



Ms Kellie Otes

Standard Consultation Acupuncture

Date of birth	22 Oct 1974	Practitioner	Leah Sidhu
Occupation	Administration	Appointment	1 Nov 2023, 11:00AM
Address	Ms Kellie Otes 54 Walmer Ave Sanctuary Point NSW 2540 Australia	Created	1 Nov 2023, 11:13AM
		Last updated	1 Nov 2023, 6:15PM

Patient progress report	Right plantar fasciitis Mild chest pains Freaked out BP increased Borderline for BP meds 120/90 Family History of BP meds Cholesterol Omega nato - phytoestrogens High energy a few days ago Emotional Sleeping ok Mag will increase to twice daily Salmon once weekly, eggs a few times a week Avocado's
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Diagnosis

Treatment

Treatment plan

- 1. Jia wei xiao san/free and rambling powder (stop when bleeding begins)
- Continue taking 1 tsp+ daily. Addition of long gu/mu li for hypertension in next order. (Order through clinic)
- 2. Reduce Verdant Vitex to 1 daily
When finished Verdant Vitex, switch over to ProgestaLift - Luteal phase support:
- Take 1 capsule daily - to support progesterone levels
(Order through Vital.ly or we stock at clinic)
- 3. His-tease - natural antihistamine with Quercetin and Nigella (Black seed) - Take 1/capsule daily when required
(Order through Vital.ly or we stock at clinic)
- 4. Magnesium Ultra Muscleze Night -
- Take one scoop in water, twice daily - cardio-protective
Switch over to Magplex for convenience or if prefer capsules.
(Order through Vital.ly or we stock at clinic)
- 5. Bergamet -
- Take 1 capsule daily
(Order through Vital.ly)

Omega essential fatty acids - FISH (fish oil if unable to increase into diet) - sardines, white fish - source local snapper/flathead/blackfish - Nowra meat market. Nuts and seeds - flaxseeds, chia seeds, walnuts, avocado, anchovies, soybeans. Fiber. (I've added Ultraclean DHA/EPA onto script in case you need it)

Soy - tofu, nato, miso, edamame beans, etc

Treatment plan

- - Regular monthly acupuncture to help maintain cardio-health
- - Considerations for future curcumin for lipid metabolism
- - COQ10 (along with Omega's and Mg are cardioprotective)

Body Chart