



Sana Holistic Health Pty Ltd
ABN: 98 654 598 115

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17th January 2022

Dear Doctor,

RE: DYPMPNA CULLEN (DOB 10.05.1986)

Dympna presented for a Naturopathy appointment seeking support for hormonal health, and gastrointestinal discomfort. She was previously treated for parasites (~2012), however was not tested to validate treatment success.

Dympna experiences occasional sudden sharp or ongoing dull, lower right and left quadrant abdominal pain, belching and flatulence, urgency associated with passing stool (2-3/day), tendency for loose stools with occasional mucous and undigested food particles.

I recommended Dympna have a check-up with her doctor to assess her abdominal pain/gastrointestinal symptoms, and have her nutrient levels assessed for potential nutritional deficiencies from her vegan diet.

If deemed appropriate, the following tests would be useful to guide the health management of Dympna, in addition to any other assessments undertaken.

Test	Reasoning
CRP / ESR	Inflammation and ADHD
Plasma zinc / serum copper / Ceruloplasmin	Vegan diet. Poor digestion, PMS, history of anxiety / depression.
Haematology /Electrolytes/ Iron studies	Vegan diet.
Active B12 /RBC folate	MTFHR, vegan diet
Homocysteine	MTFHR, commonly low in presence of high histamine conditions including SIBO.
Whole blood histamine	MTFHR, gastro-intestinal issues, anxiety/depression, ADHD (neuroinflammatory link).
Vitamin D	Immunity, gastro-intestinal symptoms.
Day 21 oestradiol, progesterone, SHBG, free testosterone	Hormone status, heavy menstrual flow, PMS symptoms.



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Thank you in advance for your consideration and review of Dympna's health concerns. If you have any queries, please do not hesitate to contact me.

Yours sincerely,

Melissa White BHSc.(Naturopathy), BSc.(Marine Biology/Zoology)Hons., Dip. (Metaphysics)