

**Adrielle**

**Hx Ross River Fever – tested 2010 ish – maybe 1-2 years before that while living in Darwin**  
**Had a bad virus and Dr. didn't test it. After ended – chest came up with a big rash. Exhausted. Post-viral.**

**22<sup>nd</sup> June'23**

Patches of hair falling out – 2-3 weeks ago started. More than half has fallen out.

3 months ago covid – didn't test positive but sure that had covid.  
Cough. No brain fog. Cough couple of weeks afterwards.

Some people 90% of their hair

Doing yoga

Dad passed away a year ago.

Ethical nutrients metazinc

Menopause – tricky – no sugar, alcohol,  
January 2023 – yoga daily – being calm is helpful. 11.5 months before then

Anxiety – major issue –  
Low mood before covid??

Thyroid checked.

Tiwi islands – aboriginal arts centre – dry season –  
Artists to Sydney next week  
Mid-august  
Then mid-September

No vitex – gets angry – took for 10 years.

Sleep – pretty good – not as good due to anxiety - >no sugar

Daily bowels

**Energy - stable but not very energetic**

**25<sup>th</sup> October'21**

10 months in Victoria  
Sorted out heaps of stuff with Mum and Dad (dementia) – in nursing home

**Vaccine – quite a bit of learning. Science background.**

2 x Dr's to talk about it. 1 x nutritional, 1 who wishes was a Naturopath

Sister is into the conspiracy

Anxiety at times – magnesium with taurine

Given up alcohol, sugar, grains – alcohol gives hot flushes  
Not

Pale stools – wasn't eating enough raw food

**Low neutrophils – oral health and itchy bottom – copper?**  
**Bad oral health – 2 x teeth root canals – 2 x root canals already**

**Took intestaclear + Ultra biotic 500 (hot flushes, couldn't sleep)**

**Gut function is good now – really regular – has to be quite careful with what eats**  
**Grains = weight gain**

**Sugar = hot flushes and night sweats**

**Menopause – calcium levels declining**  
**Adrenals – produce testosterone**

**9/7/20**

Realised wasn't eating raw food – needs the enzymes

Feels like is in menopause – hot flushes and night sweats – narrow temperature range. Consistent.  
9/10

Not doing much and getting lots of sleep. BORED!

No period for 2 months – almost

**Complete microbiome mapping**  
**Functional more than pathogen**

**Tan stool – liver or bile issues – abnormal gut as should be brown**

Low Faecal Secretory IgA – likely that is stressed – adrenal fatigue or stress can impact on it – gut repair measures can improve. No indication of inflammation (calprotectin) or intestinal permeability (zonulin).

High Steatocrit – undigested fats. Should be little or none. Liver, gall bladder, digestive enzymes, HCL.  
Avoid fats at the moment.

Little bit of streptococcus overgrowth – don't even need to treat! Antimicrobials maybe.

High Bacteroidetes - bacterial family – components in the diet can feed – saturated fat (avoid)

Firmicutes - bacterial family - components in the diet can feed – saturated fat (avoid)

Streptococcus species

Low Bifidobacterium species

Clostridium high – not pathogenic one.

Good multi strain probiotic – bifido & lactobacillus. Constipation or diarrhea.

More fibre in the diet.

Enterococcus species

### **Adrielle 6/5/20**

**No multi** – was taking too much. Executive stress – if feels a bit low.

**Pancreas** – low pancreatic enzymes

**Ultrasound** – no problem and only kidney cyst

**Hormones** –

Was taking vitex – but needs to take liver tonic at same time. Irritated liver.

**Digestion** – has to take digestive bitters, otherwise stools are yellow – 100mL

Itchy Bum >bitters <sugar – tried anti-fungal creams, kolorex

Bacterial?? Maybe undigested sugar?

Had a test for parasites through Functional Mx.

Formed stools 80% - loose after tea – Madura low caffeine

Coffee irritates the liver and chronic PMT.

Figured out what can eat to feel good

Liver care for 10 years

Peri-menopause – high FSH

Not as happy as when was taking the vitex and liver care

Was having the peri-menopausal symptoms when on vitex and after went off it.

**Dentist** – doesn't want to talk about it – I will ask about it

2 x teeth need to pulled out or root canal

All normal:

Coeliac

ANA's

Rheumatoid factor

Anticardiolipin antibodies

ds-DNA

ENA antibody

Lupus anticoagulant

Iron was good

Has to take vitamin D

Yoga

Working in parents garden

Father has dementia

**Adrielle notes 7/1/18**

1 year ago – doc – vigilant with tests and said ‘healthy’  
Went to naturopath and chinese doc  
She said ‘Heading towards autoimmune disease’  
Put on supps  
Too sensitive for acupuncture  
Vitamin D – lower end of normal – felt better straight away  
Needs to get more tests done  
Digestive enzyme – might want to do again  
Probiotics to detox – by that time was in Darwin – LGG (constipated). S. bifido biotic – bloated. At least 1 x day bowel movement.  
Extreme bloating and depressed  
Never got to point of gut repair as detoxing was awful  
Vigilant with what eats – meat and vegetables, excluding nightshades  
Takes vitex, – ethical nutrients formula, multi,  
4 x bottles discontinued – PMS relief – 4 months worth  
Vitex 1 g  
Zizyphus 1g  
Pyridoxine B6 25mg  
Chromium 25mg

Pyrroles?  
B6 and zinc

Multi herbs of gold -  
Arthritis – if doesn’t eat nightshades or numbers then is fine.  
Wahls diet – no nightshades, no grains  
Rehmannia complex  
Iberogast

Digestive symptoms – Eats grains puts on weight on stomach. O blood type. Eats food 3 x day.  
Doesn’t need to snack. Protein means doesn’t need to eat as regularly.  
Digestion – bowel movements regular. Learned how to get around it but can hardly eat out. Avoids eating at restaurants. Feels that can’t travel in asia again.

Hasn’t taken slippery elm.  
Tried glutamine and made bloated.

Candida – itchy bottom – if pulls back on sugar  
Worse for eating sugar

Had scabies on Melville island – used a cream – lycra – rife in the community - might get again  
Ross river virus – in the past