



Case Study #3

Session Notes

CONSULT:

- Chronic inflammation from birth/pre-birth
- eczema and colic as a baby, asthma for 10 yrs; allergic pink eyes @ 15 (on steroids etc.)
- 1st daughter in 2011 w/ chomid for fertility; liposcopy after 1 yr; ovaries fine but endometriosis instead of PCOS (first diagnosed with PCOS without cysts)
- Graves and hyperthyroid
- Meds to regulate thyroid, huge weight gain of 22pds in 3mo, mainly bloating
- Naturopath cut gluten and dairy and weaned off meds because she got so much better

SESSION#1 8.11.2022

2nd kid 3 years old

- cut out a lot gluten, dairy, refined sugars, caffeine 10-14 days ago
- consciously trying from love not fear
- WANTS LIFE-LONG CHANGE

LAST WEEK ONLY SYMPTOMS:

- minor bloating
- major hair loss since last child
- exhaustion; still breastfeeding and co-sleeping
- feels motivated to do small walks
- fatigue
- headache the other day; maybe caffeine related
- eczema on hands and eyes
- shoulder restriction; maybe because of co-sleeping
- no huge fluctuations; on antidepressants and on for 12-18mo.
- used to be on anti-histamines, steroids for eczema
- cycle: conscious of cycle, currently ovulating, lower back discomfort, heavy clotting and periods
- Brain fog
- Most important thing is to cut any foods that don't feel good



SESSION#2 8.30.22

- not good enough
- exhausted at the moment
- grief with parents leaving
- grief with whole life of health
- divine connection with food

SESSION#3 10.5.22

- issues with eye issues
- got to listen to the detox; has done juice cleanses and short term detoxes
- brain fogs and lack of sleep is an issue. Disrupted sleep for last 3 years with nursing and co-sleeping
- going really well with food. it's routine to eat well. loves bone broth. gluten and dairy free
- isn't losing weight but maybe toxic buildup
- adding in exercise feels good
- diagnosed with Raynaud's, triggered by cold
- shower filters
- digestion is going good

- connect again in 4-6 weeks.