



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Vitae Timeline

Name _____

D.O.B _____

Date _____

audreycant24@gmail.com

Preconception Prenatal Birth

Present



Predisposing Risk Factors

Causes

Worse For

Physical Examination

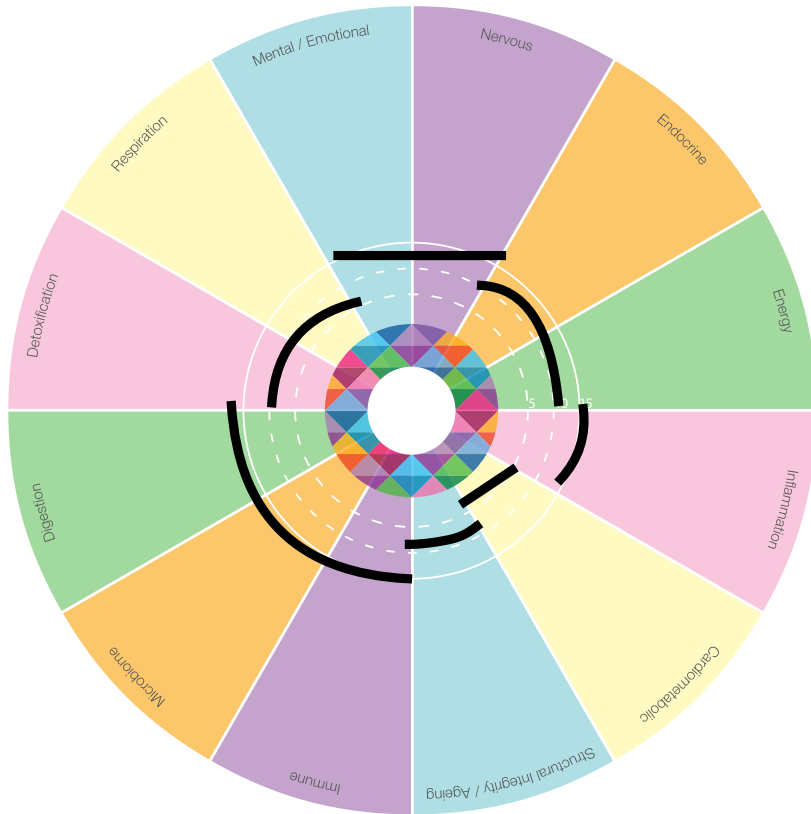
Medication

Pathology Results



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

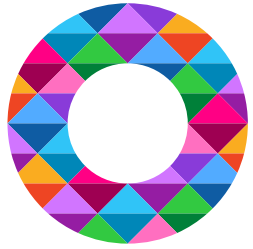
Name _____
D.O.B _____
Date _____



- Score each symptoms based on your perception of severity.
1 = Low Priority
5 = High Priority
- Tally up each segment and plot the dots on the appropriate numbered line.
- Join the dots to determine treatment priority

Mosaic Spectrum

Mental / Emotional	Nervous
Respiration	Endocrine
Detoxification	Energy
Digestion	Inflammation
Type - varies a lot from 1 - 7	
Microbiome	Cardiomatabolic
Immune	Structural Integrity / Ageing



Vitae Mosaic
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Mosaic Spectrum (continued)

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

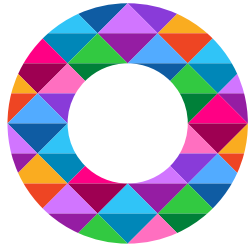
Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Notes:



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Mosaic Coda

Name

D.O.B

Date

Diet & Nutrition

Exercise & Movement

Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Patient Goals:

Mosaic Summary:

Assessment Summary:

Differential Diagnoses:

Supplementation:

Short Term Aims:

Long Term Aims:

Investigation & Referrals:

Mosaic Spectrum Review



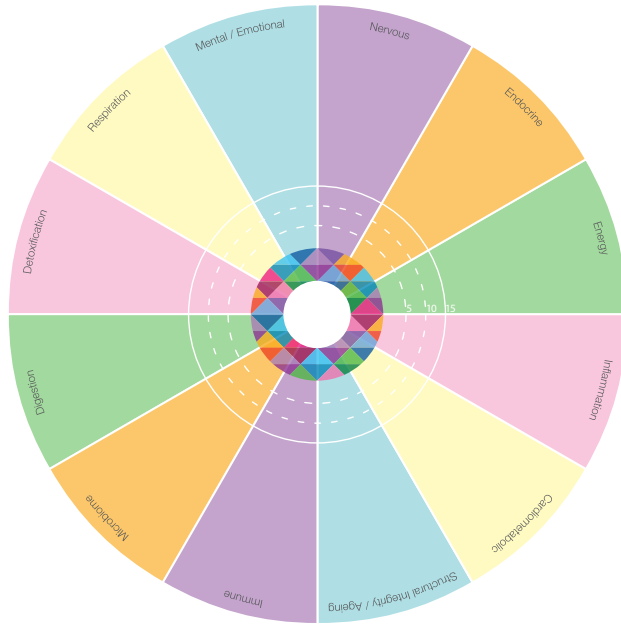
Vita Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Name **Audrey Cant**

D.O.B

Date **15 Nov 22**

Consult # **2**

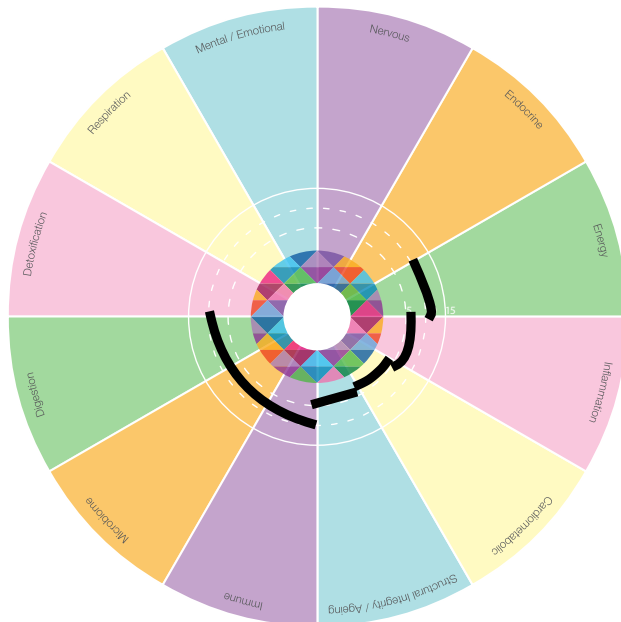


Notes:

Taking all Supps: first 2 weeks good - better, formed stools, still getting bloating etc
Last Monday / tuesday: gravy, floating, urgency - min 8 x daily, then constipation until Sat: uncomfortable - very solid, few little gravy after that. Felt need to but couldn't. Very dark, gravy after that, dark.
Hard to pin-point any particular food: / possible contamination,
Pass some wind: smell? boyfriend says yes. not good sense of smell.
Energy: has bursts then crash. Tired a lot. 4/10
Not sleeping well
Iridology: atonic bowel, lower back - healing signs over injury- hx tailbone injury - try bowen therapy for tailbone - may also help bowel function.
Treatment: Parex - start on one daily and increase to three daily, away from probiotic, PHGG: for toning bowel + diarrhoea / constipation sx, Mg tablet 500mg (optimizers mg) one at night to help sleep.
Keep diet diary: metagenics handouts for food reactions, gut symptoms, challenge phase.
Next visit: hemaview.
Painful Joints? next visit: off fodmaps? consider mucosa compositum

Date **13 Dec 2022**

Consult # **3**



Notes:

Following FODMAPS: noticing onions and garlic when they have accidentally slipped in to the diet.
Had Mango yesterday
Bowels: mostly formed, going once or once every two days, type 4, type 6 with Mango
BGL 8.5 (watermelon, tzasiki with rice crackers.)
Energy: 2 - 9 / 10. average:
Sleeping: well when at home, not so good at boyfriends due to bed and pillow.
painful Joints : have been pretty good, esp since considering skiing etc.
Keep up Supplements for next two months (GUTR, PHGG, Clinical Lipids, Magnesium)
Challenge for FODMAPS - information
See Website: PreventT1D.org
Get Glucose monitor - fasting or morning glucose + 2 hrs after lunch.
Nutrients: Green tea, Vit D - check levels, Clinical lipids, (Gymnema and ALA - if fasting glucose is high), B3 ?
Avoid Dairy
Diet - mostly low CHO, less starches, add protein to each meal,
Send blood tests through.

31 Jan 2023

Bowels: at least every 2nd day, sometimes daily, well formed: type 4 or 3 mostly.

Found foods reacting to - able to narrow list down: mostly garlic and lactose

Tolerate polyols, some fructose,

Energy: good in morning, can drop off over day with work. New job at Crystal Caves Atherton - loving it.

Joint pain a lot better - able to stand for longer periods of time etc

BGL - Fasting in morning. - mostly between 5 and 6. once it was below 5.

Hormones: react badly to OCP: one breast grew bigger than the other, moody, irritable

Sleep: not sleeping solidly? wake 2 - 4 x night or every couple of hours for about 10 mins then go back to sleep. Maybe just natural sleep cycle.

OCP: Hormones IUD: Mirena. In pain with mirena - first time, or before very mild. Now pain is really bad, bent forward from pain, hot water bottles etc.

Have been bleeding for the last 5 weeks with the mirena.

Have been more irritable with the mirena? boyfriend has noticed, not like self. a bit snappy.

dr to check Iron, vit D, zinc, iron, general chemistry - get copies. Discuss Mirena.

Bleeding tonic: cinnamon 30ml and tienchi ginseng 25ml total 55ml - 2.5 - 5 ml up to 4 x daily

Keep up GutR: 14g once daily

Clinical Lipids: 2 caps / day

MultiGen Biotic : one daily with food.

Mag phos - cramps

discussed Daysy - fertility tracker.

BGL - monitor fasting, then 1hr, then 2hr after meals. fasting - should be below 6, ideal below 5 (4-5)

Cancelled follow-up, seems happy with treatment and hasn't rebooked

Pain

In upper - mid left abdominal area. Feels like stabbing and twisting. Last 2 weeks - last 6 flights - has had pain. - lasts for hours and usually go to bed - wake up and it's fine.
same uniform for last few months. is a bit tight, but not around area it hurts. Always happens once been in the air for 1-2 hrs into flight. Has been so bad - nearly taken off the plane
Been flight attendant for a few months now - and no pain - only last 2 weeks.
Doesn't hold in gas in the plane.
On a plane - everything expands and contracts - including gas inside.

Bowels: very regular: once - twice daily, not withholding - if urge - go, type 3 - 4
Eat on plane - fruit, carrots, grapes, strawberries, 1 -2 biscuits(home made), GF pie, harvest snaps.
Fly 2 L / day, when fly 1.5L water bottle - finish over a few hrs.
Was using hydralyte.

BGL levels yesterday - 4.3 - eaten midday - bit of pasta, and a tim tam.
Do have a lot of sugar - want to cut back, have spoon of honey in coffee - instead of sugar.
Coffee - one in the morning each day, if afternoon flight - 2 coffees
Have if flying or not flying.

No celiac reaction in ages, really good - last one in May? on training and ate some 'GF' cake

Booked in to see a dr. - sent bloods: iodine, iron studies, General chemistry
sleep - very good - 8 hrs mostly - takes less than 10min to go to sleep, sleep work is not messing up sleep.
trying to be physical - on walks, sun. swimming
Supps: Magnesium, Iron tablets, Probiotics

Cycle:
good understanding
uses aura ring - connected to app on phone.
Mag phos - did help with period pain - doesn't do anything for this pain

Mirena is out long time ago, no ocp etc - loving it
Drinking bottled water.
no period pain, day 2 slightest bit crampy, good periods - 4 - 5 days, easy to manage
tired before period
Hemaview: Platelet aggreg +++, Microcytes ++, band cells +++, elliptocytes ++, aggreg +++
BGL 5.9 random (coffee with honey)
Energy levels good 7 - 8.
Lymph node in neck - had been swollen and hard for 3 yrs - noticed in grade 12, ignored for ages, when to Dr - ? hurts a bit if turn neck, has stayed same size
With Flying - sick a lot, - not before that. Was expected.
No joint pain

Treatment:
Herbal immune support: Pelargonium 30, echinacea 30, horse radish 20, eyebright 20, ginger 2. 10ml daily or if symptoms 10ml 2x daily
Mintec: 1 capsule daily as needed
Multi with iodine: femmex: 1 cap daily
Fish oil - good quality

For water: add low carb endura
Protein smoothie - have on flight - handout - brown rice fermented protein with almond milk, nuts, avo, berries, baby spinach leaves - have low fodmap fruits, low fibre.
Email smoothie recipes for ideas
Avoid gas forming foods - 24 hrs before flight
(have more vegetables / salads)
omega 3 handout

Spoke to Rose at Mediherb:
consider: Dill, Fennel, Caraway: 1 tsp of each - decoct in about 1 cup of water -
simmer 10 mins. Basically gripe water.

Otherwise: gentian, ginger, lemon balm, cinnamon, peppermint, chen-pi, flax mix

Possible - has more gassy flora than most - weekend Pomegranate, week
probiotics and GIT regenex

or Worming protocol: wormwood complex - 10days on (or even 7) 10 days off (or
13days), 10 days on again. 4 - 6 tabs / day (4 usually plenty)

Been in hospital two times - a lot of abdominal pain

Last week - slightly lower left abdominal - felt like had been stabbed, crying, middle of flight, double over. when to hospital - asked for GP to follow up - 2 ultrasounds - followed up.

BGL low in ambulance - 7pm hadn't eaten anything since lunch. gave some paste and fluids. about 1am

Hx of UTI when stressed - had ural - if had exam - normally burns and frequent

This last time no normal signs - when tested urine - definitely bacteria.

Periods: normal, not painful.

Had abdominal pain - before

1. pregnant - baby in normal place - 11 weeks. feeling some nausea - vomited twice, when cat vomited. but otherwise not too bad.

2. Hospital - told have UTI. - now on second round of antibiotics - 5 - 6 weeks ago 5 days. Didn't get rid of the infection - now on 2nd round

Vaginal discharge is green: not smelly, obvious green - pale green - noticed it last night, don't always look, not itchy. No cottage cheese. since pregnant - more than normal discharge. feeling a bit uncomfortable.

Mid 2023 - had pelvic inflammatory disease - since then no concern

3. u/sound : couldn't find appendicitis -

History since last visit: Pain in stomach - random, can happen on the ground as well, 5 days - of a lot of pain - constipation with pregnancy - pooed 1x week / September - one was like a cube of concrete.

Have been taking metamucil

Has some flights pain free.

Food doesn't seem to make much different:

BGL: 6

Bowels: Every 2 days mostly, couple of times - 3 / week. Mostly type 1, type 2, occ porridge if type 6

no stool testing.

When periods late - did trip up Cape York 2 weeks - noticed all of Sx. 29 August - stomach hurt, couldn't eat, very constipated. Eating well, no diarrhoea.

Immune support: really helped - cleared up any congestion really well

Lymph node in neck - was all good. a while ago - came back from a flight - had a fever, node was up, recovered quickly. Flu? Stayed with mother 5 - 6 dys, drinking pure water, - causing UTI?

Came and went in 3 days

Was getting bloating - most of September.

Gained 5 kgs, huge appetite. Nausea gone, no pain when eat. Was getting pain when eating early in the pregnancy.

Treatment:

Gut: PHGG: 1 tsp 2x daily and GI soothe 1 cap 2x daily

Follow up antibiotics with Ultra Flora Intensive Care

Bacterial Vaginosis and UIT: Lactulose - topically + handout on BV, D-mannose is any white blood cells (buy urine analysis stix from chemist)

Pregnancy: Tresos Natal, high qual fish oil (has bioactive lipids)

digestion: chew food, low fructose, lactose diet, Vegie Digestaid

Make own gripe water- no as Cl in pregnancy

Other:

Bowen

Chiro: ileo-caecal valve adjustment

Picked up Digestaid? - 11 Oct.