

## Ms Milena Atanassova

## Naturopathy Return Case Record

Practitioner	Tiana Quaife
Appointment	2 Apr 2024, 5:00PM
Created	26 Mar 2024, 5:31PM
Last updated	2 Apr 2024, 6:05PM

### Return Case Record

#### Risks update

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

#### Diagnosed medical conditions update

#### Medications/supplements update

B12 - finished

#### Current presentation of main complaint(s)

Energy - Holidays has helped. Busy holidays.  
Mood - no mood swings. Flat mood. Doesn't feel the "ups".  
Work boundaries - had a week off, sleep ins  
  
Adding nutritional yeast to food when possible.  
  
Flower essences?  
Motto this year "Do less better"

#### Systems review

#### Additional systems to follow up

#### Diet

#### Physical Examinations (Biomedical/Holistic)

#### Follow up notes

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Supervisor's name David Casteleijn NHAA 156343

Date 2 Apr 2024