

Jayla Douglas

Naturopathy Initial Case Record

Date of birth 27 Jan 2008

Practitioner Tiana Quaife

Appointment 19 Mar 2024, 4:00PM

Created 19 Mar 2024, 12:13PM

Last updated 26 Mar 2024, 4:49PM

Initial Case Record

Risks

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

Diagnosed medical conditions

NA

Medications/Supplements

NA

Current presentation of main complaint(s)

Had acne for about a year.
Mix of deep cysts and surface level.
Presents on cheeks mostly, some on jawline. Forehead acne looks like sweat pimples.
No makeup.

Acne started when working at fish and chip store, better for quitting in Jan.

Hasnt been washing face for last month - better for
Rogan and Fields - spotless. Stopped as it made worse, chemicals?
No moisturiser
Correct X from Doterra
Salt and castor oil exfoliant 2 x week
Bentonite clay masks for past month, once a week.
Redness has gone down, scarring is disappearing.

Skin and lazer clinic - prescribed doxycycline, took it for 2 weeks and didn't see any
difference. Stopped taking it.

FHx

M - type II diabetes, double bypass, overweight, glaucoma, cataracts, older sister also has irregular periods, dermatitis

Systems review

Gut - bloating a couple days a week. No reflux. Bowel movements 2-3x day. All type 5 and completely evacuation. Pain "now and then", couple times a week, lower GIT.

Nervous - anxious, overthinking, definitely stressed.

Bed - 10pm, sleeps at 11pm, wake at 7am. Waking tired 4/10 energy.
Tired all the time. Takes a couple of hours to get energy up. 6-7/10 from 10am onwards.
Sleeps through. Takes a while to fall asleep, 30-60 minutes.

Hormones - Last period was in January. Tracks it with P Tracker. Bleed was 7 days (normal) heavy for 4-5/7. Leg cramps and breast pain leading up to period and whilst bleeding. PMS angry and emotional. Normalised when bleed comes.

Last cycle: November, December, January.

Usually regular 5-6 weeks between getting period.

Additional systems to follow up

Exercise - soccer 2 x week

Stress reduction - puzzles, music, arts and crafts

Diet

Breakfast - doesnt usually eat breakfast.

Smoothie every tuesday morn - frozen mango, pineapple, strawberries, chia seeds, water.

Doesnt eat at school - not hungry

3:30 chicken avo sushi roll, chicken avo/ egg lettuce sandwich

Dinner - chicken bagels, veggies and crumbed schnitzel, toasties, pasta, chicken melts.

HIGH CARB.

Dessert - chocolate, icecream sometimes, chips,

Weekends - brekkie burrito 10am

Physical Examinations (Biomedical/Holistic)

Weight (alcohol dosing) - 55kg.

Follow up notes

Body charts

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Supervisor's name

David Casteleijn NHAA 156343

Date