



Ms Kellie Otes

Initial Consultation

Practitioner	Leah Sidhu
Appointment	30 Aug 2023, 10:30AM
Created	28 Aug 2023, 3:12PM
Last updated	31 Aug 2023, 12:00AM

Presenting complaint	<p>Lara Briden's book</p> <p>Tracking the cycle</p> <p>Brown heavy mucous at ovulation</p> <p>Only a few brown globs in last few days</p> <p>Mild headaches just before period and then ovulation</p> <p>Pretty regular with days of cycle</p> <p>5 days late maximum</p> <p>Never ending period in a way due to the globs</p> <p>bleeding for about 4 days</p> <p>Clotting a little bit through period</p> <p>Medium pain</p> <p>Discussed antihistamines</p> <p>BM once daily</p>
Complaint history	
Medical history	
Medication	
Assessment	<p>P full in sp/st</p> <p>cun, chi is deep and weak</p> <p>T red tip, greasy</p>

Treatment

Treatment plan

1. Jia wei xiao san/free and rambling powder (stop when bleeding begins this cycle)

Continue with taking 1 tsp+, twice daily

2. Luteal phase support with Vitex AKA Chaste tree

Take 2/caps AM & 2/caps PM - to support progesterone levels

3. His-tease - natural antihistamine with Quercetin and Nigella (Black seed)

Take 1/capsule daily until next apt

4. Magnesium take one scoop in water, only in the evening

Spring detox:

Leafy greens, herbs (mint and coriander), herbal tea's, decrease sugar/carbs, processed foods, rainbow plate with lots of colours and variety of seasonal produce when possible, veg juices, palm sized portions of protein.

hydration, skin brushing, movement, mindfulness

Read through Lara Briden's book again for inspiration

We will let you know when the herbs/supplements are ready for pick up.

Leah

Red Orchid Wellness Clinic

Treatment plan

Effectuated diagram