

Ella Smith

Naturopathy Return Case Record

Date of birth 9 Nov 1999

Practitioner Tiana Quaife

Appointment 9 Apr 2024, 3:00PM

Created 9 Apr 2024, 1:57PM

Last updated 9 Apr 2024, 4:29PM

Return Case Record

Risks update

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

Diagnosed medical conditions update

Medications/supplements update

MH Withania somnifera 2:1 10-30 30

HE Passiflora incarnata 1:2 10-20 30

MH Hypericum perforatum 1:2 15-40 40

MH Rosemarianus officinalis 1:2 15-30 30

MH Centella asiatica 2:1 15-40 40

HE Taraxacum officinale 1:1 20-170 40

Total: 210ml

Doseage: 7.5ml in 5ml water 2 x day. If you forget one dose, please take the full 15ml at the next dose.

Digestive Drops:

MH Gentiana lutea 1:2 5-15 12.5

MH Zingiber officinale 1:2 5-15 12.5

Doseage: 5 drops in 5ml water before all main meals.

NEW: Ferrograd C. Taking for a week every second day mostly after gentian and ginger drops.

Finished herbs this morning.

Current presentation of main complaint(s)

Ferritin low in blood test.

Acne - good right now (in follicular phase)
Noticed it clear up in last couple of days.
Was using rosehip oil. Borage seed was good.
Serum of clear & plenty for skincare. Moogoo face moisturiser.

Has a pimple bump on nose ring after changing it.

Systems review

Ovulation pain - Not yet. Due in a few days.

Bloating and fluid retention PMS - Bleed came 4-5 days late. PMS was agitated, sad. Had fluid retention.

Chronic cough - still constantly clearing throat. Points to bottom of throat/high lungs area.

Started when moved down south when she was 6.

Was told it could be post nasal drip.

Mental health - Not amazing, tired, not bad either. Hating uni.

Additional systems to follow up

psoriasis has come back on the scalp. A week ago.

Thinks maybe went to bed with damp hair.

Diet

Increase fat in diet?? Fish, nuts and seeds, avocado, coconut oil, butter, olive oil.

Tea tree oil for

Physical Examinations (Biomedical/Holistic)

Tongue, nails, BP same

Follow up notes

Body charts

OFFICE USE ONLY

Supervisor's name

Diana Bowman NHAA156346

Date