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Client Details	
Name	Pattie Jeffers
Age	54

Appointment Details	
Appointment Date	31 Jan 2023
Appointment Type	Naturopathic/Nutritional Repeat

Consultation Overview

Covid before Christmas - never got tested by in contact with someone who had it and had typical symptoms - headache / SOB. No sore throat but feel like being shouting at football match - last 4 weeks since covid. no vomiting
Different to sore throat in the past.
Was feeling same as usual before that - some fatigue - but more since covid
up until 11am 7/10, then crash around 11am - 3pm 3/10 - try to pace self during morning. pick up again about 4 in afternoon
About 1 hr nat daily - sometimes 2, occ 3.
Since COVID: Strand full lap is about 5km, - can do about 2.5km and slow pace. No SOB, just fatigue
Sleep at night: never feels enough 9.30pm - 6.30am - sleep most of that time.

finished herbs beginning of Jan.

Moved recently to Townsville - got rid of a lot of stuff. moved into much smaller house - a bit crowded as moving to larger house.
Move - found crash and burned.
Slowly packed over about 2 months.
Work: not ready, in no way ready. Maybe job in August this yr. 3 days per week. so perfect

Biggest problem: husband - not handling stress well. Family turned on him, had to move. Feel like have to give him a lot of support. Husband busy around the house, maybe some depression. Husband may have had covid - more fatigue than usual.
Husband not understanding of condition. no empathy.
Less stressed since move.
Feeling like have to constantly set boundaries.
Still on the agenda to split up? - but don't feel have then energy
Joint pains: some, varicose vein pain - feels like shoving nail into leg.

A week of chocolate over Christmas. Old gold peppermint. dark chocolate.

GUT: Since back in Townsville - had constipation. Gut been a lot better. no episodes of diarrhoea, no gas, more comfortable. Bowels: 3 x daily, hard to pass, not fully voiding first time.
Haemorrhoid operation 15yo - had a fistula -Sx - pain no fever, local off surgery site - healed well,
Symptoms now: itchy, antibiotics done nothing. Slight swelling, bit of blood occasional
Recommended witch hazel cream.

Reacted to psyllium - reaction similar to reaction to grains - tired, low energy
Rain water: off shed roof - filter if possible, has a first flush -

Feeling mostly positive: have a place to live / potential for good jobs.

Supplements: Thompsons: mag, zinc, ginkgo, Nutritional greens: omega 3, mushroom, B3, Vit E, Vit C, milk thistle

Herbal liquid: Astragalus, Siberian Ginseng, Licorice, Withania
No indigestion.

Treatment_

Horsechestnut complex
PHGG

Plan for next consult

Discuss Organic Acids Test / Complete GI Mapping