 Dec 2024, 11:31AM Last updated: 27 Dec 2024, 10:06AM	
NDRV	
PROGRESS	out of herbs for 1-2 weeks all is going great, but drinking beer again nexium -- hiatus hernia, turkeys and drys --> upsets gut

gut pain- very minimal, can feel time to time, goes away easy now, feels worse without herbs

energy - good, snooze in the afternoon sometimes

eating lots of lettuce, Caesar salads

acid-forming foods seem to upset

sleep was good until waking to go to loo again. not sure whats causing it now, maybe run out of herbs and prostate?

Pathology

none

Medication - Supplements

good compliance until ran out of supps

Current Diet - Fluid Intake

been bad with alcohol again

Sleep - Vitality

waking to wee

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

Pathology Requested

regressed a a little, a case of staying on track with lifestyles, diet and supplements.

Dysbiosis being aggravated by alcohol and diet .

continue gut repair/anti-inflammatory support

Rx - PROTOCOL

Herbal 540mls

Gentian 40

St Mary Thistle 100

Tongkat Ali 120

Chamomile 90

Saw Palmetto 80

Crataeva 100

Ginger 10

10mls morning, 5mls night

repeat

Bio-D and K2 - 1 od (long-term)

Zinc Picolinate - 1 scoop after food

GI Repair - 1 scoop

metamucil.	
<hr/>	
DIET - LIFESTYLE PLAN	avoid hard liquor and beer
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Record - Complete	<input 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	
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Review - Next Visit	4-6 weeks

Herbal/Supplement repeat

Practitioner: Nicole Chester
Created: 22 Oct 2024, 9:04AM
Last updated: 22 Oct 2024, 9:26AM

Herbal/Supplement	Hebal 520mls Gentian 30 St Mary Thistle 120 Tongkat Ali 120 Pomegranate 80 Saw Palmetto 80 Crataeva 90 10mls morning, 5mls night \$128
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Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 3 Oct 2024, 10:00AM
Created: 3 Oct 2024, 9:56AM
Last updated: 3 Oct 2024, 12:07PM

NDRV

PROGRESS	<p>GUT is going really well and has just continued to get better. get some pan in that same spot on occasion but overall, such an improvement</p> <p>scan revealed prostate was stable, with no changes. kidneys good prostatomegaly volume of 38 cc</p> <p>eating good food.</p> <p>drinking has started up again, hoochy weed. on alcohol again but not like before</p> <p>sleep has improved. bit better, didn't like sleep X powder and dont feel it helped</p>
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going to the toilet through the night.
reduced herbal tea, and getting up to the toilet is less, but the stream is still intermittent
3 am wake most nights

improved again, not coming as a major problem in the same spot

psyllium husk daily

alcohol definitely affects my gut
give up the wine made a big difference, or no mixing with beer

Pathology

random bloods

Bg - 5.1, Tg 3.0

liver enzymes ok, but monitor AST, ALT, are slightly on rise.

GFR under 90, but ok, monitor

testosterone 14

Medication - Supplements

been consistent but forget herbs at night sometimes

Current Diet - Fluid Intake

feel eating good

Sleep - Vitality

sleep still needs improvemnt

Exercise - Relax**Signs - Markers****FINDINGS - ASSESSMENT**

getting good progress considering still drinking a bit.

could stretch our appointments to 6-8 weeks, but Ray wants to come every month.

continue to work on gut repair, and keep bacteria levels manageable in gut, liver
protection/repair.

add zinc for prostate

add Vit D and K2 for cardiovascular protection.

Pathology Requested

none

next time do fasted, rested and hydrated

Rx - PROTOCOL	<div>Gentian 20</div> <div>St Mary Thistle 120</div> <div>Tongkat Ali 120</div> <div>Pomegranate 80</div> <div>Saw Palmetto 80</div> <div>Crataeva 100</div> <div>10mls morning, 5mls night</div> <div>\$125</div> <div></div> <div>Bio-D and K2 - 1 od</div> <div>Zinc Picolinate - 1 scoop after food</div> <div>GI Repair - 1 scoop</div> <div></div> <div>metamucil.</div> <div></div> <div>finish sleep X</div>
DIET - LIFESTYLE PLAN	<div>pinch of salt in water once daily</div>
Record - Complete	<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"/> Diet & Symptoms</div><div><input type="checkbox"/> HAQ</div><div><input type="checkbox"/> Basal Body Temperature</div><div><input type="checkbox"/> Mood Appraisal</div><div><input type="checkbox"/> Blood Presuure</div></div>
Review - Next Visit	<div>consider a round of magtaur every few months</div> <div></div> <div>add ginkgo biloba/NRF2 support/Rhodiola/ adaptogens</div> <div></div> <div>add herbal tablet for sleep if needed.</div> <div></div> <div>alternate GI repair with Gut R</div>

Follow Up Consultation

Practitioner: Nicole Chester

Created: 5 Sep 2024, 10:00AM

Last updated: 10 Sep 2024, 4:45PM

NDRV

PROGRESS

Dr - Tuesday

blood test, getting whole scan - prostate, not sure what else, think he said bloods for coeliac

last night's roast beef was horrible,

breakfast at the surf club, eating well, might eat out over cooking with Mel away

i can see and feel now my way of life affects my health and outlook

the gut is good, not perfect, but so much better
not drinking as much , had a 6 pack, felt ok after

I know when i go wrong
dentist -- re did root canal, as he messed it up

used to think my symptoms were normal, but now I realise they werent

more and more energised, feel better

getting up to 7 times, to go to the toilet.

Golden gay time, 3 biscuits, went to bed, slept until 1.50 am it was a record as normally
wake to pee before then

skin check

Pathology	
Medication - Supplements	
Current Diet - Fluid Intake	see attached
Sleep - Vitality	dr thinks the tea is waking me to go to toilet. so stopped for one night an dseemed to have helped
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	Great improvement. Gut seem to be tolertaing more with less SIBO. continue to improve micribiome balance and gut helaing
Pathology Requested	send through bloods to come
Rx - PROTOCOL	Herbal 400 Gentian 20 Schisandra 90 Ginger 20 Pomegranate 70 Siberian Ginseng 70 Saw Palmetto 70 Crataeva 80 10mls morning, 5mls night

	\$95
	Gut-R 1 scoop Bactocand GI - 1 bd finish sleep X - 1 scoop nocte
DIET - LIFESTYLE PLAN	as previous, 'watch the worst offenders" choose wisely when eating out
Record - Complete	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <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	3-4 weeks

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 9 Aug 2024, 3:15PM
Created: 9 Aug 2024, 3:12PM
Last updated: 1 Sep 2024, 11:50AM

NDRV

PROGRESS

Feeling fantastic
its the alcohol, affecting my gut.
think alcohol affecting my medicine

I'm a lot better, stopped drinking, couple of beers, had a six pack, and straight away felt unwell

start getting ratty, don't sleep, go to toilet, always feel like a bladder infection.
gut have improved immensely,

coffee every morning now got rid of tea. as felt it upset

Dr said prostate on larger side,

don't think have any issues with gluten or dairy
had sandwich, pocket bread, no problems

go to bed at 8.30pm, 5 times a week

Dr prescribed Cialis

Viagra gives me a headache

Pathology

	none recent
Medication - Supplements	been compliant
Current Diet - Fluid Intake	eat clean
Sleep - Vitality	waking to urinate with bladder
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	great improvement. Starting to recognise diet/lifestyle triggers need further support for SIBO. Food intolerance? yeast, sugar?, wheat? stress, liver, gut, microbiome, prostate support
Pathology Requested	
Rx - PROTOCOL	Herbal 500 Gentian 20 St Marys Thistle 80 Ginger 10 Pomegranate 70 Siberian Ginseng 60n Saw Palmetto 70 Crataeva 90 bd close to meals 10mls morning, 5mls night \$89 Gut-R 1 scoop S.bifido - 1 od finish off Bactocand GI - 1 bd
DIET - LIFESTYLE PLAN	<i>Mediterranean Diet</i> <i>Gluten, dairy, oat and sugar free</i> <i>Avoid refined carbohydrates and sugars</i> <i>Visceral treatment, with Emma and Page</i> <i>Ileocecal valve – YouTube videos to release the valve.</i> <i>Castor oil packs before bed, add hot pack 15mins</i>

Bottoms Up Colonics Nerang (Sussi)

Record - Complete

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

Review - Next Visit

Stress support

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 18 Jul 2024, 10:00AM
Created: 18 Jul 2024, 9:58AM
Last updated: 18 Jul 2024, 4:50PM

NDRV

PROGRESS

disturbance, up urinating with prostate
12pm-6am
couple of nights, gut disturbed, couldnt sleep, so getting irritaed, tired

sachets all gone, this seemed to help this one.
liking the herbs

given uo smoking weed and drinking
bought 1/2 ounce, and wasnt gpd. havent drink for two days
but cant sleep,

Mel has bad case menopause, changing. we are at each other. been stressful as she
wants to stay up there

lying down and cant sleep.

usually drink asahi, japanese beer/
dont drink australian beer., gluten or something

diagnosed with short barrets disease . come back from thailand, and had issues,
burning. inside all inflamed

one time, had extreme agony, went to toilet, passed big poo, felt instantly better.

hernia Dr keeping an eye on, - he thinks evidence of short barrets oesophagus disease.
columnar mucosa --> require refgular check ups
said my duodenum isnt normal

rays month in August. gain to start looking after myself

havent done any of the things recommended, but will book in with Emma to start with.

Pathology

none

Medication - Supplements

soemwhat compliant. missed evening doses alot of time, finished all herbs/ supps
excpet S.bifido

Current Diet - Fluid Intake

not too bad, havent removed anything from diet as yet, been away and hard to stay on track

Sleep - Vitality

sleep terrible

Exercise - Relax**Signs - Markers**

seems very agitated, stressed with health and being all over place with living arrangements.

FINDINGS - ASSESSMENT

Need to start protocol from first visit.

Need to rule out Coeliac, given family HX, symptms just too servere.
gas has improved alot but still there.

Rx of SIBO/possible parasitic a must. There is somethng compromising gut health

*weed, seed and feed

support stress

Pathology Requested

bloods on protocol
plus coeliac histology with next Endoscopy

Rx - PROTOCOL

Herbal 320mls
Gentian 30
Globe Artichoke 70
Ginger 20
Pomegranate 70
Withania 60
Cryptolepis 70
bd close to meals
10mls morning, 5mls night
\$89

Gut-R 1 scoop od
S.bifido biotic -1 cap bd

	probiotica clinical - 1 sachet od, get next time add mag taur
DIET - LIFESTYLE PLAN	<i>Mediterranean Diet</i> <i>Gluten, dairy, oat and sugar free</i> <i>Avoid refined carbohydrates and sugars</i> <i>Visceral treatment, with Emma and Page</i> <i>Ileocecal valve – YouTube videos to release the valve.</i> <i>Castor oil packs before bed, add hot pack 15mins</i> <i>Bottoms Up Colonics Nerang (Sussi)</i>
Record - Complete	<input checked="" type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <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	endoscopy results after next visit look at diet sheets, ensure gluten free, look at adding bactocand GI, alternating plan

Initial Consultation	
Practitioner: Nicole Chester Appointment: 20 Jun 2024, 11:00AM Created: 20 Jun 2024, 11:06AM Last updated: 20 Jun 2024, 2:40PM	
NDFV	
Age	67 years
Status	married - Mel
Emergency contact	
Children	no children together, daughter in Prosapine, son mels daughter in Brisbane
Occupation Past - present	definitely not working owned sky diving business in Kirra, bought Byron bay sky diving in 2015, wasn't good for mental health, people hurt themselves and come back at you all the time

got a great price for it, enough money to buy 21, agave st, agnes waters and Hillcrest Ave

Own 19 beach houses estate - 140m to our own beach

Pregnant - Breast-feeding

NA

Height - Weight**PRESENT COMPLAINT****Diagnosed with diverticulitis**

started with normal gut, until pain started, ache, felt like needed to move bowel, lasted 3 days, and 4th time had pain killers - 2 nurofen and pain went away, drink ouble filtered water tank so should be ok

pain is mostly in right lower quadrant, from under belly button to right side of belly button

went to a guy years ago, and he was interested in what he felt in the at area

3-4 months got it again, pain was maybe less, but still painful
pain was less each episode, can wake up at 2 o'clock mostly in mornings.
everyone said parasites, had worming tablets, 3 samples of stools,
no parasites found,
2 more samples - no blood or cancer markers

Dr did CT scan - nothing found except diverticular sigmoid, had few polyps removed

metamucil helps keep bowel normal
feel good using the Metamucil thought had fixed it

do get Gas, comes and goes,
feel better after passing gas and stools in morning

weird - had 3 days ago again,
had Panadol

"very weird, feel embarrassed to tell you this, was in own bed- got a bit excited for some reason, jerked off, pain went immediately , so had sex, and found pain went again"

also tried colonic irrigation -- when i finished, alot of sesame seeds and water came out

get pain around duodenum - its a like a knotted stressed feeling

always ready to get rid of the nasties, in the morning then feel good

	<p>couldn't drink australian beer, drink japanese beer, and eat all pizza, pasta over seas with no problems</p> <p>enlarged prostate, getting bigger</p>
Other care - GP - Specialist	dont go to doctors much at all
Pathology	had some done few months ago, but cant find them
Past Complaints	<p>past some gallstones years ago, with the lemon and olive oil flush</p> <p>they were green</p>
Medical Hx	have a BP machine at home, and has been higher on occasions, but wouldn't say BP high
Family Hx	sister is coeliac
Current symptoms - HAQ	upper and lower GIT**, liver, thyroid, Urinary** BG, musculoskeletal
Medication	to confirm
Supplements	to confirm
Current Diet - Fluid Intake	<p>eat 90% better than amost theres.</p> <p>5 types of vege a day</p> <p>lemon in water first thing</p> <p>cornflakes with soy milk/ porridge /oat milk pancakes or eggs on toast for BF</p> <p>salmon/veg</p> <p>see diet attached, pizza not a usual thing</p>
Toxic Burden - Alcohol - Drug Use	<p>drink wine and beer (never australian beer)</p> <p>use to smoke weed, bought some recently, but all gone now</p>
Stress - Trauma	had alot of stress with business, but no real stress now
Sleep - Vitality	sleep is terrible, wake to go to toilet alot through night snoring
Exercise - Relax	surf
Signs - Markers	look good for age
Allergies	

FINDINGS - ASSESSMENT

few possibilities. Dont feel the diverticulitis is only issue driving gut pain.
 further Ix and treatment needed.
 coeliac? food intolerance?
 Ileocecal valve issue --> SIBO?
 feel warmth is needed

start with weed, seed and feed protocol, reduce spasm and inflammation, reduce SIBO
 and introduce treatments as below,

Pathology Requested

*Blood work – **Coeliac markers**, liver enzymes, electrolytes, kidney markers, fasting Blood
 glucose, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc*

Rx - PROTOCOL

GI repair - 2 tsp bd
 S.bifido biotic -1 cap bd
 probiotica clinical - 1 sachet od

Herbal 300mls
 gentian 30
 Globe Artichoke 70
 Ginger 20
 Pomegranate 50
 Chamomile 70
 Marshmallow 60
 7.5mls bd before meals
 \$80

DIET - LIFESTYLE PLAN

Mediterranean Diet

Avoid refined carbohydrates and sugars

Visceral treatment, with Emma and Page

Ileocecal valve – YouTube videos to release the valve.

Castor oil packs before bed, add hot pack 15mins

Bottoms Up Colonics Nerang (Sussi)

Record - Complete

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

Review - Next Visit

3 weeks

get to check BP

address prostate

cryptolepis, thyme, myrrh , magnesium, B vitamins

confirm medications, allergies

Patient Forms

There are no patient forms for Mr Raymond Palmer.