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Client Details		Appointment Details	
Name	Cath Howard	Appointment Date	22 Mar 2023
Age	60	Appointment Type	Naturopathic/Nutritional Report of Findings

## Primary Drivers

Inflammation (high CRP, high ESR)  
High levels of inflammation contribute to:  
Tissue damage (joint pain)  
Gut problems  
Stress levels

Ongoing Stress  
Degree of adrenal burnout contributing to fatigue  
Burnt out associated with low levels of cortisol (your natural anti-inflammatory) - and higher levels of inflammation

Gut:  
Poor defence (low secretory IgA), Leaky gut (High-normal Zonulin)  
Low Oxalobacter formigenes (reduced ability to breakdown oxalates)  
Imbalance in normal bacteria - leading to more inflammation poor digestion

## Family History (ROF)

Father: arthritis, terrible asthma, arthritis - rheumatoid? In wheelchair - paraplegic  
Mother: Eating disorder - runs in family, 32kg - osteoporosis/penia. bit of age related arthritis.

Mother, sister and her niece have eating disorders

Heritage - England, Scotland. Father - dark skin - black hair, dark skin - DNA test - Middle East, Anglo - celtic, both parents longest lived of family.

## Maintaining Factors and Related Considerations

Ongoing Stress  
Ongoing spinal issue

## Medication

Migraine: beta-blocker one daily  
Claratyne every morning

Supplements:  
Adrenoplex 2 lunch  
**Withania somnifera (Withania) ext. 150 mg equiv. withanolides 7.5 mg**  
Eleutherococcus senticosus ext. 116.67 mg  
Panax ginseng ext. 18 mg  
Panax quinquefolius ext. 12 mg  
Ganoderma lucidum ext. 3.75 mg  
L-phenylalanine 75 mg  
L-tyrosine 75 mg  
Calcium pantothenate (Vitamin B5) 55 mg equiv. pantothenic acid 50 mg equiv. calcium 4.6 mg  
Nicotinamide (Vitamin B3) 15 mg  
Nicotinic acid (Vitamin B3) 5 mg  
Pyridoxal 5-phosphate monohydrate (P5P) 6.74 mg equiv. pyridoxine 4.3 mg  
Calcium folinate (Activated folate) 69.5 µg equiv. folic acid 50 µg  
Cyanocobalamin (Vitamin B12) 5 µg  
  
EnergyX 2 scoops in morning  
Boswellia Complex 2 T 2x / day  
Immunocare - (Astragalus, Phytosterol Complex)  
FluX - metagenics??  
Vitamin C  
Magnesium - complex solution?  
Oestroclear  
Armaforce - Bioceuticals. If needed for acute infection, sniffles etc  
Calcium  
Glucosamine / chondroitin

## Blood Pressure

? 'always been low'

## Pulse

?

## Zinc Tally

?

## Random Blood Glucose

Fasting BGL  
HBA1C and HBA1c: normal

## Total Cholesterol

5.9 (3.5 - 5.5)  
HDL 1.98 (>1.2)  
LDL 3.5 (<3.5)  
Triglycerides 1 (<1.5)

## BMI

? Height. 166 cm, Weigh 63kg = BMI of 22.90 (in healthy range <25)

## Waist Circumference - Low risk, High risk (Men >94cm, Women >80cm, Very High risk (Men >102cm, Women >88cm)

?

If YES, are there 2 of the follow: high fasting glucose (>4.95), high triglycerides (>1.7), Low HDL-cholesterol (Men <1.03, Women <1.29), Elevated Blood Pressure (systolic >130, or diastolic >85) or medicated

No

## Further assessments required

Get Tested for Rheumatoid Arthritis. (Stop Glucosamine and Chondroitin until this is done)  
Get: Full blood count, General chemistry (E/LFT), CRP, ESR, Vit D, B12, Folate, TFT, Zinc, Stop supplements day before and fasting test. See Drs letter

## Vitamin D

Not Done

## Iron Studies

Good

## Vitamin B12/RC Folate

not done

## Cholesterol

Total 5.9, LDL 3.5 - Both top end normal

## Thyroid Function

good

## Other Test Results

CRP: 13 (<5)  
Albumin: Globulin Ratio: 1:1.5 <1.2 = Inflammation / oxidative stress  
ESR: 19 (5 - 20)  
Ferritin: 88

Gut Microbiome Test  
Ask about blood in stool - haemorrhoids?  
Poor defence (low secretory IgA), Leaky gut (High-normal Zonulin)  
Low Oxalobacter formigenes (reduced ability to breakdown oxalates)  
Unbalanced gut bacteria

## Naturopathic Assessment

Long History of Stress, Gut insults, Possible chronic viral load leading to poor immunity, poor absorption of nutrients, low energy.  
Degree of adrenal burnout leading to inflammation  
Possible autoimmunity.

## Dietary Intake Analysis

B/F: coffee, lactose free milk, Toast with cheese or a banana - sourdough wholemeal, or vegemite Lunch: varies - wrap of some sort - eg chicken, or cold meat on toast, vitawheats, tuna.  
When zoom teaching - daily pie - now once a week.  
Hoikken noodles, apple, coffee, s/wich, sushi  
Dinner: steak and salad or vegetables, steamed fish, roast chicken, pasta once weekly. roast  
Beverages  
A lot of coffee - 2 day, sometimes 3 - 3rd one a decaf  
rarely after 2pm  
one b/fast, one morning tea.  
Hx - enormous amount of coke - not time to eat, high energy, with work. - was a survival thing still have it sometimes. - couple of times of week to none. less likely in winter  
orange juice, kombucha.

## Additional Testing - GP

Vitamin D, Active B12, Folate,

## Active Treatment Plan - Stage 1

Improve gut health and reduce inflammation 4 - 6 weeks  
Reduce Inflammation and Support Gut Health with gut healing nutrients and turmeric (GutR)  
Support Good bacteria: High quality multi-strain probiotic supplement with food (probiotica clinical)  
Support Digestion: Herbal digestive drops before meals (Ginger and gentian)  
Increase specific gut bacteria: Foods: avocado, kiwifruit, berries, citrus, pumpkin, zucchini, lentils, peas, beans, potatoes (esp. if cooked and cooled – such as in potato salad), oats. Because of history with migraines - avoid citrus if known trigger.

Stop Glucosamine and Chondroitin and any collagen Supplements until get Rheumatoid arthritis test as they can trigger an auto-immune response.

Due to low bacteria that break down oxalates: avoid spinach and kale and excess chocolate while gut healing. Will address this later.

Avoid acidic foods: contribute to pain, bone loss (juice, soft drink, refined carbohydrates - pies, wraps, bread, pasta, sugars)

## Active Treatment Plan - Stage 2

Support healthy cortisol production and stress response.  
Support Adrenal Glands: Adrenotone: 2 morning, one lunch time  
High quality Supplement gut healing nutrients and magnesium (MagGI restore): One scoop daily in the morning  
MediMag Calm: Night for adrenals and sleep

## Active Treatment Plan - Stage 3

Support Joint health  
Support bone health  
Check ongoing inflammation  
Ongoing adrenal support (4 - 12 months)

## Total Recommended Visits

5

## Transition to Maintenance Plan

Long Term: Bone Density (History of Extreme weight loss, excessive coke consumption)  
Joint Health  
Adrenal Repair