



Client Name: James Dawson

DOB: 22/3/1979

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Presenting Symptoms

What brings you here today? What symptoms or health concerns are you currently experiencing?

Sleeping and fatigue. Coping strategies. Lethargy. ADHD.

In tears. Every day in January complete overwhelm.

Heavy brain fog in morning. Muddy brain then 3pm or 4pm crash.

Booze and weed gummies helps.

Off the drink for 3 nights.

People pleasing, complete burnout.

When did these symptoms start? Does anything make it better or worse?

Ongoing for 4 years. Since COVID.

Have you sought help for this with anyone else? What treatment or medications have you tried and what results did you get?

History

Have you been diagnosed with any medical conditions? Have you had any illnesses, operations, accidents, or trauma? (Including during childhood)

Always struggled with anxiety. Waking with anxiety.

Medications & supplements from the intake form? (Make sure you have brand, dose and frequency information)
Vyvanse 70mg/day. Lasted for 6 hours. Then crash. Having 2 every 2 hours. 110mg per day.

Fastidious with meds.

CPTSD. Counsellor once every month

Off meds 3 weeks ago.

4 dexy throughout the day.

Vitamin make him feel nauseous.

Check for contraceptive pill or an IUD? If yes, which one?

Have you taken antibiotics in the last year or so? If yes, what for and how much?

Family History

Any significant health conditions or diseases that run in your family?

Mothers side

T2DM

Fathers side

Renal Cancer died at 62

Siblings

Lifestyle Analysis

What is your typical daily routine like?

Do you have any allergies or intolerances?

Itchy grass.

Hate the heat - histamine.

Have you ever smoked? Do you smoke now? *Y/N, if yes, how many per day?*

3/4 pack per day.

How many serves of alcohol do you usually drink each week?

6 -8 per day.

Do you take any recreational drugs? Have you ever taken them?

Energy levels between 1 and 10 (1 being no energy, 10 being very high energy)

3

When do you feel most energized and when do you feel tired?

9pm at night.

Wired but Tired.

How are your stress levels? between 1 and 10 (1 being no stress, 10 being major stress)

What are the main causes of stress for you?

Family, work. Constant.

Do you react to loud noises?

How many hours do you sleep each night? Do you have trouble getting to sleep?

Has a good sleep time routine. Sleepy time tea.

Do you wake in the night, why? what time? Can you go back to sleep? Are you aware if you snore or have breathing problems during sleep?

Sleep onset around 1am. Sometimes wake for wee.

Do you wake up feeling refreshed? Do you remember your dreams?

Nope. No dreaming. Low serotonin.

Do you exercise regularly? What type and frequency? What type of exercise do you enjoy?

NO.

Nutritional Analysis

Let's move on to discussing your diet and eating habits

On rising:

Dandelion Tea.

Breakfast:

Toast or muffins. Fruit. Strawberries. Protein shake. High protein yoghurt.

Morning Snacks:

Almond roll. Fruit.

Lunch:

Sandwich w ham salad. Bah Mi Roll. Frozen meals. Kor - balanced.

Afternoon snacks:

Protein Bar, west. Apple. Occasionally lollies.

Dinner:

Meat & Veg. Salmon occasionally

NO fish.

Fish Oil???

Desserts or evening snacks:

Chocolate.

Any other comments about your diet/eating habits?

Drinks, how many cups of coffee, tea, water, other do you drink each day?

4L of water day. Ginger beer, Sparkling water. Tea Coffee in afternoon. 2 cups.

Is it different on the weekend?

How often do you eat out?

What do you choose?

Do you cook from mostly fresh ingredients from scratch, or do you get premade, tins, or packets?

What happens if you skip a meal?

Irritable. But mask it. Then explode. LIVER

Do you eat differently when stressed, any emotional eating?

Do you have any cravings?

Fruit. Sugar. - CANDIDA?

Systems Review

Gastrointestinal

How is your digestion? Any issues such as indigestion, burping, bloating or gas? Abdominal pain, cramping or bloating? Itchy bottom?

Decent bowel movement. 2 x day. Better than last appointment.

Sparkling water & beer bloated. Starchy carbs.

Cauliflower - uncomfortable. Farts.

Salads, bloating.

Spinach could bloat.

Tired after eating - more at lunch time.

Don't have a lot of dairy. Don't eat much cheese.

Hangover breakfast feels yucky - gall bladder? Fatty foods? Enzymes?

Tired

Cardiovascular

Any heart issues, chest pain, palpitations? Do you have cold hands or feet? Any varicose veins or DVTs? How is your cholesterol and blood pressure? Swelling of feet? Blue lips?

Bloated face. Liver!!

Muscular Skeletal

Do you get cramps, joint pain, back pain, stiffness, numbness or tingling, Do you have restless legs?

Posterior chain hamstring pain. ACHE. Wake up tight. Upper back. Inbetween shoulder blades.

Skin/Hair

Any issues with acne, eczema, psoriasis, or warts. Thinning hair, falling out?

Always been prone to skin stuff. Roacutane as a kid. VIT A. 2

2 boils. For 10years Abdomen, 2 either side. Gets boils near pant line. Exact same spot. Has to drain them. Has creme for them. ZINC?? VIT A. 2 weeks ago. Went with application of creme. SUPIROCIM - Abx.

Mood

Do you feel teary or sad? Do you get anxious or depressed. Do you feel motivated and able to get things done?

Lower side. Still somewhat motivated to get stuff done.

Respiratory System

Do you get any headaches, migraines, dizziness, or vertigo?

Headaches - low grade. 3rd eye region. Starts off. As gets tired and stressed gets worse. Panadol.

Just recently. Liver.

GLUTATHION?? BINDER??

How many colds or flu per year and how long to recover?

Always get anything that comes along. IMMUNE LOWERED.

Do you suffer from swollen glands, hay fever, sinus issues, postnasal drips, or nose bleeds?

Sinus issues. Congestion. Yes constant. Blocked.

Do you have a cough? *How long, colour of sputum, time of day and do you have SOB?*
Coughing.

Urinary System

Do you have any bladder issues? Cystitis/UTIs or incontinence, pain on urination or frequency or urgency?

Difficult to get a good Stream. 1 per night.

Eyes

Do you wear glasses, contacts, do you get any black spots, can your eyes adjust to light in the dark? Any conjunctivitis or infections?

Glasses.

Ears

Any hearing issues, do you have wax build up or infections?

Tinnitus worse in left ear. Comes on when tired. Acute hearing loss in both ears. Little bit achy.

Female Reproductive System	Male Reproductive System
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<p>How is your cycle? Details on periods, app for tracking? Length, heaviness, clotting</p> <p>Period. Monthly. Normal Bleed. 3 days.</p>	<p>Any UTIs, lymph or gland swelling, hernia</p>
<p>Any breast tenderness, swelling or lumps prior to menstruation? Do you feel irritable, depressed, angry, have headaches or cravings?</p> <p>Teary beforehand. And frustrated. Night sweats. Dripping. Bad cravings before.</p>	<p>Any issues with impotence or infertility?</p>
<p>Do you notice discharges? Have you had thrush?</p>	<p>Do you have a strong, constant urine flow or does it stop and start?</p>
<p>Is your pap smear up to date, any issues?</p>	<p>Have you had your PSA checked recently?</p>

Iridology

	<p>Key findings</p> <p>-</p>
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In Clinic Testing

Body Composition - Is your weight stable or has it changes recently? What weight are you happy with?

Height: _____ cm Age: _____ years

	Initial	Appt 1	Appt 2	Appt 3	Appt 4	Appt 5
Date						

Weight						
Fat%						
Muscle kg						
BMI						
Visceral fat						
Metabolism						
Water						
Bone kg						

Testing	Initial	Appt 1	Appt 2	Appt 3	Appt 4	Appt 5
pH						
BP						
Pulse						
Nails						
Tongue	Cracks bit craters at front mid. Very pale. A little green toward.					

What are your health goals and what would you like to achieve through naturopathic treatment?

Refer back to intake form and confirm goals.

HEADACHES!! LIVER, Nervous system.

Digestive Enzymes.

NAC??

Blackmore Fish Oil - 1 per day.

Magnesium/minerals.

Probiotic

B complex.

PreDop??

Box breathing

Small goals.

HERBS 220ml

Bacopa - 50

Skullcap - 20

Codonopsis 30

Baical Skullcap - 40

Rhodiola - 40

Echinacea - 40

LIVER 110ml

St Marys - 60

Globe - 20

Rosemary - 30

Consider for next appt:

NAC

Detox

Gut health??

Lungs