

Summary of health history as at 26 Feb 2023

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14 September 1965

Summary:

1. 2019 Weight issues and bad bloating issues (getting worse not better) since having Hysterectomy.

Really focused on weight loss since March 2021- 90kg being heaviest to current 88kg
Have tried: WW, Metabolic Balance, 4% club – my weight goes up and down within 2kg. I have just finished 4% club where 20 coaches didn't know why no weight loss.

2. Ongoing herpes outbreaks.
3. New thing: ear infections both ears. Dr thinks have glue ear and needs gromitt's on antibiotics and drops for 3 weeks – still going on.
4. **If I rest a lot**, I have energy.

Moved from Sydney to GC in November 2019.

I manage my Sydney business from GC remotely and go to Sydney every 2nd week.

I have experienced a lot of alternative therapies and recently weight loss things during my years on the planet.

Exercise: ride my bike, Pilates, walking (ONLY WHEN FEELING ENERGISED)

Like:

- Going to a farm in my 20's to get over CFS having juices and colonics for two weeks.
- Seeing Chinese medicine Dr and getting acupuncture and boiling my own herbs.
- Going on detox's. ie Medical Medium
- 2016 | Naturopath and getting many test ie poo test, hair etc spending a large amount of money (didn't enjoy that experience).
- Seeing an acupuncture Dr and having weekly treatments for years
- 2019 | Allergy test | Sent hair sample off to UK to find out foods that might affect me.
- 2019 | Naturopath | said I had adrenal burn out?
- 2020 | August | Going to GC Ayurveda clinic and going on a 1-month detox. Enjoyed the massages didn't enjoy the other parts.
- February 2021 | Naturopath/homeopath Linda Cairns GC
- August 2021 | Metabolic Balance
- Sept 2022 | Joined 4% club to help lose weight
- Feb 2023 | had colonics.

Health History:

Child: rashes I think was born with a rash, glue ear (gromitts), tonsils and adenoids (out around 9 years old)

1992 | CFS – Epstein Barr Virus

1999 | Birth daughter x 1

2001 | Birth daughter x 1

2009 | Herpes 2 | HSV

2011 | Cysts removed ovaries

2013 | Early menopause brought on by stress – took alternative hormones under the tongue.

2018 | December Pneumonia

2019 | Sept | Hysterectomy full plus infection in hospital 2 weeks lots of antibiotics

2019 | Nov MOVED TO GC

2020 | Jan | Broken ankle in 3 places and operation with plates

2020 | Oct | Herpes 2 | HSV | continued 4 months non stop (I have herpes 1 & 2 in my system but don't get cold sore

2021 | Jan | broke wrist in 3 places operation with screws and plates. Herpes stopped then.

2022 | Herpes suppressive medication

2022 | Oct diagnosed with severe obstructive sleep apnoea

2023 | Feb Herpes suppressive medication doesn't stop the outbreaks most recent Feb 23 last for 3 weeks. Then a week or two break and then again.

2023 | Feb ear infection 3 weeks, two lots of antibiotics and drops think glue ear. Dr suggest ENT for gromitts

Weight

2011 – 75kg

2016 – 80kg

2021 – 90kg

2022 – 88kg

Medication & Vitamins

- Blood pressure (been taking since mid 40's) Olmesartan 20mg
- Favic 250mg x am and pm suppressive therapy
- Vagifem Low Pessaries 10mg twice a week
- Metagenics Calm X – 1 scoop am
- Healthy Joints: Collagen, Glucosamine, MSM, Clondroitin, Tumeric
- Good Mix: Greens+ aloe (spirulina powder)
- Lysine 1200 x 1 a day
- Eagle Tresos activated b PluSe