



Summary of Findings

Client Name: "Billie"

Intake Date: 1/5/19

Session #: 1

Address: 3377 Honeybee Lane, Santa Cruz, CA 80000

Phone: 408-000-0000 **Email:** billie37@gmail.com

Birthdate: May 17, 1969

Family/Living Situation: Married, lives with spouse and 21 year old daughter/23 year old daughter on weekends and stepchildren occasionally when they come over.

Occupation: Has a passion for fashion and crafty things, not working at the moment.

Physical Demographics: Long and lean, naturally muscular | 5'8 1/2" | 131 lbs

Current Exercise: Depends on the day, usually moderate (3-4 days a week). Uses a pilates reformer for most strength training. Walks anywhere from 1-5 miles/day with dogs.

Health Concerns:

- ◊ Wakes up many days in pain. A "crushed" feeling in spine
- ◊ Has a lot of stress due to physical pain and course of events throughout lifetime
- ◊ An extreme empath which adds stress in daily life
- ◊ Marriage brings added tension
- ◊ Worries about the adverse effects of opiate use and in combination with other medications and overall welfare
- ◊ Depression; an internal moral struggle
- ◊ Has gone down so many avenues of treatment/medication she often feels lost

Health History and Methods of Treatment: Was raised with very little education about how to properly nourish with food. Took it upon herself to learn what she could around the time she was a collegiate athlete in 1988. Since then, she feels as though eats healthy most of the time and made an intense effort to nourish two children while they were being raised.

List of health discoveries/surgeries listed below.

- Spinal issues: age 15 and up. Central canal stenosis in neck.
- Discectomy L5S1 at age 37, discectomy L5S1 at age 44
- Psoriasis at age 9
- Gluten sensitivity

- Psoriatic arthritis age 40
- C4-C7 spinal fusion at age 45 and then a revision age 49
- L5-S1 spinal fusion age 47
- Hashimoto's at age 42
- Melanoma age 20
- Basal cell carcinoma at age 35, 40, 49
- Possible Ankylosing spondylitis (test positive for gene HLAB27)

Has been to many specialists over the years. Has also tried acupuncture which didn't help her. The sun helps calm her psoriasis but is not good for the basal cell carcinoma. Warm water and movement feels good for her spinal pain. Message and physical therapy is temporary.

Family History: Was raised with very little education about how to properly nourish with food. Often no food in the house, her and her sister were left to fend for themselves. Both parents were alcoholics for most of her young adult years.

- Mother died of melanoma in 1997, had psoriasis.
- Father alive but miraculously after having overcome renal cell carcinoma. Has Sjögren's syndrome.
- Sister has ulcerative colitis, otherwise healthy.

Health Hazards:

- ◊ **Stress:** Within relationships, physical pain, and the weight of the world. Easily overwhelmed by situations and people that inflame her pain.
- ◊ **Toxins:** Limits tap water consumption, chooses organic. Makeup and household products not always clean. Pharmaceutical drugs and alcohol. Amalgam fillings. Sensitive to dairy and is allergic to cats and dogs.
- ◊ **Trauma:** Grew up without stable/healthy parents; parents alcoholics and was abandoned often. Home was disruptive. Worries about loved ones when they drink.
- ◊ **Malnutrition:** Nourishment was not consistent growing up and was always hungry. Was born without enamel on baby teeth. Binge ate in college. Surgeries have taxed body.
- ◊ **Addictions:** Uses alcohol and coffee daily. Uses opiates when in extreme pain. Codependent on husband, sugar, worry, and exercise.

Current Diet: Balancing (by macro ratio), Cleansing (calorically)

- ◊ **Calories:** 1469, 405 calories deficient
- ◊ **Protein:** 58.3 grams | 16% | chicken, beef, pork, eggs, nuts, cheese,
- ◊ **Fats:** 54.0 grams | 33% | butter, olive oil, avocado, cheese, processed snack items
- ◊ **Carbohydrates:** 135.5 grams | 37% | leafy greens, veggies, honey, grains/breads, oats
- ◊ **Alcohol:** 30.7 grams | 15% | red wine, vodka, beer each day
- ◊ **Fluids:** 70 oz filtered water; 7 oz herbal occasionally; approximately
- ◊ **Fiber:** 21.1 grams | 84% |

Current Supplements and/or Medications:

- ◊ Gabapentin 200 mg, Baclofen 5 mg, Norco 10 mg (pain)
- ◊ Humira (TNF blocker for arthritis, psoriasis)
- ◊ Estrogen/progesterone (menopause)
- ◊ Cymbalta (nerve pain)
- ◊ Armor thyroid (Hoshimoto's)
- ◊ Hair vitamins, multivitamin, magnesium (muscle cramps)

Assessment Analysis:

Behavioral Assessment:

- ◊ Will often eat meals in a short amount of time (doesn't chew thoroughly) but usually listens to bodily cues following a meal
- ◊ Rarely eats at consistent times and snacks frequently
- ◊ Eats often in front of the T.V. and with alcohol
- ◊ Knows what foods to choose but doesn't sometimes because of pain/energy/emotional state
- ◊ Drinks enough water most days
- ◊ Prepares many of her own meals and loves to nourish others

Overall Assessment:

- ◊ Sources foods mostly from this Earth
- ◊ Drinks plenty of water
- ◊ Diet is high in fiber and carbohydrates (from fruits and leafy greens)
- ◊ Placed as a slow metabolizer based on the "Metabolic Type and Blood Sugar Regulation Questionnaire"
- ◊ Calorically deficient based on 3-day food journal evaluation
- ◊ Low in protein sources

- ◊ Feels guilty when she eats poorly; mood and energy are low
- ◊ Falls asleep easily but does not stay asleep easily due to pain
- ◊ Menstrual cycles were regular growing up and was never on the pill. Medications now for pre-menopause do not seem to be working. Cycle is every 40 days with heaviness.

Summary of Assessment and Goals:

- ◊ 49-year-old woman who experiences fluctuations in energy levels and severity of physical pain/inflammation.
- ◊ Stress, pain, and feelings of unrest constitute much of her day.
- ◊ The above are her primary health hazards, as well as the use of pharmaceutical drugs to manage pain.
- ◊ Deals with the feelings of anxiousness and anger often, otherwise happy.
- ◊ Diet may be lacking in a sufficient amount of protein, vitamins, and omegas.

- ◊ Fatigue may be a result of not consuming enough calorically throughout the day or not properly absorbing nutrients from food due to stress, unrest, and medications.
- ◊ Wants to feel better consistently. “I want to wake up, meditate, have movement, eat healthy, and feel happy. I want to feel less guilt when I am away from my animals and to spend one on one time with my daughters. I want to avoid the foods I know hurt me. To feel the beauty in front of me and to get off opiates” (Billie).
- ◊ Open to playing with habits to create change but wants to go slow as change often sets off stress and pain.

References

“Cronometer: Track Nutrition & Count Calories.” *Cronometer: Track Nutrition & Count Calories*, 5 Jan. 2019, cronometer.com/#trends.