

Jayla Douglas

Naturopathy Return Case Record

Date of birth 27 Jan 2008

Practitioner Tiana Quaife

Appointment 3 Apr 2024, 4:00PM

Created 3 Apr 2024, 12:26PM

Last updated 3 Apr 2024, 6:23PM

Return Case Record

Risks update

- ☐ Allergies/Intolerances
- ☐ Pregnancy
- ☐ Lactation
- ☐ Medical Devices

Diagnosed medical conditions update

Medications/supplements update

Skin clinic - not yet.

Stopped exfoliating 2 x.

Jojoba - forgot.

Passiflora incarnata (Passionflower) 1:2 10-20 **20**

Centella asiatica (Gotu Kola) 2:1 15-40 **40**

Scutellaria lateriflora (Skullcap) 1:2 15-30 **40**

Peonia lateriflora (Peony) 1:2 10-30 **30**

Rosemarianus officianalis (Rosemary) 1:2 15-30 **40**

Serenona repens (Saw Palmetto) 1:2 15-30 **40**

Current presentation of main complaint(s)

Has a quarter left of herbs

Chronic cough - mum says "croupy".
throat gets ticklish and keeps coughing.
Comes around this time of year.
Dry irritation in cough.

Acne - haven't noticed much change, reduced a little. Redness and scarring still there.
Pimples have reduced.

Cycle/PMS - got period day after consult. Bled for a week. Normal, cramps.

Anxiety - Hasn't noticed much of a difference.

Eating habits - Had is most days, forgot or wasn't hungry.

Doesnt want to get a protein powder.

Having an egg on toast or brekkie burritos or smoothie for brekkie.

4-5 x

Normally doesn't eat until 10am because shes not hungry or doesnt wake up.

Sleep - Sleeping about 12 hours. Trouble getting to sleep still. Does watch tv before sleep still.

Energy - Off school, holiday mode. Hard to gauge energy.

Systems review

Additional systems to follow up

Diet

Physical Examinations (Biomedical/Holistic)

Follow up notes

Body charts

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Supervisor's name

Tina Taylor ANTA 7117

Date

3 Apr 2024