

BMI of 26

# Testa Test Medical History

Mother: Overweight, hypertension, diabetes 72 years old  
Dad: Arthritis, hypertension died with 71 on heart attack

1963 Normal birth, 8 months breastfed

## Timeline of Events

Measles, Chickenpox

1972 Tonsillectomy age 9

Weakened immune system, poor diet, possible food sensitivities, several antibiotic treatments before removal

SAD diet high in sugar, all childhood, changed diet with 30

1979 - 1983 Smoking for 4 years

Digestive issues, bloating, gas, constipation, all her life

Dysbiosis due to antibiotics and SAD diet, liver congestion,

Amalgam fillings during childhood, 8 in total

Bad teeth, high toxic load of mercury, stress on detoxifying organs and immune system, heavy metals=endocrine disruptors

Inflammation of the gum, bleeding for several years

Sign of chronic inflammation and possible infection

GIT: dysbiosis, leaky gut, inflammation, food sensitivities, malabsorption

constant flu's, bronchitis many antibiotic treatments, during childhood and young adolescent

Weakened immune system, further antibiotic treatments, dysbiosis, probability of leaky Gut, chronic inflammation, low glutathione production, congested liver

Liver: congested liver, impaired detoxification pathways, impaired oestrogen pathways, nutrient deficiencies, high toxic load

1980 Birth of first child

Changed diet to an organic vegetarian diet with second partner, diet still very high in fruits and sugar (Agave syrup), contains dairy and gluten

1981- 1986 Birth Control Pill

Hormonal imbalances deficiencies

Chronic inflammation

1985 Separation of partner

Chronic stress over a few months, affects GIT, Hormones and Liver, high cortisol

Adrenal, Thyroid, Sex Hormones out of balance due to chronic severe stress, toxins, diet, GIT problems..

1996 Birth of second child

1998 Miscarriage

Sign of deficiencies, Hormonal imbalances, gut dysbiosis

1998 Root Canal filling

necessary after tooth abscess, chronic inflammation and infection, suppressed immune system

Severe deficiencies due to stress, GIT, diet, toxins, Pill..

1999 Tragic accidental death of sister, she feels guilty of death

Severe Stress affecting whole physical body, suppressing immune system, affecting AOT axis, GIT

Multivitamin, Curcumin, Fish oil

1999- 2000 Adrenal exhaustion (laying in bed), Hypothyroid

Result of severe stress. At this stage all hormonal system suffer, including blood sugar control, dysbiosis and malabsorption, nutritional deficiencies, chronic inflammation, high cortisol, high mercury toxicity, compromised liver detoxification

1999- 2001 Agoraphobia, 2 years of agony and emotional turmoil

Stress response is not working, strong psychological symptoms

Lightheadedness, low blood pressure 115/65, severe gut problems, insomnia, cold hands and feet, afternoon tired, lower back pain, still menstruating

2007 Pneumonia

Another strong sign that the immune system is not coping anymore, more antibiotics!

2009 Breast cancer diagnose, stage 2

Breast cancer diagnose exactly 10 years after death of sister, patient refused chemo and radiation

Reason and will to live, resolving of trauma, self-worth

Depression, mood swings, lack of drive, hides it all behind a smily mask

2010 Mastectomy of right breast

Big painful tumour, patient reluctantly allow surgery

2011 Stage 4 , reoccurrence of cancer on scar tissue

Patient thought her organic diet is enough, didn't change anything else, believes in positive thinking and association of positive people. Lots of pain!