



Ms Kellie Otes

Standard Consultation Acupuncture

Date of birth	22 Oct 1974	Practitioner	Leah Sidhu
Occupation	Administration	Appointment	4 Feb 2025, 10:00AM
Address	Ms Kellie Otes 54 Walmer Ave Sanctuary Point NSW 2540 Australia	Created	4 Feb 2025, 10:19AM
		Last updated	27 Feb 2025, 2:56PM

Patient progress report	<p>Bleeding - every second bleed (irregular)</p> <p>Nauseous</p> <p>High level of histamines</p> <p>Homrones that produce histamines causing nausea</p> <p>Claryntine/Telfast once every 3-4 days</p> <p>Itchiness in the vagina</p> <p>Seabuckthorn oil - stopped using then it increased again</p> <p>Itchiness linked with the high histamines</p> <p>5 periods btw November 13th January</p> <p>25th Dec vomitting from high nausea</p> <p>27th Dec stopped herbs</p> <p>Histease +B6</p> <p>Blood stagagation</p> <p>BP management</p> <p>Qi deficiency</p> <p>1. Bu zhong yi qi tang, Qi and immune - Lifting the middle formula</p> <p>2. Jia wei xiao yao san - Buplerum and peony formula 39g of each pkt (1week supply)</p> <p>3. Histease</p>
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4. B6 chemist

Hi Kellie,

Lovely to see you today.

B6 doesn't come in a formula with Nigella seed and Quercetin.

B6 along with Vitamin C may help to lower the histamine levels. I would recommend getting the Blackmores B6 from the chemist and take the recommended dosage. It will likely say on the label for PMS/morning sickness, but don't worry about that :)

B6 may also help with the nausea you're experiencing with the hormonal changes. Fingers crossed!

Confirming I'll dispense 78g of herbs, in 2 different pkts (1 to take in the morning and 1 at night), Histease - 2 capsules daily and Medicinal mushroom complex 1tsp daily.

I'll let you know when your package is ready for pick -up!

Leah x

Assessment

Diagnosis

Treatment

Body Chart