

Ella Smith

Naturopathy Return Case Record

Date of birth 9 Nov 1999

Practitioner Tiana Quaife

Appointment 8 May 2024, 3:30PM

Created 8 May 2024, 12:18PM

Last updated 8 May 2024, 3:49PM

Return Case Record

Risks update

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

Diagnosed medical conditions update

Medications/supplements update

MH Peonia lateriflora 1:2 30-60 60

MH Vitex Chastus-agnus 1:2 6-30 10

HE Passiflora incarnata 1:2 20-40 40

MH Rosemarianus officinalis 1:2 15-30 30

MH Centella asiatica 2:1 15-40 30

HE Phytolacca americana 1:5 1-5 2

MH Hypericum perforatum 1:2 15-40 40

Orthoplex Green Hydrozyme

Optimal Rx Zinc ACE

Dosage: 2 tablets in the morning, 1 tablet every second night when not taking iron.

WITH FOOD, as they may cause nausea.

Take 2 hours away from iron as they compete for absorption. This will assist with your skin health and improve skin healing.

Iron

Dosage: 2 tablets every second night after gentian and ginger drops. At least 2 hours away from caffeine, calcium, zinc, or legumes.

Lifestyle:

2-3 drops of rosemary essential oil diluted in 50ml of Vitamin E oil applied topically to the scalp can assist with psoriasis flare up. Leave for a few hours or overnight and wash out with shampoo.

Ran out of iron - getting more
Taking zinc

Current presentation of main complaint(s)

Went away for a festival and didnt take herbs, other than that has been consistent.

Acne - smoother skin, in follicular phase. A few surface level breakouts that went away quickly. Healing faster with zinc

Ovulation (should be ovulating) - not feeling low yet (yay) according to app is ovulating today.

Rest of bleed - was okay, cant remember

Hasnt been dry brushing

Systems review

Psoriasis - hasnt used oil, is dry and flaky.

Wears mouth guard for sleep apnea, it moves her jaw.

Woke up in the morning and was feeling dizzy for 2 days last thursday - could be mouth guard, could be estrogen.

Waking foggy brained most days. Never wakes with energy. Wakes feeling hungover.

Takes about 1-2 hours before increasing energy.

Sleep at - 11pm-1am, usually 10-10:30. Waking 10am today, usually 8am.

Fogginess sometimes clears at midday, sometimes stays all day.

Additional systems to follow up

Cough - same, no change

Diet

Eats bread every second day.

Tried gluten free - didnt work for acne

**Physical Examinations
(Biomedical/Holistic)**

Follow up notes

Body charts

OFFICE USE ONLY

Supervisor's name

Date