

Miss Kate Fryer

Appointments

Date	Time	Type	Practitioner
22 Aug 2024	8:30AM – 9:30AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
27 Jun 2024	8:30AM – 9:30AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
16 May 2024	8:30AM – 9:30AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
4 Apr 2024	8:15AM – 9:15AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
1 Mar 2024	8:00AM – 9:00AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
11 Jan 2024	9:00AM – 10:00AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
7 Dec 2022	8:10AM – 8:55AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
26 Oct 2022	8:15AM – 8:45AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
31 Aug 2022	8:15AM – 8:45AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
6 Apr 2022	8:15AM – 9:00AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
9 Mar 2022	2:00PM – 2:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
17 Dec 2021	11:30AM – 12:15PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
24 Nov 2021	8:00AM – 8:45AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
27 Oct 2021	8:00AM – 8:45AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
8 Sep 2021	11:45AM – 12:45PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation
<p><b>Practitioner:</b> Nicole Chester</p> <p><b>Appointment:</b> 22 Aug 2024, 8:30AM</p>

Created: 22 Aug 2024, 8:15AM  
Last updated: 25 Aug 2024, 2:03PM

NDRV

PROGRESS

kidney infection, flawed me, Dr wanted me to go to hospital had AB. had probiotics. recovered from that, but felt run-down, like getting the flu, then 2 weeks off, seem to bounce back nothing came of that.

back at work 3 weeks, and last week sore throat, chest, and cough. never took. sore cough again. feel the stress is an issue

immune is low.  
'getting UTI's in past

Renal feels ok now, not doing a full urination at work, not emptied the bladder fully. leg pain hasn't been as bad, not sure the cause of that is.

memory is the same, decision-making is challenging, as overloaded at times at work

copng mechanism not as good as before

energy better

thick discharge between periods, brown stained. Dr want me to collect for a swab, but hard to do that

have been increasing zinc when run down.

Not sure if magtaur took in morning hadn't eaten all day until late lunch in arvo, ate rocket fresh tomato, salmon, avocado, olive oil 30-45 mins -- pains in stomach--> anxiety, heart rate, avocado, olive oil  
also had a stressful morning.

Pathology

no recent bloodwork, as iron seems to have picked up. But will get checked again in few months.

Medication - Supplements

Current Diet - Fluid Intake

Sleep - Vitality

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

feel kidney infection stemmed from holding onto urine.

feel vitality and adrenally tired, with possible viral reactivation bringing on feeling of getting sick, with no real rising to an acute level.

feel hormone balance may need support, adrenal tonics

add anti-viral/immunel support, Clear out any bacteria- renal

Pathology Requested

Rx - PROTOCOL

herbal 400mls

Chaste tree 30

Paeonia 70

Rosemary 50

Ginkgo 60

Bearberry 70

Siberian Ginseng 70

Rehmannia 70

12.5mls mane, 5mls nocte

\$100

Anti-viral (to make up at Flannerys as no Echinacea

Astragalus 60

Echinacea 40

Cats claw 40

Licorice 30

St John's Wort 40

5mls od up to 5 times daily with symptoms of viral activation

pomegranate - 2 nocte

Spatone - 1 sachet

Beef liver - 3 bd

Zinc Picolinate - 1 scoop after food, away from iron

Mag taur - 1 scoop

NAC- 1 scoop bd

methyl B12

Pure D - 3 drops

add round of Ellura

DIET - LIFESTYLE PLAN

as prvious

Record - Complete

- ☐ Blood Glucose
- ☐ PH
- ☐ Symptothermal Charting
- ☐ Diet & Symptoms
- ☐ Basal Body Temperature
- ☐ Blood Presuure
- ☐ HAQ
- ☐ Mood Appraisal

Review - Next Visit	around 8 weeks, as needed
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Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 23 Jul 2024, 7:24AM <b>Last updated:</b> 24 Jul 2024, 3:05PM	
Herbal/Supplement	herbal 400mls Rosemary 50 Lions mane 70 Ginkgo 60 Bearberry 80 Siberian Ginseng 70 Echinacea 70 12.5mls mane, 7.5mls nocte \$106  Multigen - 1 od

Follow Up Consultation	
<b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 27 Jun 2024, 8:30AM <b>Created:</b> 27 Jun 2024, 8:29AM <b>Last updated:</b> 28 Jun 2024, 8:30AM	
NDRV	
PROGRESS	feeling better energy, not so hard getting up in morning being alot more consistent with supplements and herbs, at least morning doses, and take some evening doses.  run out of iron supps, need to get more.  mood, easily irritated, not normally like that.  anxiety level isn't too bad  <b>memory a big issue</b> , at home, lose keys, cant find for 20 minutes  also getting leg pain, whole legs, doesn't feel muscular, faint pain, ache, down both legs  haven't been doing mag taur xcell as much as dont feel well, bit more jittery i guess  do get heart palpitations - gut enerally link it to food

work and stress, still an issue

gut been ok, was better before,

Pathology

Medication - Supplements

Current Diet - Fluid Intake

Sleep - Vitality

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

*further look into thyroid nodules - feel kates are hot nodules, hence the negative response to moo inositol and iodine, tyrosine formulas*  
*biopsy revealed no reason to believe they were malignant, could look at carnitine and quercetin for brain and hot nodule picture*

must keep up sources of iron,  
work on cognition, nootropics, increase anti-oxidant support with NRF2, phase II liver support, stress adaptogenic support

leg pain -- look at structural alignment with Emma and Page, calcium levels?

Pathology Requested

Rx - PROTOCOL

herbal 210mls  
Rosemary 30  
Lions mane 50  
Ginkgo 40  
Schisandra 50  
Siberian Ginseng 40  
12.5mls mane, 7.5mls nocte  
  
pomegranate - 2 nocte  
Spatone - 1 sachet  
Beef liver - 3 bd  
Zinc Picolinate - 1 scoop after food, away from iron  
Mag taur - 1 scoop  
NAC- 1 scoop bd  
methyl B12

	Pure D - 3 drops
<b>DIET - LIFESTYLE PLAN</b>	<p>GF, SF, low FODmap</p> <p>increase calcium rich foods* plus bon and pam chow for its goitrogen effects</p> <p><b>try colonics, castor oil packs for bowel</b></p> <p><b>osteoporosis treatments with visceral</b></p>
<b>Record - Complete</b>	<div><input type="checkbox"/> Diet &amp; 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 checked="" type="checkbox"/> Mood Appraisal</div>
<b>Review - Next Visit</b>	<p>6-8 weeks</p> <p>bloodwork?</p> <p>MDAresults</p>

**Follow Up Consultation**

**Practitioner:** Nicole Chester

**Appointment:** 16 May 2024, 8:30AM

**Created:** 16 May 2024, 7:36AM

**Last updated:** 20 May 2024, 2:50PM

**NDRV**

<b>PROGRESS</b>	<p><b>ferritin, B12, zinc, D, magnesium all LOW</b></p> <p>not so good with zinc, and haven't started the iron.</p> <p>bloating and wind. been alot better, not sure why though. FODmaps definitely upset</p> <p>more energy, up and down for no reason</p> <p>low energy still</p> <p>wired but tired , feels synthetic wired</p> <p>highly strung, exhausted</p> <p>Consistant with herbs and mag taur, zinc not so much</p> <p>work been very stressful</p> <p>still anxiety, heart palpitations sometimes. also feel food can bring it on</p> <p>sleep apnoea test coming up soon,</p> <p>when went to get blood test, Dr thought I had sleep apnoea wake with night panic</p>
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	attacks
Pathology	<div>blood work 1.05.24 (not fasted)</div> <div>Ferritin 25 L</div> <div>Iron 20</div> <div>transferrin 2.1</div> <div>Trans sat 38</div> <div>B12 224</div> <div>Activ 133</div> <div>folate 51.1</div> <div>MCV - H (larger RBC, indicating anaemia caused by B12 deficiency)</div> <div>Zinc 9.4</div> <div>Neut 5.4</div> <div>Lymph 1.4</div> <div>Mono 0.4</div> <div>Eosin 0.1</div> <div>Baso 0.0</div> <div>Platelets 394</div> <div>Neut:Lymph 3.85</div> <div>Platelets:Lymph 281</div> <div>TSH 0.28</div> <div>T4 15.7</div> <div>T3 5.6</div> <div>Magnesium 0.76</div> <div>Urea 3.1 - L</div>
Medication - Supplements	
Current Diet - Fluid Intake	<div>trying to be better, definetley better off alcohol, glass or two a night</div> <div>trying best to adhere to rest of diet</div>
Sleep - Vitality	energy - poor
Exercise - Relax	not really exercising
Signs - Markers	
FINDINGS - ASSESSMENT	<div>Compliance still needs work.</div> <div>stress levels at work not helping</div> <div>replete - magnesium, zinc, iron/ferritin, <b>B12</b>, vitamin D</div>
Pathology Requested	<div>consider genetic testing</div> <div>bloods again in 5-6 weeks for ferritin, B12</div>

<b>Rx - PROTOCOL</b>	<div>herbal 210</div> <div>Rehmannia 30</div> <div>Motherwort 20</div> <div>Ginkgo 40</div> <div>Schisandra 40</div> <div>Siberian Ginseng 40</div> <div>St Johns Wort 40</div> <div>12.5mls mane, 7.5mls nocte</div> <div></div> <div>pomegranate - 2 nocte</div> <div>Spatone - 1 sachet</div> <div>Beef liver - 3 bd</div> <div>Zinc Picolinate - 1 scoop after food, away from iron</div> <div>Mag taur - 1 scoop</div> <div>NAC- 1 scoop bd</div> <div>methyl B12</div> <div>Pure D - 3 drops</div> <div></div> <div>add heme synergy if not picking up in 3 weeks</div>
<b>DIET - LIFESTYLE PLAN</b>	<div>GF, SF, low FODmap</div> <div></div> <div>try colonics, castor oil packs for bowel, feel may help absorption of nutrients</div>
<b>Record - Complete</b>	<div><div><input type="checkbox"/> Diet &amp; Symptoms</div><div><input type="checkbox"/> Basal Body Temperature</div><div><input type="checkbox"/> Blood Pressure</div></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>
<b>Review - Next Visit</b>	<div>6 weeks</div> <div></div> <div>sleep apnoea results?</div> <div></div> <div>genetic testing?</div>

<b>Research Notes</b>	
<div>Practitioner: Nicole Chester</div> <div>Created: 4 Apr 2024, 2:34PM</div> <div>Last updated: 4 Apr 2024, 2:38PM</div>	
<b>Notes</b>	
<b>Notes/Q for further Ix/assessment</b>	<div>Kate missed last appointment. points wanted to raise/address..</div> <div>bowel elimination/gas/bloat</div> <div>fatigue/mood/Cognition?</div> <div>compliance - microcirculation foods, herb/supplement dosing</div>

adrenal/stress --> signs of blood sugar imbalance?

**\*feel need to perhaps just focus on bowel elimination\* - try colonics, Yoga stretches for the bowel? castor oil packs**

*start new zinc*

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 1 Mar 2024, 8:00AM  
**Created:** 1 Mar 2024, 8:08AM  
**Last updated:** 5 Mar 2024, 12:36PM

NDRV

PROGRESS

2nd Feb- had iron infusion  
didn't feel for a good few, feel, better  
but am still tired in a different way, foggy,  
not thinking clearly all day.  
getting between 7 and 9 hrs, wake tired  
doing up to 50 hours a week at work. Its hectic most of the time.

can be stressful, had to have 3 disiplinary meetings with staff with verbal warnings  
not thinking clearly, finding staff speaking to me about something and have no  
recollection of it. which is concerning me.

thought would improve with iron infusion, feel more even keel, less emotional, each day  
not such a struggle, but still not right.  
pre iron infusion was crying was no particular.

My mood is flat, I dont not feel excited about much.

feel good when not going to work, my days.  
there is joystill in alot of things for me.

sister going to back to Colorado, now saying to come. so im thinking about it.

might do a 70 hr week , but then might have 3 days off the next week.

dont feel well after taking the myo inositol

Pathology

last bloods showed very LOW ferritin - 14  
iron 12  
transferritin 2.5  
sat 19

	Hb 122 RBC 4.9 HCT 0.39 MCV 96.8 MCH 29 MHCH 29 RDW 14.4 Neutrophils 2.8 Lymphocytes 1.4 Mono 0.5 Eosin 0.1 basophils 0.0 platelets 382 (down from 402 in sept23) GGT 18 ALT 12 AST 12 cholesterol 4.2 TG 0.9 sod 136 potas 4.7 Bicarb 26 Urea 5.3 Urate .30
Medication - Supplements	not been consistent, particularly with evening doses
Current Diet - Fluid Intake	
Sleep - Vitality	vitality Poor
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>difficult to establish what main drivers are as work load is high, and compliance is intermittent. always felt there is a few melobolic issues going on, possible Retro viral reactivation. Especially now with poor cognition being prevalent.</p> <p>Feel main areas of focus should be stress adaption, anti-virals/immune regulation,* improved elimination*and microbiome support. cognition/microcirculation support, detoxification.</p>
Pathology Requested	repeat iron/ferritin in 2months
Rx - PROTOCOL	herbal 540mls

	Rehmannia 80 lavender 20 Ginkgo 80 Schisandra 90 Echinacea 90 St Johns wort 90 Astragalus 90 12.5mls mane, 7.5mls nocte \$142 --> \$135  S. Bifido - 1 pomegranate - 2 nocte Spatone - 2 mane, 1 nocte 9start back when iron drops) heme synergy - 1 od (only when iron is low again) zinc (25mg chelate) - finish and will move you to zinc primer plus Mag taur to include activated B's moo insoitol - 1/2 scoop od and see how sits with you at lower dose Probiotica regenex - 3 scoops nocte
DIET - LIFESTYLE PLAN	must avoid gluten, FODmaps  Include microcirculation brain foods daily
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	5-6 weeks exercise/ yoga stretches for bowel

Research Notes	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 11 Feb 2024, 12:53PM <b>Last updated:</b> 14 Feb 2024, 8:28AM	
Notes	
Notes/Q for further Ix/assessment	go over bloods again prior to the next visit.  ferritin 5 transferrin 2.6 trans sat 41 TSH 0.29 --nodular T3:T4 ok platelets H (can rise with low ferritin --> monitor fasting BG - was done fed state - 5.8 B12 222, active 105

folate 47.2  
zinc 9.6

switch to zinc primer next time

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 11 Jan 2024, 9:00AM  
**Created:** 11 Jan 2024, 9:01AM  
**Last updated:** 11 Jan 2024, 11:51AM

NDRV

PROGRESS

Had another colonoscopy in early December -he found 5 polyps this time. a year ago had, 6, prior removed the 26 polyps.

Recent blood in November showed iron deficiency. Dr wanted me to have an infusion as was very low, but wanted to try some supplements first.

Hence feeling very tired. Mornings are a struggle, by evening 2-3 o'clock im have to drag myself through

started zinc before Xmas, as I was on the lower end for zinc too.

started the Spatone last week again, just one daily

He also checked my thyroid but didn't mention anything.

My cycle has been ok, flood on one of the days, very heavy, then nothing much rest of the period. do feel emotional pre-menses.  
fairly regular, every 3 weeks.  
bleeding in between periods, which is why I went to see the Dr.

Slip up with Gluten at times, but no bread or pasta. just have cake if someone having a birthday. sugar intake is high, a bit of cheese, but not alot of dairy, 'better on low FODmap foods, so avoiding garlic, onion, chickpeas etc, as noticed also triggering some anxiety.

GUT - all over the place - particularly bad atm.

Getting bloodshot eyes, not sure what this is from, no other symptoms I've noticed at the time

Got Covid at Xmas, wasn't as bad this time, but immunity wasn't great afterwards

<b>Pathology</b>	bloods, will email through when receive a copy.
<b>Medication - Supplements</b>	none
<b>Current Diet - Fluid Intake</b>	<p>Gotten lazy with eating</p> <p>BF - skipping alot of days, as just don't have any energy</p> <p>Will eat something, but generally pick something up on the way to work - like a couple of hashbrowns or GF bagel</p> <p>If skip BF, have an early lunch at 11 am - not generally amazing but chefs will make me something- Rogan josh or steak and salad/ Thai beef salad</p> <p>Dinner - steak and vege</p> <p>did cut out red meat as supposedly linked to polyps but having again now for the iron.</p>
<b>Sleep - Vitality</b>	<p>sleep - waking alot. occasionally sleep initiation issues too.</p> <p>vitality is not great, especially since low iron.</p> <p>wake most days feeling a lack of motivation and energy</p>
<b>Exercise - Relax</b>	not alot, as no energy, bike ride.
<b>Signs - Markers</b>	look very tired, heavy dark circles under eyes
<b>FINDINGS - ASSESSMENT</b>	<p>Iron deficiency is a priority. Increase iron and load for 2 weeks. If only marginal improvement, may need to have the Iron Infusion,</p> <p>improve Gut with improved eating, fibre to improve elimination, and reduce inflammatory foods.</p> <p>regulate cycle/endocrine, stress adaption, nervous system, digestive support, and bulk the bowel to improve full elimination.</p> <p>continue Zinc --&gt; shift to Spectrumceuticals zinc plus</p>
<b>Pathology Requested</b>	send through most recent blood work, to what missing for next time
<b>Rx - PROTOCOL</b>	<p>herbal</p> <p>chaste tree 20</p> <p>Echinacea 40</p> <p>Pomegranate 40</p> <p>Withania 40</p> <p>St Johns wort 40</p> <p>Iberis 30</p> <p>8mls bd</p> <p>\$59</p>

S. Bifido - 1 bd  
 Spatone - 2 mane, 1 nocte  
 heme synergy - 1 od  
 zinc (25mg chelate) - finish and will move you to another  
 magnesium powder --> move to mag taur to include activated B's  
 Probiotica regenex - 3 scoops nocte

**DIET - LIFESTYLE PLAN**

suggested Mediterranean diet  
 1/4 - 1/2 juice of lemon in warm water first thing  
  
 Must refrain from Gluten, reduce sugars and keep dairy minimal  
  
 reg meals with protein

**Record - Complete**

☐ Blood Glucose   ☐ PH   ☐ Symptothermal Charting   ☐ Diet & Symptoms   ☐ Basal Body Temperature   ☐ Blood Pressure  
☐ HAQ   ☐ Mood Appraisal

**Review - Next Visit**

4 weeks.  
  
 add spectrum zinc and mag taur

**Herbal/Supplement repeat**

**Practitioner:** Nicole Chester  
**Created:** 8 May 2023, 12:02PM  
**Last updated:** 8 May 2023, 12:05PM

**Herbal/Supplement**

travelling to the USA, wanting stress, adrenals and immune support  
 herbal 210mls  
 Wihania 40  
 passionflower 50  
 Andrographis 30  
 echinacea 50  
 lavender 15  
 liquorice 25  
 7.5mls bd or 5mls 3-5 x daily with flu, cold or cough symptoms  
 \$59

**Follow Up Consultation**

**Practitioner:** Nicole Chester  
**Appointment:** 7 Dec 2022, 8:10AM  
**Created:** 7 Dec 2022, 8:22AM  
**Last updated:** 7 Dec 2022, 10:35AM

NDRV

PROGRESS

the **energy definitely improved**. so that's good.  
lost weight since not eating CHO after 4 pm.  
2-3 sessions of exercise at the moment. skipping rope.  
**lost 7 kgs**. still want to drop more. sitting around 68-70kg at the moment

**chest pain, a little bit**, but nothing like last time. periodically feels like a stitch. did have similar feelings pre Covid etc

**\*memory is not great** been quite stressed and doing a lot. noticed post covid, or post-vaccine. really only been the last few weeks though but might be having so much to do at work. **finding repeating tasks already done the day before**

**vainal odour, keeps coming back**. has improved. but last few weeks. hasn't been as clean eating, no alcohol

gassiness is ok not bad. am avoiding big FODmaps foods, keep it to vege allowed chicken and fish

had a **follow-up colonoscopy a few weeks ago**. he was happy that he **only found 6 new polyps**. although in 6 months, this isn't great?  
removed 6. I have completely cut bacon and stopped red meat.  
nothing else was seen, recovered better from the anaesthetic, this time, as they put me on a drip after. drinking enough water? probably not

Had an **incident at work a week or two ago, felt dizzy, and walking crooked** one of the guys at work took me to my car, drove home and was ok not vertigo, **felt a little disorientated, felt off balance and unstable**. did stop iron pre-colonoscopy, so could be the iron?

Pathology	none
Medication - Supplements	been pretty constant. had to stop Gut-R as felt it was causing my stomach to cramp, and felt off. seem to alleviate once stopped
Current Diet - Fluid Intake	better, still could be cleaner, but being more mindful
Sleep - Vitality	energy improved
Exercise - Relax	been skipping, realistically only exercising 2-3 x week as struggle with time, but seeing results between reducing carbs at night etc
Signs - Markers	looking a lot more refreshed, and energised. weight loss noticeable

**FINDINGS - ASSESSMENT**

overall good improvements, due to better compliance.

RX plan - focus on memory, and look at BBT to see where the thyroid sitting (add iodine singularly if on lower side to focus more on thyroid nodules, improve tissue healing-brain.

already taking mito xcell (ALCAR, inositol

**Pathology Requested**

vaginal swab -- check for possible bacteria, strep B?

suggested full thyroid markers to see where sitting

**Rx - PROTOCOL**

herbal 520mls

chaste 20

Withania 60

Bacopa 110

rosemary 70

dan Shen 80

Motherwort 60

maritime pine 20

Bupleurum 100

10mls bd

\$110

metagest/hydrozyme - 1 tds

mito xcell 1 1/2 scoops

pomegranate - 2 nocte

NAC - 1 scoop

zinc pic - 1 od

heme synergy - 1 od

spatone - 1 sachet

**DIET - LIFESTYLE PLAN**

as previous

add brain smoothie cacao, berries, collagen daily

focus on hydration

**Record - Complete**

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☐ Diet & Symptoms

☒ Basal Body Temperature

☐ Blood Pressure

☐ HAQ

☐ Mood Appraisal

**Review - Next Visit**

memory- SAME/methylation, activated B's

add Gotu Kola, lemon balm to herbal

add specific support - polyps?

BBT? add iodine?

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 26 Oct 2022, 8:15AM  
**Created:** 26 Oct 2022, 6:39AM  
**Last updated:** 28 Oct 2022, 7:35AM

NDRV

PROGRESS

recent bloods show very low ferritin. GP suggested eating some broccoli =/  
  
Thyroid - want to get another scan  
did biopsy years ago --. wanted to remove it, but was benign  
  
last week had chest pain, quite strong for and 1/ 12hrs, consistent. was slightly left-hand side.  
not excruciating pain, medium intensity and distracting. came on when stressed and busy at work  
1/2 hour went away. do periodically get pain, get stitch like pain  
  
Had quite a smelly vagina. eating better. no real discharge, like a sweet strong odour, occasionally. last 3 weeks, has improved, since eating better  
  
extreme fatigue, especially in the morning. has got bit better - trying to ignore it but drive to work struggling, feel so fatigued, first few hours at work, abnormally fatigued and tired.  
  
was drinking alcohol, eating more sugary foods, limited it now along with red meat now  
  
want to lose weight.  
  
gut - moving bowel every day feels complete,  
still get reflux and gassiness a lot.  
  
mental clarity, not as good, memory poor

Pathology

Ferritin 6, iron 14.3,  
TSH 0.38 (.40-4.0)  
free T3, T4 is  
zinc 11.5

Medication - Supplements

<b>Current Diet - Fluid Intake</b>	<p>finding hard to drop carbs at night</p> <p>eating 8.30 pm at night</p> <p>no potato, just sweet pot and pumpkin,</p> <p>salmon,</p> <p>GF pasta with chicken</p> <p>veges and salads</p>
<b>Sleep - Vitality</b>	
<b>Exercise - Relax</b>	speed walking for 45- 1hour, 3 x day.skipping
<b>Signs - Markers</b>	
<b>FINDINGS - ASSESSMENT</b>	<p>focus- <b>mitochondrial energy</b> support, <b>anti-oxidants, liver/phase II, weight loss, gut dysbiosis cleaning up the microbiome</b>, cleaner eating, refraining from gluten and sugars (vaginal odour) <b>stress adaption, heart support</b> (few possible drivers here, high bilirubin, <b>subclinical hyperthyroid</b>, post Covid, stress but need further Ix re: chest pains rule out heart issues. <b>anaemia/low iron, low HCl and zinc</b></p>
<b>Pathology Requested</b>	follow up with GP - chest pain
<b>Rx - PROTOCOL</b>	<p>herbal 510mls</p> <p>chaste 20</p> <p>Withania 60</p> <p>pomegranate 90</p> <p>barberry 80</p> <p>dan Shen 80</p> <p>Motherwort 70</p> <p>maritime pine 20</p> <p>Schisandra 90</p> <p>10mls bd</p> <p>\$108</p> <p>metagest - 1 tds</p> <p>mito xcell 1 1/2 scoops</p> <p>gut RX- 1 scoop od</p> <p>NAC - 1 scoop</p> <p>zinc pic - 1 od</p> <p>heme synergy - 1 od</p> <p>spatone - 1 sachet bd for 5 days then od</p>
<b>DIET - LIFESTYLE PLAN</b>	<b>strictly no gluten, eliminate refined CHO and sugars</b>

**No carbs after dinner**, or after 4 pm if want to push further.

**exercise 4-5 x week**- include youtube **HIT training videos and skipping for 10 mins**

**monitor chest pain - need further Ix with GP**

stop all supps 3 days prior to next colonoscopy

#### Record - Complete

☐ Blood Glucose   ☐ PH   ☐ Symptothermal Charting   ☐ Diet & Symptoms   ☐ Basal Body Temperature   ☐ Blood Pressure   ☐ HAQ   ☐ Mood Appraisal

#### Review - Next Visit

4 weeks

colonoscopy?

add more liver support

add lemon balm to herbal for thyroid

### Follow Up Consultation

**Practitioner:** Nicole Chester

**Appointment:** 31 Aug 2022, 8:15AM

**Created:** 31 Aug 2022, 8:19AM

**Last updated:** 31 Aug 2022, 8:21PM

### NDRV

#### PROGRESS

had noivavax, then 5 days later got covid. supplements i gave helped a lot

ears will block up since the vax, never had before

in feb--> back 2nd colonoscopy. had rest removed. took all the polyps --> go back in 6 mths. little bit of bleeding post surgery, tender, wasn't right for few days from anaesthetic, then come ok. not eating as much bacon.

in November first colonoscopy showed 26 polyps.

anxiety - free floating. know diet probably causing . sluggish

reflux --> happening a lot, maybe worse post carbs.

gut --> bloating, terrible, flatulence , constipation,

dont feel great, not coeliac, need to get stricter with diet . brought back in gluten and feel unwell

last month anxiety . not been on supps, since treatment for covid.

reintroduced zinc, feel better . zinc piconilate -one daily . 2 with lunch made feel unwell.

so just taking one

mentally --> ok, felt unmotivated. not on. good diet. seems flat

immune not great --. run down more easily. happening once a month.get scratchy throat like getting sick but only lasts few days

Pathology	none
Medication - Supplements	none
Current Diet - Fluid Intake	need to get back on track
Sleep - Vitality	not great
Exercise - Relax	not exercising
Signs - Markers	looks tired
FINDINGS - ASSESSMENT	get all body systems back in balance. endocrine, gut, more focus on cellular/mitochondrial health and integrity. support methylation, increase HCl, zinc. improve elimination
Pathology Requested	mediterranean/ anti-inflam diet no refined CHO, MSG, egg, gluten low FODmap include brazil nuts
Rx - PROTOCOL	mito xcell - 1 scoop metagest - 1-2 tds  herbal 520mls chaste 40 paonia 80 Siberian 80 schisandra 90 rehmannia 80 bladderwrack 70 bacopa 80 10mls bd \$108  continue zinc pic - 1 od

NAC - 1 scoop

**DIET - LIFESTYLE PLAN**

mediterranean/ anti-inflam diet  
no refined CHO, MSG, egg, gluten  
include brazil nuts

**Record - Complete**

☐ Blood Glucose   ☐ PH   ☐ Symptothermal Charting   ☐ Diet & Symptoms   ☐ Basal Body Temperature   ☐ Blood Pressure  
☐ HAQ   ☐ Mood Appraisal

**Review - Next Visit**

look at adding heavy metal chelation support. copper --> molybdenum  
refer to past hair mineral test. look at igG food panel list  
fish oils/ubiquinol, add back probiotic regenerex.

**Herbal/Supplement repeat**

**Practitioner:** Nicole Chester  
**Appointment:** 6 Apr 2022, 8:15AM  
**Created:** 7 Apr 2022, 7:14AM  
**Last updated:** 7 Apr 2022, 8:14AM

**Herbal/Supplement**

TESTED positive on RAT for COVID.

andrographis 40  
echinacea 40  
qing hao 20  
nigella 40  
Licorice 20  
baical 40  
ginger 10  
5mls 5 x day  
\$48

**Follow Up Consultation**

**Practitioner:** Nicole Chester  
**Appointment:** 6 Apr 2022, 8:15AM  
**Created:** 6 Apr 2022, 8:17AM  
**Last updated:** 10 Apr 2022, 12:49PM

**NDRV****PROGRESS**

RAT test saying not, not sure if by product of vaccine, flu.

been sicker with the flu but definitely have a virus  
fevers, bad headaches on Monday --. very fatigue, fever, sheets were wet, sore throat,  
cough. last night suer sensitive skin sensitivity before the jab , hurting so much couldn't  
sleep, dark urine, 3 litres water daily.

post vax --> was fine until Sunday night headache --> Monday headaches, grandfather  
passed away. shivers fever, seemed ok

At night pressure all over like restless legs, internal shake, very uncomfortable. feel like.

dont now how to explain it. muscles sore.	
Gut --> think, going ok. elimination seems ok bloating and belching has eased, enzyme tablets definitely helping	
started trialing FODmap, not good with no dairy, avoiding apples and onions. feel it is helping	
anxiety increased. feel it maybe the magtaur xcell, use to be good on that one, no reason for anxiety, stopped for a day. and anxiety eased.	
seeing specialist mid May	
Pathology	
Medication - Supplements	
Current Diet - Fluid Intake	been trying FODmaps, but struggle without dairy
Sleep - Vitality	not great oat moment with viral symptoms
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	seeing some improvements. seems having better compliance although getting vaccine has set back. feel higher doses of mag taur excell is pushing into overmethylation. need to remove a couple of times and test waters. need to see what zinc and copper status doing
Pathology Requested	copper, zinc, homocysteine
Rx - PROTOCOL	see HAQ  try fusion stress and anxiety to replace Withania complex while out of stock
DIET - LIFESTYLE PLAN	continue, try to follow low FODmaps
Record - Complete	<div><input type="checkbox"/> Diet &amp; 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	look at moving to mito xcell

Herbal/Supplement repeat	
Practitioner: Nicole Chester Created: 5 Apr 2022, 6:40AM Last updated: 5 Apr 2022, 6:42AM	
Herbal/Supplement	Post vax herbal given on 30.03.22  herbal 420mls Dan Shen 70 japanese knotweed 60

Arjuna 70  
Mushroom forte 80  
St meaty 80  
Rosemary 40  
Ginger 20  
  
Garlic forte 1 tds

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 30 Mar 2022, 12:17PM <b>Last updated:</b> 30 Mar 2022, 12:17PM	
<b>Herbal/Supplement</b>	received first dose of NOVOVAX today --> see protocol suggested attached

Follow Up Consultation	
<b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 9 Mar 2022, 2:00PM <b>Created:</b> 9 Mar 2022, 2:07PM <b>Last updated:</b> 9 Mar 2022, 3:32PM	
<b>NDRV</b>	
<b>PROGRESS</b>	<p>diagnosed with sessile serrated polyp. multiple with higher risk of mutation. was still groggy after procedure so didn't get a lot of info. surgeon didn't mention any dietary changes . was checking if siblings had symptoms . back again in 3 months to have rest of polyps removed as ran out of time. need to get clarity on what he is doing exactly prior to then . normal dr didn't think common to removal multiple polyps 26 in total , about 6 of largest removed already.</p> <p>elimination has been good. even though starting what want stools also seem good form, but bloating is everyday. after eat belch pretty much straight after eating.pain up higher up in gut too. especially if lie down 30 mins after eating.</p> <p>apples causing almost instant gas pain, bloating</p> <p>grandfather (dads side0 --&gt; died of bowel cancer. eldest cousin had polyps too</p> <p>Dr wanted me to eat gluten leading up to colonoscopy, felt good and gut seemed better, but then felt sick so dialled it back and just had smaller amounts of the gluten still bloating from gluten but not as pain as previous</p> <p>high stress, with deciding if getting the jab for work.</p>
<b>Pathology</b>	see colonoscopy results
<b>Medication - Supplements</b>	been off everything as Dr wanted off iron etc leading up to colposcopy.
<b>Current Diet - Fluid Intake</b>	drinking a lot of coffee atm, which makes more anxious too see diet attached

<b>Sleep - Vitality</b>	energy low -moderate
<b>Exercise - Relax</b>	was exercising, bt not currently
<b>Signs - Markers</b>	very dark under eyes
<b>FINDINGS - ASSESSMENT</b>	<p>need to work on reducing spasmodic colon, maintain good elimination, reduce gas and bloating. add digestive enzyme support</p> <p>support stress, liver. replete iron and zinc</p> <p>To follow low FOD map diet, eliminate gluten again also</p>
<b>Pathology Requested</b>	
<b>Rx - PROTOCOL</b>	<p>switch to different IRON as chewable contain xylitol</p> <p>make up new herbs when finish formula from october</p>
<b>DIET - LIFESTYLE PLAN</b>	<p>**low FODmap</p> <p>record diet and symptoms.</p> <p>avoid fatty foods and processed meats. small portions of red meat only</p> <p>continue brazil nuts</p>
<b>Record - Complete</b>	<div> <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input checked="" type="checkbox"/> Diet &amp; Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Pressure <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal </div>
<b>Review - Next Visit</b>	<p>add lower GI enzymes?</p> <p>herbal (base on last formula with strong influence on gut repair --&gt; marshmallow, turmeric, licorice, gota kola (prevent adhesions post surgery, cellular healing) include stress support to phase out withania, maintain some hormonal and liver and thyroid support, antioxidant support</p> <p>look at overlethylation? --. some suggestion may exacerbate these kinds of polyps</p>

## Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 17 Dec 2021, 11:30AM  
**Created:** 17 Dec 2021, 11:37AM  
**Last updated:** 17 Dec 2021, 3:14PM

## NDRV

### PROGRESS

last night at work before holidays started. worked until 11.30pm  
hoping that Novovax comes in. will be working from home once go back to work

feeling pretty good.. all stuff on is really helping, more energised since iron. iron seemed fine when brought back in. stopped taking SFM xcell (felt better) heart racing. feel like making heart race. since stopped felt good. so feel this was the one that was making feel off.

taking withania. haven't had panic attacks since last appointment  
none since then. And have had insane few weeks at work with long hours

restless legs at night --> have had before, do get muscle cramping.  
taking mag taur xcell once daily

little bit of stinging on urination. but no real UTI symptoms

haven't gained any weight. walking 12 hours daily at work. not putting it on, but not losing any

tried fibre was good.  
bowel been better since fibre.

haven't been to osteo yet

**Pathology**

none

**Medication - Supplements****Current Diet - Fluid Intake**

no diet records

**Sleep - Vitality**

energy better. sleep been fine, not getting enough though

**Exercise - Relax**

do exercise on weekends 45-1 hr twice, as no time through the week

**Signs - Markers****FINDINGS - ASSESSMENT**

good improvements. staying consistant now.  
increase mag and iron bd to see if can reduce restless legs

**Pathology Requested**

none

**Rx - PROTOCOL**

as previous. keep SFM out.

**DIET - LIFESTYLE PLAN****Record - Complete**

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

**Review - Next Visit**

to look closer at diet to reduce BG load and more emphasis on weightless

**Follow Up Consultation**

**Practitioner:** Nicole Chester

**Appointment:** 24 Nov 2021, 8:00AM

**Created:** 24 Nov 2021, 8:21AM

**Last updated:** 24 Nov 2021, 2:58PM

**NDRV****PROGRESS**

when started zinc, iron and gut symbiotic. wasn't feeling well. so stopped all and reintroduced one by one restarted everything now, except the iron so far. over drive. staying update, wasn't feeling tired.  
had quite bad panic attacks. reactive to something. heart started racing on first day.

not getting constipated. but up and down.  
seeing a new doctor --> pelvic ultrasound, referred to colonoscopy also

feel bit more wired on the SFM xcell.

took saliva samples a Sunday, didn't feel stressed, was a pretty good day.

have been mandated to get the COVID jab. dont was to get it, so not sure what will do yet.

**Pathology**

see saliva adrenal and female hormone attached

high cortisol readings all day, dropping off in evening.  
female hormone showing poor oestrogen metabolism

**Medication - Supplements**

have dropped zinc, sim xcell to once daily

**Current Diet - Fluid Intake**

haven't filled out diet

**Sleep - Vitality**

energy poor at times

**Exercise - Relax****Signs - Markers****FINDINGS - ASSESSMENT**

in high state of anxiety/fight flight most of the day. very possible driving panic attacks and insulin resistance and hence persistent weight gain, (despite attention to diet and exercise)  
thyroid could very well be running hot, as bloods would indicate TSH is showing hyperthyroid state and initial thought that weight gain could be showing thyroid swinging into lows, however weight gain is from cortisol counteracting insulin, and blood sugars staying high. cortisol renders insulin resistant.  
saliva hormone also showing lower progesterone and poor oestrogen metabolism.

**Pathology Requested****Rx - PROTOCOL**

add Estro-sense, withania complex.  
drop zinc, iron and SFM xcell to once daily  
move to magGrestore to include gut repair

**DIET - LIFESTYLE PLAN**

record diet so can focus to on diet next appointment to improve BS balance

essential goes for osteo appointment for visceral RX and body alignment as feel this may help bowel

**Record - Complete**

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

☐ HAQ ☐ Mood Appraisal

**Review - Next Visit**

phase out gut symbiotic, as dent seem to be helping.

more structure around low GI eating

try adding HCL to stimulate bowel

swap out adaptogens for add gymnema cinnamon saffron, yellow dock, rosemary to improve BG and reversing sympathetic dominance, liver phase II

## Research Notes

**Practitioner:** Nicole Chester  
**Created:** 5 Nov 2021, 3:54PM  
**Last updated:** 5 Nov 2021, 3:58PM

## Notes

### Notes/Q for further Ix/assessment

bloods 22.10.21

zinc 10  
 iron 13.7  
 ferritin 23  
 B12 274  
 folate 22

add bio clinic iron 1 bd , zinc picolinate 1 bd, BioCeuticals methyl B12- 1/2 od

## Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 27 Oct 2021, 8:00AM  
**Created:** 27 Oct 2021, 8:07AM  
**Last updated:** 27 Oct 2021, 1:04PM

## NDRV

### PROGRESS

last UTI resolved, so stopped herbs once had gone,

weight is stable . lost 2 kilos, stopped sugar and alcohol, alcohol was having only periodically

very tired atm

period again now, what seemed like discharge turned into a period.  
 6th oct - in Townsville, last Friday discharge again., then now two weeks later period again  
 has been 3 weekly, but now seem to be 2 weekly.

struggling with exercise. 2 walks sat and Sunday. but hours are 8am-7pm Mon-Friday so hard to fit in

now drink coffee

bowel going daily. but never been great

### Pathology

waiting on recent bloods, will email through once see Dr.  
 couldn't get pap smear again, Dr wouldn't do again even though admitted wasn't done properly the first time.

urine both in april and may showed positive RBC

	<p>vaginal swab showed WBC presence, no yeasts or other bacteria found</p> <p>recent CT scan of abdomen and pelvis due to changed bowel habits, occasional rectal bleeding and strong family history of bowel cancer</p> <p>liver, spleen, gallbladder, adrenals, kidneys all had normal appearance showed no obstruction but significant faecal loading from caecum to descending colon, end of small intestine also showing faecal matter, showing slow transit time</p> <p>TSH out of lower range, consistent on most bloods over the years. calcium been high at times</p> <p>referred for colonoscopy</p>
Medication - Supplements	<p>out of mag taur, stopped herbs as were for UTI mainly. was feeling good on supps</p>
Current Diet - Fluid Intake	<p>see diet sheets attached. need more protein AM</p>
Sleep - Vitality	<p>energy is very low. detox from sugar i feel</p>
Exercise - Relax	<p>hard through the week with work commitments</p>
Signs - Markers	
FINDINGS - ASSESSMENT	<p>still needing further insight. feel hormones/oestrogens/ issues endocrine driving some abnormal vaginal and urinary symptoms. feel bowel sluggishness is a main driver here also, contributing to poor microbiome balance. suspecting low iron. pending</p>
Pathology Requested	<p>salivary adrenal stress and female hormone</p>
Rx - PROTOCOL	<p>herbal 520 chaste 40 paeonia 90 withania 80 Bladderwrack 60 Gymnema 90 Coleus 90 Licorice 50 Ginger 20 7.5mls tds \$112</p> <p>continue mag taur and multiflora add SFM xcell and Gut symbiotic to improve elimination</p>
DIET - LIFESTYLE PLAN	<p>brazil nuts - 3 daily add more protein at BF osteo RX with Emma to work on visceral</p>
Record - Complete	<div><input checked="" type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div>

☐ Blood Glucose   ☐ PH   ☐ Symptothermal Charting   ☐ HAQ   ☐ Mood Appraisal

**Review - Next Visit**

check iron markers asap on recent bloods --> email through  
 add enzymes to increase transit time, add laxatone if no response to gut synbiotic or  
 osteo RX  
 follow up on gyro appt, suggested getting papsemar with Dr gillian Coleclough again to  
 make sure if cant get into gyno soon.  
 colonoscopy results?

**Herbal/Supplement repeat**

**Practitioner:** Nicole Chester  
**Appointment:** 8 Sep 2021, 11:45AM  
**Created:** 3 Oct 2021, 7:18AM  
**Last updated:** 3 Oct 2021, 8:26AM

**Herbal/Supplement**

herbal 210mls -feeling good on last herbs, but feel urge of UTI starting again.  
 herbal 310mls  
 chaste 20  
 withania 50  
 cryptolepis 60  
 bearberry 80  
 bladderwrack 30  
 Ribwort 60  
 ginger 10  
 7.5mls bd  
 \$70  
 7.5mls tds

**Initial Consultation**

**Practitioner:** Nicole Chester  
**Appointment:** 8 Sep 2021, 11:45AM  
**Created:** 8 Sep 2021, 11:45AM  
**Last updated:** 8 Sep 2021, 3:32PM

**NDFV**

**Age** 32 yrs

**Status** single

**Emergency contact** Boyd fryer (dad) 0404 021235

**Children** no

**Occupation Past - present** food and beverage manager --> home of the arts

**Pregnant - Breast-feeding** No

**Height - Weight** 175cm/77kg

**PRESENT COMPLAINT** since turned 30 --. increased weight gain, for no apparent reason .

use to be around 66-67 kg, now struggling to get below 77kg

did 3 mths vego/liver cleanse, and got down to 70kg, but was super hard work to get there

reoccurring frequent UTi's --> antibiotics , get again , GP then prescribed stronger antibiotics. started in April 21, ON/OFF , 6 mths before that had once Symptoms with UTI, mostly get , lower back pain, nausea, no apatite, blood in urine, brown vaginal discharge . occasional discharge still, but not as bad. vaginal itchiness at times.

never had a pap smear --> had recently (see attached. couldn't get a proper sample and nurse said she would charge for it as couldn't get sample. came back clear, but feel wasn't done properly, because was very painful, and cervix looked inflamed 2 weeks ago had UTO again, --> swam in salt water, as didn't want another round of antibiotics

Gut --> mostly food related, dependant on what I eat. fluctuates, bloating, gassy, don't often have constipation. 1-3 times daily pending on if full elimination the first time move bowel

since last visit. by evening, stomach big and hard.

blood in stool occasionally approx once every 6 mths

cycle --> has been better since herbs you had me on, lighter than use to be. herbs did really help. period every 3- 3.5 wks. still heavy bouts of bleeding. have flood, then taper off. bleed last 4-5 days fairly consistent.

sharp pains around the upper chest, lasting a while. uncomfortable

if have a nap, wake up with bad pains , stomach all twisted up

hiccup, if eat too much or too fast

been getting mild headaches

#### Other care - GP - Specialist

#### Pathology

numerous nodules in thyroid.

TSH 0.23 (0.40-3.80)

T3 and T4 seem ok. showing overactive thyroid, but also experiencing symptoms of under active thyroid with weight gain.

between UTI's blood showed in urine, this was post antibiotics but no culture found

ultrasound showed no bowel infammation, but fecal loading between in large bowel. GP suggested movicol.

don't feel mentally sharp at times. foggy.

#### Past Complaints

thyroid nodules, fatigue, gut, menorrhagia, metorrhagia, MTHFR, low pyrrole readings

#### Medical Hx

thyroid nodules

#### Family Hx

#### Current symptoms - HAQ

low HCL, endocrine --> thyroid hyper and hypo, adrenal, hyperglycaemia, muscular

	symptoms
<b>Medication</b>	no
<b>Supplements</b>	occasional zinc, echinacea. nothing consistent
<b>Current Diet - Fluid Intake</b>	<p>no sugar or dairy last 10 days. to get weight down eat GF britts quinoa toast , with avocado. then had one day at work bacon, GF suaagse , hash browns, coleslaw, fruit and felt very unwell. one hour after, had sleep, indigestion. pain in stomach,</p> <p>feel thirsty and hungry in mornings.</p> <p>don't do well on legumes or some fruit in particular apples</p>
<b>Toxic Burden - Alcohol - Drug Use</b>	<p>2-3 glasses 3-4 / 7</p> <p>whiskey or contreau, red or white</p>
<b>Stress - Trauma</b>	<p>anxiety has gotten better.occasional palpitations randomly. feel food lately sets of palpitations</p>
<b>Sleep - Vitality</b>	<p>6-7/10</p> <p>sleeping well aside waking to urinate 4 times per night. seem to go back to sleep ok</p>
<b>Exercise - Relax</b>	<p>dependant on work 10-12 kms per day</p> <p>walk 30mins 2 x week.</p>
<b>Signs - Markers</b>	dark under eyes
<b>Allergies</b>	some foods
<b>FINDINGS - ASSESSMENT</b>	<p>suspect few possible things going on. need further investigations. suspect dysglycaemia and even prediabetic stages. endocrine disruption pushing thyroid out further.</p> <p>feel FODmaps could be the issue. to assess diet next visit to establish issue. feel not breaking down and dealing with carbohydrates well. indigestible sugars and sluggish irritable bowel and recent antibiotics leading to SIBO and poor bad bacteria overload --&gt; leading to genitourinary bacterial overgrowths.</p> <p>weightgan could be thyroid, and a tip towards poor oestrogen ratios</p>
<b>Pathology Requested</b>	GP --> Full blood count, Iron studies, Zinc, B12, folate, Liver enzymes, diabetes with fasting BG, pap smear again to confirm cervix is clear
<b>Rx - PROTOCOL</b>	<p>mag taur, SB, multiflora</p> <p>herbal 201mls chaste 20 withania 40 barberry 40</p>

	bearberry 50 bladderwrack 50 ginger 10 7.5mls bd \$45
DIET - LIFESTYLE PLAN	No Gluten, yeast, MSG, Dairy or Sugar (MSGà monosodium glutamate, 620, 621, yeast extract, spice or herb, flavour enhancer) Exercise 4 x week (min 45- 1hr),
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	add K2, D3 --> improve calcium utilisation tyrosine --> mood, mental sharpness, thyroid add brazil nuts daily or SFM xcell. folate and estro-sense --> if cervical dysplasia add fibre --> slippery elm in warm water to improve elimination , movicol? illeocecal valve? remove bladderwrack --> iodine? thyroid AA/inflammation --> selenium 150mcg , inositol 20-40gms od gut symbiotic --> start on 1/4 scoop to improve mobility. gut RX, hydrozyme/DEF

Patient Forms

There are no patient forms for Miss Kate Fryer.