

Date	Jan 21, 2014
Name	Jan's Client
E-mail address	
Section 1: Case Study Health History <p>Here's where you get to tell us about the client whose case you are submitting. Be as detailed as possible. The more details presented, the better the case analysis.</p>	
Gender	Female
Age	53
Height	5' 5"
Weight	183
Occupation	Cosmetologist/Hairdresser
Marital Status	Married
Number of children.	4
Top 3 health concerns (in order of priority with #1 being the highest). Include severity and priority for each.	<ol style="list-style-type: none"> 1. Severe skin rash on hands, arms, feet, legs, and trunk 2. Fatigue, Brain Fog, Toxicity - Candida & Adrenal Symptoms; Currently taking Synthroid for thyroid 3. Rheumatoid Arthritis (under control at this time)
Surgeries, hospitalizations, accidents, major illnesses, and injuries. Include approximate date or age for each.	<p>I'm not sure of my exact age of my surgeries. I will put approximate...</p> <p>After I had my 1st child (age 21) my body messed up. I couldn't ever take birth control after that. After my 2nd child (24) I was diagnosed with hypothyroidism and my system was imbalanced so they my Dr. put me on anti-depressants. I'm not depressed, I just feel weird without the Zoloft.</p> <p>I tried having my eyes read (iridology) at that time and the lady put me on 8 different herbs a day (50 total!!). I did it for a week, got way sick and my heart started racing so I didn't ever dare do anything like that again.</p> <p>In 2002, I went to a Bio-kinetic lady who put me on some stuff, but I didn't follow through. My husband had lung cancer and it was too stressful.</p> <p>I was diagnosed with RA when I was 34. Even though I have the stupid disease, you would never know it, except for what you see in my hands... (I've done hair for 35 years)</p> <p>Last winter, my hands started giving me huge problems, cracking and not healing.</p> <p>Long story short, I found out it was dermatitis from what I do, water, chemicals, gloves, etc. and I got a staph infection in May. They put me on 2 huge rounds of antibiotics. I've always has issues with yeast infections so I have no doubt that yeast is a huge issue. I was also having stomach issues with it.</p> <p>I spent 3 weeks in Thailand in 2008 and ended up with horrible food poisoning. Got really sick after we got home because of sick people</p>

on the plane. In Dec. they did a chest xray and said I had scar tissue from prior pneumonia. I had no clue that I've ever had pneumonia but I think that must have been when it was,(after Thailand) I seem to get lots of viral infections.

Carpal tunnel – both hands -35?
Gull Bladder – 38?
3 foot surgeries from arthritis an bunions – 40 ish
Eyelids, breast lift and some liposuction on butt, thighs & tummy- 43 (Vanity surgery)
Hysterectomy (still have ovaries) 46ish
I had a staph infection in my hand about 13 years ago and was in the hospital for 4 days.
Fell and hit my head pretty hard, needing stitches when I was 42.
I've had shingles 2 times, once on my back, once on my arm

After reading all this....I sound like I'm sickly...and I'm not!

Interventions, to date, to address health concerns? Include treatments, programs, diets, supplements, drugs, surgery or other interventions. Provide information on the effectiveness of these, and the interventions they continue to do.

1. Lansoprazole (Prevacid) 30 mg 1 daily
2. Levothyroxine (Synthroid) 125 mcg 1 daily
3. Leflunomide (Arava for RA) 20 mg 1 daily
4. Sertraline (Zoloft - SSRI) 100 mg 1 daily

Sulfasalazine (Azulfadine - sulfa drug) 500 mg 2 x daily (Just barely started me on this because of 1 flare-up a month with my RA. My RA is under control other than that. I can physically do what I want to do.

5. Cetirizine HCl (Zyrtec antihistamine) 10 mg. OTC- I take these for allergies when needed
6. Fluticasone (Flonase nasal spray) 50 mcg for my horrible sinus. I will tell you that I have abused the Z-pac over the years because of my re-occurring sinus infections. I've been to a sinus specialist and he said my sinuses were fine.
7. Prednisone (for rash) now, 10 mg: 4 for 3 days, 3 for 4 days, 2 for 5 days, 1 for 7 days then stop. I have 9 pills left (1-22-14) This is my second round. Was on a 5 day course at Christmas. 5-4-3-2-1 dosage. Not doing anything for my rash.

Current care - types of practitioners the client is currently consulting for these health issues

Family Doctor

Jan – Nutrition Coach

Section 2: Case History Current Health Habits

Here's where you get to describe the current habits and diet so we can determine any obstacles to healing.

I am a positive and happy person. I try to spend time with my family who I adore. I am very motivated and set and accomplish goals. I am active in my church and pray daily. I am thankful for all that I have...which is a lot.

What habits do they currently have that positively influence health?

I am energetic and like to be busy.

I like to exercise when I feel good and have the energy. I use my treadmill, stationary bike, do Pilates and self made exercise routines. I like to walk and hike. I love working in the yard and being outside and playing with my grandkids. I take care of myself and have great hair and skin....till this rash!! I try to drink a lot of water.

What current habits negatively

My sweet tooth. I LOVE ice cream & desserts. After I eat, I want

<p>influence health?</p>	<p>something sweet. I eat well until night time. A lot of the time I just eat cereal for dinner because I'm tired & nothing else sounds good.</p> <p>I've been addicted to Diet Dr.Pepper and was drinking a 44oz. every day. (Along with water.) I haven't been drinking that for a couple months though.</p> <p>I burn the candle at both ends and I'm always helping someone and giving of myself. I always want to "fix" things. I know that is good to a degree, but I'm worn out...burned out.</p> <p>I worry.</p>
<p>Stress level (on a scale of 1-10) and major stressors:</p>	<p>1-great 10- not so great Finances & work: 10 In '02 my husband had lung cancer. He ended up on disability and the past 12 years has been way stressful. Now, with my health, I worry about not being able to do hair anymore. I can't even afford to take time off to heal. I have obligations. I just barely sold my large salon and built one on my home – which has made things better than they were. I have no retirement,, no savings, so sick leave. My husband is trying to get me to apply for disability. I'm NOT disabled. Very stressful. My health: 10 I need to get better so I can get on with life!!</p>
<p>Current medications and what they are for (to the best of your knowledge).</p>	<p>(see interventions, page 2)</p>
<p>Current nutritional supplements or herbs and purpose (to the best of your knowledge).</p>	<p>Healthy Origins Probiotic 20 Billion CFU's: Just started these last night, 2 at bedtime Vitamin C with Rosehips 500 mg 3 x daily Vitamin D-3 10,000 IU: Just got, haven't started yet NOW Fiber: haven't started smoothies yet</p>
<p>Dietary habits: include frequency of eating allergens - gluten, dairy, eggs, soy, corn, and peanuts, processed foods, snacks, beverages, anything you know about their dietary habits.</p>	<p>(From Jan) Carol had an allergy test that indicated a sensitivity to gluten, eggs, peanuts, and dairy. She has recommitted to following a diet eliminating these 6 allergens for at least 6 weeks - I have given her some recipes for smoothies, green juices, soups, and low-glycemic foods to help her get started.</p> <p>Her sister in law is a nurse, and was one of my students when I did some seminars at the spa for my IRSPT training, and has agreed to help and support Carol with her new diet and lifestyle.</p>
<p>Toxic exposures, now and over the past few years. This includes industrial chemicals, paints, pesticides, molds and chemicals in water.</p>	<p>As a cosmetologist, she is exposed on a daily basis to chemicals. Carol has agreed to take a hiatus from her work to heal - and to only do haircuts in a chemical-free environment.</p>
<p>List any pertinent lab findings. If none, answer N/A</p>	<p>N/A - she is getting her labs faxed over.</p>
<p>List any pertinent physical exam or history findings and any thing else that may be of help in assessing this client. If none, answer N/A</p>	<p>See photos of skin rash. She is using a topical hydro-cortisone cream for the rash - wondering what can be used instead for the itching.</p> <p>Rash: Have had some for the past year but nothing like this. It started in October and exploded at Christmas time when I got sick. My chest has gotten kinda rashy for a long time. My lower legs get rash when I'm in the sun. I know my RA meds cause sun sensitivity.</p> <p>Fatigue: for a long time.</p>

Brain fog: Really bad the past 2 years.

I've been on a diet my whole life, I was a chunky kid. Mostly trying on my own, diet & exercise, but I like carbs and sweets too much. I've tried Weight Watchers, HCG, Visalus, and recently Ximo.

It's almost a blessing that I'm being forced to change my diet. I was hypoglycemic after my second child and over the years could tell when my sugar was off. I had glucose tests and they showed nothing -- but I was high as a kite. I know that sugar is a huge issue with my diet and weight. When I turned 29 I started going to the gym and working out and I got down to 120 lbs. I wasn't eating healthy though. I think that is what triggered my RA. (It's hereditary)

I get frustrated because even though I'm doing what I should, I still can't lose weight!

Case Study Health Habits

Indicate, to the best of your knowledge, how often they engage in the following activities or consume the foods each week.

Exercise	1 time /week
Outdoor time	2 times /week
Time in the sun	2 times /week
Relaxation	5 times or more /week
Meditation	5 times or more /week
Drinking greens	1 time /week
Eating vegetables	5 times or more /week
Drinking alcohol	Never
Consuming caffeine	1 time /week
Consuming soft drinks	1 time /week
Consuming sugar	1 time /week
Eating out	1 time /week
Consuming fast food	1 time /week
Drinking tap water	Never
Drinking purified water	5 times or more /week
Sleeping 8 hours or more	Did in past

Section 3: Upload Additional Documentation