

Emma Watson

DOB15 Jul 1984

Appointments

Date	Time	Type	Practitioner
31 Aug 2023	12:30PM – 1:45PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
1 Oct 2021	12:30PM – 2:00PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Herbal/Supplement repeat	
<p>Practitioner: Nicole Chester</p> <p>Created: 10 Aug 2024, 4:54PM</p> <p>Last updated: 10 Aug 2024, 5:03PM</p>	
Herbal/Supplement	<p>Herbal request for3 yr old daughter Elsie,gut upset, not sure if parasite</p> <p>Pomegranate 20</p> <p>Echinacea 30</p> <p>Cryptolepsis 20</p> <p>Chamomile 30</p> <p>S.bifido biotic</p> <p>(empty out contents into juice or food once daily or mix with herbs)</p> <p>The inner health with the colostrum you can get form most pharmacies and health food stores, Do one capsule daily as well</p> <p>May need to follow up if still symptomatic in a month or so.</p> <p>There may be exacerbation of her symptoms initially if she does have parasites, these may also become more pronounced around a full moon as parasites are more active at this time</p>

Herbal/Supplement repeat	
<p>Practitioner: Nicole Chester</p> <p>Created: 4 Jul 2024, 12:48PM</p> <p>Last updated: 4 Jul 2024, 12:52PM</p>	
Herbal/Supplement	<p>Herbal request for3 yr old daughter Elsie,walking pneumonia</p> <p>Mullein 25</p>

Echinacea 25
Elecampane 20
Licorice 15
Thyme 15
30 drops 3-4 x daily in apple puree or juice
\$30

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 31 Aug 2023, 12:30PM
Created: 31 Aug 2023, 12:13PM
Last updated: 31 Aug 2023, 3:26PM

NDRV

PROGRESS

Had the best case scenario with last labour, named her Elsie

Lately have felt the grind, working mum. felt like something was not feeling right. GP suspect something with thyroid.

Turns out my AB were high and have hashimotos, want to support my body the best way I can

My sister has thyroid, not sure what she has but she was always long and lean, then started putting on weight. on medication, and way worse than me

6 months ago, things started. had a niece and her boyfriend living with us, cooking for everyone, and she was vegetarian. so cooking different meals felt exhausting after that. also started putting on weight,

had covid - wasn't any worse than any other virus but then 6 months after caught every viruses 6 months. cold and flu, throwing up. anti-nausea drugs too.

My cycle was out, but back to 28 days

PMS - bit crampy, no real bad moods, always been lucky with periods

definitely notice, that my stomach gets upset with poor eating

Pathology

recent bloods in July -fasted

ESR 8

RF- neg

ANA- neg

Thyroglobulin Ab- 9.1H, Peroxidase <1.0

free T4 11.5

iron 21

ferritin 59

	<p>CRP 3.0</p> <p>Bloods - 26th October - was day gave birth to Elsie</p> <p>*SEE RAN pathology spreadsheet saved</p>
Medication - Supplements	<p>probiotic, fish oil</p> <p>Had 2 x Pfizer COVID vaccines post giving birth to Elsie, as didn't want to get them when pregnant</p>
Current Diet - Fluid Intake	<p>caffeine - coffee x 1 plus pre-workout, was having too much caffeine some days some days are amazing with eating but finding not in routine and just sharing Elsie's snacks, can't be bothered Dinner- crackers and dip, i know this isn't great try to buy organic meat, the good stuff</p> <p>do feel dairy can upset.</p>
Sleep - Vitality	<p>energy been pretty bad. waking in the middle of the night, won't go back to sleep. losing sleep, broken sleep. getting hubby involved to help.</p>
Exercise - Relax	<p>exercising - weeks every day. rejoined F45.</p>
Signs - Markers	
FINDINGS - ASSESSMENT	<p>feel possible viral reactivation at play. Opportunistic with months of being run down and caring for others, trying to adapt to work-life-- mum balance allowing viruses to pop up driving hashimotos</p> <p>modulate immunity, improve stress adaption, and balance the endocrine.</p> <p>feel gut microbiome may need improvement, reduce any possibility of gut-driven inflammation</p> <p>possible sequence of COVID, additional spike proteins activating viral load, and causing thyroid inflammation</p> <p>support with main co-factors and energy nutrients.</p>
Pathology Requested	<p>GP – full blood to include liver enzymes, blood count, iron studies, B12, folate, Full thyroid – TSH, T3, T4. Anti-bodies, zinc</p>

Rx - PROTOCOL	Herbal 510mls Witania 80 St Johns wort 80 Licorice 70 Astragalus 90 Echinacea 100 Bupleurum 90 7.5mls bd-tds (start on higher dose and increase on days feeling flat, fatigued etc Mag Taur Xcell - 1 scoop S.bifido biotic - 1 bd
DIET - LIFESTYLE PLAN	Gluten-free, monitor reactions to dairy need to improve eating to balance endocrine, ground adrenals and improve nutrients
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	Look at removing other foods that can trigger viral activation add Myo inositol powder, vit C, zinc, and co-factors to thyroid hormones.

Research Notes	
Practitioner: Nicole Chester Appointment: 1 Oct 2021, 12:30PM Created: 1 Oct 2021, 3:47PM Last updated: 1 Oct 2021, 3:55PM	
Notes	
Notes/Q for further Ix/assessment	aug21 iron 18 (5-30) trans 3.7 (1.9-31- pregnancy) TIBC 92 (47-77) sat 20% (20-45) ferritin 12 (30-250)

Initial Consultation	
Practitioner: Nicole Chester Appointment: 1 Oct 2021, 12:30PM Created: 1 Oct 2021, 12:35PM Last updated: 1 Oct 2021, 3:12PM	
NDFV	
Age	37

Status	married
Emergency contact	gary 0419213856
Children	5.5 yr old boy - Harley
Occupation Past - present	own business --> jet ski parts
Pregnant - Breast-feeding	CURRENTLY - 35 weeks pregnant
Height - Weight	
PRESENT COMPLAINT	<p>Dr this morning--> everything ready to go. wants to induce me big healthy baby last time,</p> <p>pregnancy been good, no issues</p> <p>iron was low, and didn't even realise --> transfusion last week, within 2 days. definitely feeling better.</p> <p>Iron increased with last pregnancy. been off meat this time though and last pregnancy was craving much better foods</p> <p>just want to be prepared for labor, and post labor, breastfeeding what you suggest for nutrition. herbs and supplements</p> <p>had placenta encapsulation last time --> throwing things off and stopped milk coming in, so stopped them</p> <p>feel really positive about it</p> <p>first baby was 5 hrs active labor, posterior baby--> episiotomy (cut through perineum milk flow was slow with harley, brewers yeast, pump all the time. but didn't have huge success with pumping</p> <p>as a person feel pretty up.</p> <p>Harley, spewed after tomato and pain chicken. won't eat yoghurt, occasional ice cream . can stink bathroom out. so feel some allergies with him</p>
Other care - GP - Specialist	<p>booked in at john flynn --> dr dildir</p> <p>Emma power --> otesopathy</p>
Pathology	scan couple of weeks ago. all good, baby in perfect position
Past Complaints	
Medical Hx	<p>had miscarriage at 12 weeks, bad haemorrhage., prior to this baby</p> <p>on a lot of AB when younger for throat conditions</p>
Family Hx	<p>parents - arthritis in 60's</p> <p>mum, cancer of uterus, had hysterectomy --> so lucky, 12 years ago.</p>

Current symptoms - HAQ	
Medication	
Supplements	elavit
Current Diet - Fluid Intake	<p>feel really good, with harley had good diet but this pregnancy craving less clean foods. dips and crackers for dinner at times. cant deal with cooking it gone off meat. tin of tuna sometimes. bit off meat.protein powder AM not as much protein. not wanting to prepare it.</p> <p>BF - porridge, berrys, protein powder L- rice, vegetables, tofu/tune, almonds afternoons--> boost smoothie, protein ball D- dipan cracker sof late, mince, chilli beef, spaghetti bolognaise, wit veggies in sauce.</p> <p>coffee- teabag coffee 3/day.</p>
Toxic Burden - Alcohol - Drug Use	
Stress - Trauma	own business --> design jet ski parts
Sleep - Vitality	normally good sleeper, but atm 3 nights up to urniate, trying to find comfortable position.reflux.
Exercise - Relax	exercising
Signs - Markers	
Allergies	penicillin
FINDINGS - ASSESSMENT	<p>no real concerns. improve quality supplementation, minerals, vitamins, EFa's/DHA, gut health and improve uterus tone.</p>
Pathology Requested	check iron again in 3 weeks
Rx - PROTOCOL	<p>Pure natal - 1 od Clinical lipids 1 bd multigen - 1 od raspberry leaf 5mls bd</p> <p>have talked about herbs and supps can use if experience any issues post labor, or breastfeeding issues</p> <p>suggested zinc drops for harley</p>
DIET - LIFESTYLE PLAN	reduce coffee to max 1/day
Record - Complete	<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"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	contact if any issues post labor.

Patient Forms

There are no patient forms for Emma Watson.