



INTEGRATIVE NATURAL MEDICINE CLIENT CASE TAKING FORM

Client name: Dany Craig

DOB: 18/11/1989

Student Name: Kerry Rayner

Student # 96337

Date: 20/8/2020

Clinic Supervisor: Sulin Sze

Clinic Attending: Naturopathy

PRESENTING SYMPTOMS

- Dany's two major concerns are her skin and the fact she feels tired all the time
- During winter, since a child, she has experienced very itchy and extremely dry skin which appears as a rash on her hands (which are the worst) arms, wrists, legs, backs of knees, middle of her back and abdomen
- She has started to get a bruise on her inner thighs from scratching which is getting bigger
- She has previously been to a GP who said she probably has eczema and prescribed a steroid cream which she does not use
- Sorbolene cream also clears it up straight away but is wanting more natural products
- She recently visited a local health food store where a Naturopath suggested it may be more psoriasis as it comes and goes and is effected by the weather
- She has stopped using all soap-based products and a paw paw & goats milk body wash which she said has helped
- Dany also has a history of acne, which appears along her jaw line, chest and back whenever she is not taking the OCP
- Initially the acne is felt under the skin weeks before it comes to the surface. It appears as red, sore patches without a head however scars easily
- She feels the acne appears before her menstrual cycle and when she is under stress
- Recently she has also noticed tiny bumps appear on her forehead from her hairline down. When she runs her hand over them they make a popping sound and have nothing in them
- These appeared about 6 weeks ago after starting a new facial oil
- Dany feels tired all the time and said she could sleep for a day and still wake up tired. She yawns a lot

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PAST HISTORY (Vaccinations, childhood illness, accidents etc)

Eczema

FAMILY HISTORY (CVD, cancer, bowels, diabetes, liver disease)

Please note if history is on mother's or father's side, siblings etc.

- Dad- kidney cancer
- Mum- Fibroids, heavy periods, migraines. Holds tension in her shoulders
- Mum & Sisters all get migraines in line with menstrual cycle
- Cancer in all 4 Grandparents

SLEEP (How many hours per night, any problems, dreams, wake refreshed?)

- 8-10 hours every night but never wakes refreshed

ENERGY (0-10, any slumps, what time?)

- 5 generally. Notes she has the mental energy to drive her but feels she's always running on empty

ALLERGIES / INTOLERANCES (foods, alcohol, drugs, environmental) What is the reaction like?

N/A

MEDICATIONS & SUPPLEMENTS:

- OCP
- Beauty Chef collagen & glow

LIFESTYLE

(Exercise, relaxation, job satisfaction, anxiety, depression, mood swings?)

- Pilates reformer x2 per week
- Business owner and wedding stylist so can work 20 hrs in one day
- Puts a lot of pressure on herself with work.
- Holds tension in her neck
- Not an anxious by nature but a bit stressy, can't sit still and is a perfectionist
- Sees things as B&W

DIET

BREAKFAST	Granola, coconut yoghurt (fresh fruit-berries, mango, whatever in season) Gluten free toast
Morning snack	
LUNCH	Will often skip lunch when working or will grab a snack in the afternoon Wrap- salad and cheese
Afternoon snack	
DINNER/DESSERT	Fish and veg or salad once a week Chicken and veg/salad One vegetarian dish per week (falafel)

Water: Up until recently drank very little water. Now about 1-1.5 L

Tea/Coffee: 1-2 coffees per week, 1 black tea p/day

Alcohol (How does it affect you?): Fri-Sun 1-2 glasses per night

Cravings/Aversions: Doesn't really get cravings but likes something sweet after dinner (yoghurt, ice cream) Doesn't get into chocolate. Grumbly stomach on white bread so doesn't eat

How often do you eat out or get takeaway meals? Any specific preferences? Once per week- Japanese or pizza

What happens if you skip a meal?: Can't skip breakfast. Feels shaky and lightheaded if doesn't eat. Although when doing a wedding can go hours without eating

What is your energy like after a meal? No change

Do you eat when under stress / emotional eating (what type of food)? No

When cooking do you use fresh, canned, frozen and packaged foods? Fresh

BOWELS

How often?; Do they feel 'empty' afterwards?; What do they look like/colour?; Is there any blood or mucous

Once a day, same time, like clockwork. Never had any troubles

Menstrual Cycle

- Regular cycle when not on pill but experiences migraines within the first 1-2 days of getting her period
- She also suffers severe dysmenorrhea requiring pain medication

PHYSICAL EXAMINATION

(Observations: dandruff, hair, dark circles, skin, walking, sitting, tremors, smell?)

Nails: Paper thin and weak, break easily (poor growth= protein or mineral deficiency?)
Weak and thin- under function of stomach or EFA, calcium or zinc deficiency

Eyes: (Glasses/contacts, glare, night vision, swollen, infections, black shadows)

Ears: (hearing too acute, waxy, noises, infections)

Tongue: Yellow/brown coating- gall bladder, liver, mapped?

Blood Pressure: _____

Pulse: _____

IRIS

Colour: Mixed Biliary- liver, gall bladder, pancreas

ANW:

Lesions- Left 2oclock (shoulder or neck)

Left Ovaries

Texture:

GIT:

Lymph: _____

TREATMENT PROGRAMME

- Suggest an herbal mix to assist with itchy skin
- Recommend multi vitamin (Women's Essentials-Bioceuticals) to assist with energy
- Also recommend a wash or something topical? Although she has tried a range of products and seems fed up with this approach
- Recommend blood tests to check iron, thyroid, vit D, blood glucose
- If Iron deficient, source good iron supplement
- Recommended eating more frequently, 5 x per day to regulate blood sugar and energy levels
- Herbal Mix: **Burdock** (depurative indicated for psoriasis & eczema) Yellow Dock (depurative, cholagogue for chronic skin conditions, good spring cleaner), **Nettle** (depurative, nutritive- support whole body, chronic skin conditions, high in iron and vit BCED)

Withania- anti-inflammatory, adaptogen, antioxidant good for inflammatory conditions, exhaustion including related to reduced iron, improve body's response to stress

Question- Calendula internally? Gotu Kola (Anti inflammatory, healing promoter, vulnerary- better external? Dandelion (general tonic, liver support)

STUDENT'S SUMMARY

Dany is trying to manage a chronic, dry and itchy skin condition unsuccessfully. She has tried a number of products topically which have provided little relief. She also has ongoing issues with acne. Dany also has little physical energy and is always tired. She lacks vitality and this is another area that needs attention.

She also has ongoing issues with her menstrual cycle when not on the OCP and I believe this is another area to be investigated. She is interested in coming off the OCP at some point and would need support to manage and improve the Dysmenorrhea and acne she experiences.