

Ms Laura Bunting

DOB19 Nov 1987

Appointments

| Date | Time | Type | Practitioner |
|-------------|------------------|--|----------------|
| 5 Feb 2025 | 2:00PM – 2:45PM | Repeat Visit Naturopathic (30 mins) | Nicole Chester |
| 19 Dec 2024 | 3:15PM – 4:15PM | Second Visit or Long Repeat Naturopathic (45 mins) | Nicole Chester |
| 14 Dec 2023 | 2:00PM – 3:00PM | Repeat Visit Naturopathic (30 mins) | Nicole Chester |
| 25 Jul 2023 | 2:00PM – 3:00PM | Repeat Visit Naturopathic (30 mins) | Nicole Chester |
| 12 May 2023 | 12:15PM – 1:15PM | Second Visit or Long Repeat Naturopathic (45 mins) | Nicole Chester |
| 11 May 2023 | 12:30AM – 1:30AM | Second Visit or Long Repeat Naturopathic (45 mins) | Nicole Chester |
| 13 Apr 2023 | 12:30PM – 1:45PM | Initial Naturopathic (75 mins) | Nicole Chester |

Treatment Notes

| Herbal/Supplement repeat | |
|---|---|
| <p>Practitioner: Nicole Chester</p> <p>Created: 22 Feb 2025, 1:09PM</p> <p>Last updated: 22 Feb 2025, 1:09PM</p> | |
| Herbal/Supplement | <p>herbal 500mls</p> <p>Chaste Tree 40</p> <p>Paeonia 120</p> <p>Schisandra 100</p> <p>Withania 80</p> <p>Echinacea 80</p> <p>Licorice 60a</p> <p>Ginger 20</p> <p>7.5mls bd</p> <p>\$123</p> <p>Pure natal</p> |

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 5 Feb 2025, 2:00PM
Created: 5 Feb 2025, 2:07PM
Last updated: 22 Feb 2025, 1:08PM

NDRV

PROGRESS

improved,

often forget at the end of the day to take herbs etc

thought the skin was breaking out, but did change my skincare, and I feel it is ok now

cycle- only had two periods,
due in a day or two.

32 days cycle now

Use The Spinning Wheels app

Pathology

Medication - Supplements

Current Diet - Fluid Intake pretty good, but could tidy up again

Sleep - Vitality

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT feel cycle length is getting closer to the mark.

Wants to to start trying for conception now

do another week of P2 detox, and case for a week before starting

Pathology Requested

Rx - PROTOCOL

proposed next Herbal formula ==>

herbal 500mls

Chaste Tree 40

Paeonia 120

Schisandra 100

| | |
|-----------------------|--|
| | Withania 80 Echinacea 80 Licorice 60a Ginger 20 7.5mls bd \$123 P2 Detox - 1 tsp bd for one week, then stop week before ovulation MagTaur Xcell- 1 scoop Zinc Picolinate - 1 od continue .. Pure Natal - 1 od Beef Liver- 4 caps Forage- as directed |
| DIET - LIFESTYLE PLAN | <i>Mediterranean Diet – Good whole clean eating to include high-quality protein and, variety of colourful fruit and veg with good fats</i> <i>Avoid dairy and refined carbohydrates and sugars. Keep gluten minimal</i> Sunshine ☀ daily Record all food and fluid intake, noting down symptoms at the times they occur |
| 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 checked="" type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal |
| Review - Next Visit | look at sympto-thermal charts |

| Herbal/Supplement repeat | |
|---|---|
| Practitioner: Nicole Chester Created: 9 Jan 2025, 8:14AM Last updated: 12 Jan 2025, 6:50AM | |
| Herbal/Supplement | herbal 500mls Chaste Tree 40 Paeonia 120 Schisandra 100 Withania 80 Echinacea 80 Licorice 60 Ginger 20 7.5mls bd \$123 |

P2 Detox
Mag taur xcell
Everest
50ml herbal
elder flower 20, echinacea20, licorice 10
40 drops 2-4 xd aily pending prevention or treatment

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 19 Dec 2024, 3:15PM
Created: 19 Dec 2024, 3:26PM
Last updated: 12 Jan 2025, 7:12AM

NDRV

PROGRESS

conceived, had a miscarriage at 7 weeks.
start of August, James and Everest got sick.
run-in with my dad. in NZ for a week.
1st miscarriage ive had, haven't been in the mood to try again.

can't help but wonder if an issue..
been doing reno's -- project manager, we feel - out of balance -- a full week before --
different person, short fuse, not liking that. anger outbursts. angry about stuff.
about to ovulate, better over that time.

gut - health,
need to stay off dairy
skin has declined, since ran out of herbs

want to get body right to try to concieve again.

still breast feeding once daily.

Pathology

bloods - taken day 22/23 of cycle

prolactin 82
LH 2
FSH 3
E2 1010
Progesterone 50
SHBG 142
BG 4.3, insulin 4
Zinc 11

| | |
|------------------------------------|--|
| | <p>Iron 21, ferritin 22</p> <p>TSH 1.8</p> <p>B12 636/39.8</p> <p>D3 87 (was 123)</p> <p>Potassium 3.9</p> <p>Bilirubin 14</p> |
| Medication - Supplements | <p>pure natal</p> <p>forage</p> <p>beef liver</p> |
| Current Diet - Fluid Intake | <p>could be better, need to get focused again</p> |
| Sleep - Vitality | <p>atroshish energy, adrenalin, feel exhausted,</p> <p>get up really early, 5-6am</p> <p>7-8 hrs sleep</p> |
| Exercise - Relax | |
| Signs - Markers | |
| FINDINGS - ASSESSMENT | <p>higher oestrogen to progesterone ration, LH:FSH ok, high SHBG- no testost done</p> <p>concerned not utilising nutrients correctly (Iron,B12 --> include ongoing methylation support.</p> <p>may need to phase of breast feeding to allow hormones to normalise</p> |
| Pathology Requested | |
| Rx - PROTOCOL | <p>Herbal finish last herbal</p> <p>7.5mls bd</p> <p>add detox/methylation support</p> <p>P2 Detox - 1 tsp bd</p> <p>MagTaur Xcell- 1 scoop</p> <p>Zinc Picolinate - 1 od</p> <p>continue ..</p> <p>Pure Natal - 1 od</p> <p>Beef Liver- 4 caps</p> <p>Forage- as directed</p> |

ideally refrain from concieving for 2, then reassess

DIET - LIFESTYLE PLAN

Mediterranean Diet – Good whole clean eating to include high-quality protein and, variety of colourful fruit and veg with good fats

Avoid dairy and refined carbohydrates and sugars. Keep gluten minimal

Sunshine ☑ daily

Record all food and fluid intake, noting down symptoms at the times they occur

Refrain from conceiving for 6 weeks

Record - Complete

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

Review - Next Visit

4 weeks

add EFa's

Herbal/Supplement repeat

Practitioner: Nicole Chester
Created: 12 Jun 2024, 9:11AM
Last updated: 12 Jun 2024, 9:37AM

Herbal/Supplement

repeat herbal 520mls

Chaste Tree 40

Paeonia 100

Clivers 100

Withania 80

Echinacea 80

Pomegranate 90

Lavender 30

7.5mls bd

start after bloods taken

\$127

Herbal/Supplement repeat

Practitioner: Nicole Chester
Created: 5 Mar 2024, 1:47PM
Last updated: 5 Mar 2024, 3:30PM

Herbal/Supplement

My skin has improved alot. I feel the herbs have worked well.

A recent camp trip with mums and bubs group has left me and Everest out of sorts with cramping. Feels like we have picked up a bug. there was alot of mud and dirty water in the damn. Didn't drink any tank water, but could have through showering etc.

repeat herbal 520mls

Chaste Tree 40

Paeonia 100

Clivers 100

Withania 80

Echinacea 80

Pomegranate 90

Lavender 30

7.5mls bd. start on 3 x daily for the first 3 days

\$126

S.bifido biotic - 1 bd - 2 weeks minimum

1/2 cap for Everest with once scoop baby biotic ince daily for min 2 weeks

Gut- R - 1 scoop odd

probiotica Clinical - 1 sachet

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 14 Dec 2023, 2:00PM

Created: 14 Dec 2023, 1:55PM

Last updated: 22 Dec 2023, 2:08PM

NDRV

PROGRESS

Just been to Sydney.

the skin is never amazing, smashed out some dairy. been so good. but makes a breakout.

no breakouts when pregnant. so much better than it used to be though.

every month - longer cycle 32- 35 days, lasts 7 days, never been painful since having. pre-period

R side of my face is worse for breakouts.

hurt hips in childbirth. been trying to sort with Emma Osteopath

eliminating well every day but sometimes on loose side,

been drinking too much. drink more regularly. Had odd beer, but becoming too regular

atm.

bit moody, just me. quick flare-ups, and then clam down

get achy at times

felt good on Gut-R powder

Pathology

none

Medication - Supplements

no changes.

no herbs or supps left

Current Diet - Fluid Intake

try to be good. but slip ups at times

Sleep - Vitality

ok, but waking early. Just get very worked up, and excited for life, so get up early, not getting enough sleep possibly.

Exercise - Relax

Signs - Markers

skin flare-ups. Would love sj=kin to be clear and glow

FINDINGS - ASSESSMENT

feel Laura has trouble staying on track at times.

Need more constantly if want to see results with skin.

With one side being worse than the other, using an herbal gel to treat bacteria is worth trying to improve healing.

add back Gut-R powder for skin/vitamin A and gut healing

Pathology Requested

blood work would be great

Rx - PROTOCOL

herbal 520mls

Chaste Tree 40

Paeonia 100

Clivers 100

Withania 80

Echinacea 80

Pomegranate 80

Lavender 40

7.5mls bd

Gut- R - 1 scoop od

herbal to add to baptise gel - Golden seal 15, calendula 10. can be used neat or add as much to gel to make it spreadable. Apple before bed until improvement, then reduce to every other day.

| | |
|--|---|
| DIET - LIFESTYLE PLAN | must avoid gluten, dairy refined CHO and sugar-free |
| | add in Youtube stretched for hips/pelvis etc. will send a good link |
| Record - Complete <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Pressure <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal | |
| Review - Next Visit | Heading to NZ for Xmas with family |
| | try to repeat herbs to keep constancy and allow skin to heal |

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 25 Jul 2023, 2:00PM
Created: 25 Jul 2023, 2:08PM
Last updated: 25 Jul 2023, 3:50PM

NDRV

PROGRESS

got the tail end of virus or head cold atm.

feel i look terrible. skin has erupted around jawline and neck. cystic like, feel diet absolutely drives it. Gluten, late nights and alcohol.

life has got a bit more -- can be self controlled but red wine slipping in some nights dont eat much dairy, just Parmesan and cost cheese sometimes

period only 4 x since birth. but has been approx monthly, just haven't tracked specifically.

been offered a position - back to theatre work, would be pretty intensive. learning the main roles plus other roles

Pathology

Had a bio screen done years ago, will email through. Laura considering microbiome. feel should see any markers on last test as these can tend to trend

Medication - Supplements

when life gets too stressful and hectic, My mental health goes, and just stop taking everything.

Current Diet - Fluid Intake

feel eating early dinner helps. eat some of Everests mash and meat

Sleep - Vitality

energy- hard to know. as just keep going and going.
bit of stress atm too.

Exercise - Relax

I'm all talk though, but feel like i want to do cardio, feel the need to sweat. i feel good

| | |
|------------------------------|---|
| | with cardio. i have been doing yoga once a week |
| Signs - Markers | skin has broken out. and look little run down with head cold |
| FINDINGS - ASSESSMENT | <p>feel Lauras immune struggles at time.</p> <p>question what iron and zinc levels are doing? Feel liver/hormone clearance/ elimination is being affected and big possibility driving skin fares. Look at adding herbs to increase bile production, and hormone dumping.</p> <p>support stress, immune, adaptogen, depuratives, nutrients for energy production. need to get regular with supps and herbs.</p> <p>Feel protein could be lacking and not sitting and having regular meals to ground.</p> |
| Pathology Requested | To be considered - liver/bowel/hormones |
| Rx - PROTOCOL | <p>herbal 540mls</p> <p>Paeonia 90</p> <p>Withania 80</p> <p>Schisandra 90</p> <p>Echinacea 80</p> <p>Globe artichoke 100</p> <p>pomegranate 80</p> <p>Ginger 20</p> <p>\$122</p> <p>10mls mane, 5mls nocte</p> <p>ultraclean EPA/DHA - 1 od</p> <p>mag taur xcell - 1 scoop od</p> <p>Pre natal - 1 od</p> <p>Spatone - 1 od</p> <p>liver - 4 caps daily</p> <p>zinc picolinate- 1 od</p> |
| DIET - LIFESTYLE PLAN | regular protein, melas and exercise |
| Record - Complete | <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"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div> |
| Review - Next Visit | <p>consider preconception detox with James once finished breast feeding.</p> <p>full bloods to check zinc, iron and vit D, consider estro-sense or calcium d-glucurate</p> |

Follow Up Consultation

Practitioner: Nicole Chester**Appointment:** 12 May 2023, 12:15PM**Created:** 12 May 2023, 12:07PM**Last updated:** 21 May 2023, 1:53PM**NDRV****PROGRESS**

feeling pretty good

bowel/gut- bloating has been pretty good. a moment when bloated, was around ovulation.

energy- better, when really diligent

stress has been highish. A week and a half ago had a job offer, quite a niche. auditioned for it. last week, the agent called, who I've been with for 12 yrs, asked if i had the COVID jab. it's an outdated policy. got so frustrated, and had a go at me. it's been a really upsetting experience. feel so stunned by it. She even called me an anti-vaxer

pretty good stools might go bit firmer or looser. coffee can trigger aswell

i do notice my skin, reacts if a bit if naughtier, kupi mayo
crisps, rice crisps -Vege chips

rash - broke out in full rash all over the body.
nothing he hadn't had before.

water intake might be a bit low

Pathology

none

Medication - Supplements

none

Current Diet - Fluid Intake

definitely alot cleaner, have also added more freq protein

Sleep - Vitality

sleep been bit better actually

Exercise - Relax**Signs - Markers**

looking better in skin tone

FINDINGS - ASSESSMENT

overall good improvements in gut, energy . Extra Stress hasnt helped but being alot more conscious of eating etc

Pathology Requested**Rx - PROTOCOL**

herbal 410mls

gentian 60

Withania 70

Schisandra 90

| | |
|-----------------------|---|
| | Echinacea 90 Passionflower 80 maritime pine 20 \$94 7.5mls bd gut R - 1 scoop od - finish S.bifido 1 od ultraclean EPA/DHA - 1 od Pre natal - 1 od spatone - 1 od After BF liver - 4 caps daily oyster shell --> zinc picolinate - 1 after dinner |
| DIET - LIFESTYLE PLAN | continue as previous |
| 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 weeks consider preconception detox for you and partner |

| | |
|---|--|
| Initial Consultation | |
| Practitioner: Nicole Chester Appointment: 13 Apr 2023, 12:30PM Created: 13 Apr 2023, 12:36PM Last updated: 18 Apr 2023, 9:20PM | |
| NDFV | |
| Age | 35 |
| Status | Married -James |
| Emergency contact | 0407122775 |
| Children | 8mths old - Everest |
| Occupation Past - present | singer and actor. haven't worked for 2 years |
| Pregnant - Breast-feeding | wanting to conceive again in the near future |
| Height - Weight | |
| PRESENT COMPLAINT | dr Verbeck and Emma Power referred wanted help with nutrition |

want to have another baby soon,

Gut good for a while. but have been bad in the past. eaten chilli, love spice since birth, constipated times but mostly loose bowel bloating of some sort, not so much gassy. retaining fluid at end of day.

energy is ok but could be better

learnt a lot over the years about the body, had really bad skin. had high SHBG

less gluten, noticing feeling better

want to optimise health.

drop off a little at times, and started having a glass of wine every night.

follow the book "**Milk to meals boob to food**", introducing solids to baby.

getting reacquainted with lifestyle choices and why. had sore hips from post-birth. went down the path 10 years ago, severe acne, feeling so unwell. on roccmuatne when went on again another 2 times, eventually cleared

better off dairy. cheese feel almost immediately flares up pimples

Other care - GP - Specialist

Dr Verbeck

Pathology

high eosinophils
ferritin 35
iron 13, zinc 11

Past Complaints

Medical Hx

Family Hx

AI, hypothyroid, fibromyalgia
family Hx - younger suites - arthritis, flare-ups, AI

Current symptoms - HAQ

gut, endocrine, mood, libido

Medication

Supplements

Current Diet - Fluid Intake

not too bad, room for improvement. reduce inflammatory foods

| | |
|--|--|
| Toxic Burden - Alcohol - Drug Use | |
| Stress - Trauma | |
| Sleep - Vitality | |
| Exercise - Relax | |
| Signs - Markers | |
| Allergies | food intolerances |
| FINDINGS - ASSESSMENT | <p>need balance in the gut, endocrine, liver + phase II, digestion, increase bile and enzymes iron, zinc, magnesium, B's</p> <p>clean up digestion.</p> <p>weed, seed, eliminate main food intolerance offenders before look at IgG panel.</p> |
| Pathology Requested | do weed first and then reassess id IgG warranted |
| Rx - PROTOCOL | <p>herbal 410mls</p> <p>gentian 50</p> <p>Withania 70</p> <p>Schisandra 90</p> <p>dandelion root90</p> <p>echinacea 80</p> <p>maritime pine 20</p> <p>\$93</p> <p>gut R - 1 scoop od</p> <p>S.bifido 1 bd</p> <p>ultraclean EPA - 1 od</p> <p>Pre natal - 1 od</p> <p>liver - 4 caps daily</p> <p>oyster shell - 2</p> |
| DIET - LIFESTYLE PLAN | GF, DF, SF, |
| 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 | 4 weeks |

Patient Forms

There are no patient forms for Ms Laura Bunting.