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Client Details	
Name	Peta Weaver
Age	66

Appointment Details	
Appointment Date	24 Jan 2023
Appointment Type	Naturopathic/Nutritional Repeat

## Consultation Overview

Has come in with low eGFR - 53. No leaking of Albumin  
Discussed Pathology - electrolytes, high urate,

BP 139/ 81 pulse 52.  
Weight 78.4, BMI 31.8, Fat 47.4%, Water 40.5%, Muscle 26.8%  
Waist: 95.5, Hips 110cm

Still taking Curcumin Forte, Calcium and Mag, K2  
GIT: Bit of bloating occ. If go out to dinner:  
Bowels: mucous only if eat too much wheat. Daily 1x Type - 1 after fasting day, non-fasting type 3, weekend type 2 - Religious about water 1.5 - 2 L daily 8 - 10 glasses.

Vit c other Day: very crampy straight after.

## Treatment\_

Herbal Formula (Cordyceps 80ml, Pellitory of the Wall 80ml, hawthorn Berries 60ml, Bilberry 80ml, Rhubarb 60ml, Ginger 10: 410ml 8m bd)  
CoQ10: 150mg 2 caps daily with breakfast

## Plan for next consult

Discussed possibility of Complete microbiome testing - as ongoing low grade gut symptoms - could be impacting levels of inflammation and toxicity, and kidney function.  
Review bloods and ultrasound  
Weight management: If plateau - look at G-Tox express / thermophase detox.