

Bev Buttenshaw

DOB28 Mar 1957

Appointments

Date	Time	Type	Practitioner
20 Feb 2025	9:00AM – 9:40AM	Acute Naturopathic TELEHEALTH (15 mins)	Nicole Chester
12 Dec 2024	10:30AM – 11:10AM	Acute Naturopathic TELEHEALTH (15 mins)	Nicole Chester
15 Oct 2024	1:30PM – 2:15PM	Acute Naturopathic TELEHEALTH (15 mins)	Nicole Chester
24 Sep 2024	2:15PM – 3:00PM	Acute Naturopathic TELEHEALTH (15 mins)	Nicole Chester
12 Sep 2024	9:15AM – 10:00AM	Acute Naturopathic TELEHEALTH (15 mins)	Nicole Chester
2 Jan 2024	12:00PM – 12:45PM	Acute Naturopathic (15 mins)	Nicole Chester
12 Sep 2023	12:00PM – 1:00PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
19 Jul 2023	2:00PM – 3:00PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
19 Apr 2023	1:00PM – 1:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
3 Aug 2022	1:00PM – 1:30PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
11 May 2022	1:00PM – 1:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
16 Mar 2022	3:30PM – 4:15PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
8 Dec 2021	2:00PM – 2:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
7 Jul 2021	1:45PM – 2:30PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
3 Jun 2021	9:30AM – 10:15AM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
6 May 2021	9:30AM – 10:30AM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
14 Apr 2021	3:00PM – 4:30PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 20 Feb 2025, 9:00AM

Created: 20 Feb 2025, 9:18AM

Last updated: 20 Feb 2025, 11:07AM

NDRV

PROGRESS

I came down with a virus or cold again- dry throat, no real mucus, body and headaches, drowsy, sleeping alot.

been very depressed. not really getting much sun

thirsty alot, need to increase water

Pathology

none

Medication - Supplements

still on anti-depressants.

Current Diet - Fluid Intake

Sleep - Vitality

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

treat current acute virus

Look at ongoing low-grade ant-viral support, and protocols for chronic fatigue

Pathology Requested

Rx - PROTOCOL

Herbal 300ml

Siberian Ginseng 60

Andrographis 60

Echinacea 60

thyme 40

Mushroom forte 80

5mls 4 daily

\$85

DIET - LIFESTYLE PLAN

sunshine daily

more water, start the day with two glasses

Record - Complete

☐ Diet & Symptoms

☐ Basal Body Temperature

☐ Blood Presuure

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☐ HAQ

☐ Mood Appraisal

Review - Next Visit

2 weeks - plan for chronic fatigue

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 12 Dec 2024, 10:30AM

Created: 12 Dec 2024, 10:28AM

Last updated: 23 Dec 2024, 1:44PM

NDRV

PROGRESS

need some more herbs

continue support physical health, immune system

last herbal worked well

still tired, fatigue though at times

ran out last week

Pathology

Medication - Supplements

Current Diet - Fluid Intake

Sleep - Vitality

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

Pathology Requested

Rx - PROTOCOL

Herbal 540ml

Mushroom Forte 180

Pomegranate 80

Ginkgo biloba 80

Siberian Ginseng 100

Licorice 80

Ginger 20

7.5mls bd

\$133 less 15%

Mag taur Xcell - 1 scoop	
BIO D3 + K2-1 od	
Zinc Picolinate 0 1 scoop od	
DIET - LIFESTYLE PLAN	
Record - Complete	
<input type="checkbox"/> Blood Glucose	<input type="checkbox"/> PH
<input type="checkbox"/> Symptothermal Charting	<input type="checkbox"/> Diet & Symptoms
<input type="checkbox"/> HAQ	<input type="checkbox"/> Basal Body Temperature
<input type="checkbox"/> Mood Appraisal	<input type="checkbox"/> Blood Presuure
Review - Next Visit	as needed

Herbal/Supplement repeat	
Practitioner: Nicole Chester	
Created: 22 Oct 2024, 12:12PM	
Last updated: 23 Oct 2024, 2:29PM	
Herbal/Supplement	bloods all ok including iron, ferritin, blood glucose
	Vitamin D 55, b12 dropped in a year, but activ B12 still 112
	Herbal 500ml
	Mushroom Forte 170
	Pomegranate 80
	Ginkgo biloba 80
	Withania 80
	Licorice 70
	Ginger 20
	7.5mls bd
	\$133
	Mag taur Xcell - 1 scoop
	BIO D3 + K2
	Zinc Picolinate

Follow Up Consultation	
Practitioner: Nicole Chester	
Appointment: 15 Oct 2024, 1:30PM	
Created: 15 Oct 2024, 1:35PM	
Last updated: 16 Oct 2024, 3:52PM	
NDRV	
PROGRESS	still feel like have the virus, sleepy, sleeping all night, off and on of course, dry and thirsty like always, but my thirst is alot worse. Thirsty all the time.

slept all day yesterday, was physically tired, and got up.
could do a walk either. haven't got the energy to walk even.

not really breathless

all mucus, and cough is gone. chest feels hard to breathe a little at times.

i was doing well before I got that virus.

no fevers, sleeping more, deep sleep. The body is trying to heal.

thirsty, and waking me all the time with thirst

Pathology	none recent, will ask GP
Medication - Supplements	finished herbs still taking zinc etc
Current Diet - Fluid Intake	
Sleep - Vitality	sleeping alot
Exercise - Relax	had no energy to walk
Signs - Markers	
FINDINGS - ASSESSMENT	Dehydration feel is an issue. need to rule out diabetes. could be cells struggling to absorb fluid efficiently after viral load and chest infection contonue immune support. blood work needed.
Pathology Requested	Full bloods to include liver enzymes, thyroid, electrolytes, kidney markers, Hba1c, fasting Blood glucose, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc
Rx - PROTOCOL	continue what have until bloods add some hydralyte/electrolytes in the meantime
DIET - LIFESTYLE PLAN	
Record - Complete	<div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Mood Appraisal</div> <div><input type="checkbox"/> Blood Presuure</div>
Review - Next Visit	

post blood work

add back magtaur?

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 24 Sep 2024, 2:15PM

Created: 24 Sep 2024, 2:16PM

Last updated: 24 Sep 2024, 4:14PM

NDRV

PROGRESS

herbs were wonderful. felt so good taking it. felt better on first day

got rid of mucus, the chest was so sore before

still feel like little tired. slight temperature most of the time, night comes, on, headaches, nasally, sweats, better each day, every night getting less and less. Mucus is still there, with membrane bits and yuk taste to it. It is slightly greeny and has more substance, got rid of cups and cups of mucus,

I'm way better, back to walking again.

energy needs support

this time of day starting feeling hot

appetite has come back today

Pathology

None

Medication - Supplements

finished last herbal

Current Diet - Fluid Intake

Sleep - Vitality

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

great progress. mostly cleared repeat herbs to ensure no bacteria forming, lungs completely clear, support immune

Pathology Requested

Herb Bar | Created 20 Mar 2025, 9:03AM

6 of 34

Rx - PROTOCOL	Herbal 310mls
	Siberian Ginseng 60
	Andrographis 40
	Echinacea 50
	Mullein 60
	Thyme 50
	Licorice 40
	Ginger 10
	5mls 4-5 x daily
	\$82
	continue zinc picolinate - 1 scoop daily

DIET - LIFESTYLE PLAN	lots of sunshine
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Record - Complete	<input type="checkbox"/> Diet & Symptoms	<input type="checkbox"/> Basal Body Temperature	<input type="checkbox"/> Blood Presuure	
<input type="checkbox"/> Blood Glucose	<input type="checkbox"/> PH	<input type="checkbox"/> Symptothermal Charting	<input type="checkbox"/> HAQ	<input type="checkbox"/> Mood Appraisal

Review - Next Visit	post herbal
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Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 12 Sep 2024, 9:15AM

Created: 12 Sep 2024, 9:16AM

Last updated: 14 Sep 2024, 7:18AM

NDRV

PROGRESS	<p>cold bad, cold,</p> <p>was going well, exercising again., I moved again, as you know, so was stressful for a while</p> <p>always wanted to get to the gym. started on the program.</p> <p>started taking, cider vinegar, and salt.</p> <p>maybe had a temperature few days.</p> <p>had for 9 days now, still feeling, gone to chest</p> <p>get asthma, dry sore throat,</p> <p>aching all over was, couldn't stop expelling</p> <p>cough.</p> <p>usually have my antiviral herbs here, but none are left</p>
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even my depression has improved, and where I'm living is helping, I know it is as secure as I'll ever get. as friends own this place

currently taking vitamin B3,
zinc picolinate

Pathology

Medication - Supplements

Current Diet - Fluid Intake

trying to eat well,

craving oranges

Sleep - Vitality

not good atm, coughing

Exercise - Relax

walking and going to the gym

Signs - Markers

FINDINGS - ASSESSMENT

support immune, feel core immune nutrients all low

zinc, D, C

Pathology Requested

Rx - PROTOCOL

Andrographis 30
Echinacea 40
Mullein 60
Thyme 40
Licorice 30
Ginger 10

5mls 5 x daily
\$54

zinc picolinate - 1 scoop daily

DIET - LIFESTYLE PLAN

loads of sunshine!

pinch of sea salt

eat raw capsicum, oranges and berries.

Record - Complete

☐ Blood Glucose ☐ PH ☐ Symptothermal Charting ☐ Diet & Symptoms ☐ Basal Body Temperature ☐ Blood Presuure ☐ HAQ ☐ Mood Appraisal

Review - Next Visit	follow up with immune/body tonic
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Follow Up Consultation		
<p>Practitioner: Nicole Chester</p> <p>Appointment: 2 Jan 2024, 12:00PM</p> <p>Created: 2 Jan 2024, 11:55AM</p> <p>Last updated: 5 Jan 2024, 6:58AM</p>		
NDRV		
PROGRESS	<p>I've had to move again, so been pretty tired.</p> <p>feel i have something like a virus, tired, dull headache.</p> <p>just hanging around, really tired all the time. sleeping through the day.</p> <p>since i moved. feel mentally tired and physically.</p> <p>mental fatigue, but physically especially especially.</p> <p>sneezing here and there, and a bit of sore throat. no itching</p> <p>haven't had the mucus in the lungs for ages, and that's been really good</p> <p>Dr gave me a puffer. orange preventative. which seems to be working</p> <p>trying to eat well in between all this. few ups and downs.</p> <p>but not eating badly.</p> <p>Just want something for the virus to see if it lifts.</p> <p>Haven't been having lemon in water as can't get organic ones. use too many poisons on them.</p>	
Pathology	had blood work done, DR said everything is good	
Medication - Supplements	still on antidepressants.	and now the preventive inhaler
Current Diet - Fluid Intake	good	
Sleep - Vitality	sleep has been ok, need the melatonin	
	vitality poor	
Exercise - Relax		

Signs - Markers	
FINDINGS - ASSESSMENT	feel more reactivation of retroviruses, as opposed to something acute. run down with stress of having to move again.
Pathology Requested	send through recent bloods
Rx - PROTOCOL	Herbal 520mls Andrographis 80 Astragalus 100 Echinacea 90 Propolis 80 Licorice 50 Withania 70 Aniseed 50 7.5mls bd \$131 (take an extra dose for 5 days then back to bd) To post with melatonin (no freight as paid extra last time)
DIET - LIFESTYLE PLAN	continue on clean eating with protein
Record - Complete	<div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Pressure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	as needed. look at bloods next visit

Research Notes	
<p>Practitioner: Nicole Chester Appointment: 12 Sep 2023, 12:00PM Created: 17 Sep 2023, 4:35PM Last updated: 17 Sep 2023, 4:38PM</p>	
Notes	
Notes/Q for further Ix/assessment	<p>Morning Nicole</p> <p>Thanks so much for your concern . I think the prolapse does affect my bowel but have been trying to work out why my bowels work properly sometimes and not other times even though I have had the pessary for years now . Not sure about what an estrogen based pessary is but my prolapse is a stage 3 and so exercises do not make any difference . I can get it to go up with the exercises but it doesn't stay there and will drop down and out of the vagina without the pessary to hold it up . Have a feeling that there might be something else going on as I have had blood on the pessary and pain after putting it in now .</p>

Sent from my iPhone

Morning

Want you to keep the extra money as you paid for postage last time . Also I have self diagnosed myself with ADHD and hence why I have the appt with the Phychiatrist next month .

Again I feel that I have had this for years but have been just struggling to cope with life and have not had the money to see a Phychiatrist either . I am on Cipramil for the Depression .

2 x 20mg daily . That is the most I can have .

And I also have OCD and seeing a phycologist who specialises in that now as well .

So just trying to work through it all now that I have the circumstances to focus on me .

Also took notice last night of what was happening .

Tried to stay awake but since I had been awake since 2-30 the night before I struggled .

So actually went to sleep at 9 and woke at 12 and went back to sleep till 3 then went to the toilet and went back to sleep till 5 .

I know that it was not my mind as I was not worried as I have been the last few nights .

So I think it is the mucus that is the problem. It gradually builds up over the night

because I am lying down . I could feel it at 3 and then at 5 , I had to get up to spit it all

out . However it is nothing like it was so as I said I am not sure if it is the herbs or the

weather . The puffer does help me to sleep better but would really like to work on the

cause rather than treat the symptom if I can.

Sent from my iPhone

From: Bev Buttenshaw <bevbuttenshaw@gmail.com>

Date: Tuesday, 12 September 2023 at 4:13 pm

To: Nicole Chester <nicole@herbbar.com.au>

Subject: Re: Naturopathic Treatment Plan

Thank you Nicole

I'm not expecting miracles as I find it so hard to have a routine . My mind is all over the place usually and at the moment I am struggling with my OCD as well . So there are not just physical issues but mental issues as well. At the moment I can afford the herbs and so I am just hoping for some improvement as I realize that given my state of mind and lack of motivation it will be a slower process than normal . Think the chart might help too as I definitely think I am feeling better overall but hard for me to remember what happened when . ☹️

Sent from my iPhone

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 12 Sep 2023, 12:00PM
Created: 12 Sep 2023, 11:59AM
Last updated: 17 Sep 2023, 4:27PM

NDRV

PROGRESS

just wanted to touch base

i finished the herbs at the end of last week

i think I'm feeling a bit better, its hard to tell sometimes

been pretty on track, but do struggle to stay on track with my self-diagnosed ADHD

anxiety is quite bad - if I have to go anywhere, i get anxious

do deep breathing - trying to do that, breathing out in particular.

My mucus is a lot better, not sure if the weather, or the herbs, are a lot better than were, it does still wake me.

getting 5 hours then wake up. diagnosed with sleep apnoea, or mucus wakes me up. after 5 hours

still waking even after the melatonin, going to bed at 7.30 pm, staying up later but asleep by 8.30 but still waking

bowels playing up still

doesn't help with eating, as still has no appetite. I'm eating but can't eat alot, not interested in eating force myself to eat

the muesli helps my bowel, vege and meat

took pessary out as it wasn't helping proa[pse anyway

melatonin was helping but doesn't seem to help now, still wake with mucus

cut down on alcohol and sugar

No coffee and biscuit first thing in morning now

Pathology

Medication - Supplements

trying to be consistent

still on Cipramil 20mg bd

Current Diet - Fluid Intake

no appetite, but still have egg on toast, meat and vege, muesli, there a great health food store in Canungra, so get things from there

Sleep - Vitality	sleep poor, although go to bed early and wake at 2.30am with Mucus
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>difficult to stay focused on track feel signs of memory loss and poor focus and cognition affecting compliance.</p> <p>need to support sleep quality and expectorants to expel mucus prior to bed</p> <p>try supporting more dopamine* and acetylcholine* for focus and HPA axis, reduce oxidative stress, brain nootropics, digestive herbs, , and stress. sleep quality**anxiety*</p>
Pathology Requested	
Rx - PROTOCOL	<p>herbal 540mls</p> <p>Licorice 60</p> <p>Rhodiola 80</p> <p>Bacopa 100</p> <p>Iberis 70</p> <p>Schisandra 90</p> <p>Mullein 80</p> <p>Euphorbia 40</p> <p>Ginger 20</p> <p>7.5mls bd</p> <p>\$137 --> \$130</p> <p>Herbal 210mls</p> <p>anxiety/sleep</p> <p>Passionflower 50</p> <p>Magnolia 50</p> <p>Zizyphus 60</p> <p>Withania 30</p> <p>lavender 20</p> <p>5mls bd + 10mls before bed</p> <p>\$59</p> <p>Mag taur xcell 3/4 scoop mane</p> <p>Vit C 1/2 tsp</p> <p>Zinc picolinate - 1 after dinner</p> <p>melatonin - 1-2 nocte</p>
DIET - LIFESTYLE PLAN	<p>try to eat small regular meals always with protein</p> <p>sunshine, yoga, walking for endorphins</p>

Record - Complete	<input type="checkbox"/> Diet & Symptoms	<input type="checkbox"/> Basal Body Temperature	<input type="checkbox"/> Blood Pressure	
<input type="checkbox"/> Blood Glucose	<input type="checkbox"/> PH	<input type="checkbox"/> Symptothermal Charting	<input type="checkbox"/> HAQ	<input type="checkbox"/> Mood Appraisal

Review - Next Visit	add more support for mucus production
	SAME? tyrosine/neuromood?
	golden seal - lung trophorestorative (short term - breaks down acetylcholine

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 19 Jul 2023, 2:00PM
Created: 19 Jul 2023, 2:04PM
Last updated: 20 Jul 2023, 11:00AM

NDRV

PROGRESS

since the last time, had time to figure of a lot if things out, and brushed a lot under the carpet for years.

the anxiety is so bad, only realise just how anxious I've been my whole life

crave sugar and coffee in the mornings. eat a biscuit and up to 4 cups of instant coffee. during the day have slumps, and feel like sugar

working on my anxiety with sitting in the sun at the time I wake up, I'm so exhausted.

terrible sleep! atm

been diagnosed with asthma, to do with cold, the colder the more mucus, I produce. Yesterday at home, producing mucus, can't sleep because of it.

take a preventer which helps, the chest gets tight, get puffed and harder to breathe. puffer definitely works, mucus is clear colour, fluffy in texture, hard lumps like rolled up bits of skin, 'pieces of mucus'. like out of your nose but clumpy bit in it.

Trying to drink as much as water. 500mls do 2 a day. but cant manage any more than that.

on the last protocol you mentioned 6 small meals days, which now makes sense to me. trying not to have no sweets at all, and filling up on cheese and peanut butter. using bread to substitute the sweet, but will try to minimise this too in time.

I'm stressing all day long and getting the anxiety

seeing a psychiatrist as well.

finished herbs a few weeks ago. still have some Mag taur and melatonin

been examining all of this and really think I have adrenal problems with all this anxiety.

bit of trouble with my bowels again, so not sure what has changed -- prolapse. not going properly all the time, stool can be narrow at times and just not complete

Pathology	none
Medication - Supplements	still just finishing magnesium and melatonin.
Current Diet - Fluid Intake	have cut down coffee, cutting strength and no sweet. so having tea a day as alternative.
Sleep - Vitality	Sleep is terrible, waking alot. then coughing up mucus too.
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	Sugar and high coffee intake further strip the adrenals Feel Bev is in stage 2-3 adrenal fatigue still needing ongoing methylation support. With long history of anxiety wouldn't rule out pyrroles. support with magnesium, activated B's and zinc reduce sugar cravings
Pathology Requested	fasting blood glucose would be helpful
Rx - PROTOCOL	herbal 520mls Rehmannia 60 liquorice 70 Withania 70 Schisandra 90 mullein 90 euphorbia 40 elecampane 80 Ginger 20 7.5mls bd start with 3 x daily for the first 5 days

	\$116
	mag taur xcell 3/4 scoop mane zinc picolinate - 1 after dinner resist X sample size - 1 bd melatonin - 1-2 nocte
DIET - LIFESTYLE PLAN	sun exposure daily, middle of day, expose skin for vitamin D and mood elevation, reduce anxiety regular eating with protein and good fats no naked carbs continue to reduce coffee and sweets
Record - Complete	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	continue herbs for 3 months minimum, always support stress response and methylation

Follow Up Consultation	
Practitioner: Nicole Chester Appointment: 19 Apr 2023, 1:00PM Created: 19 Apr 2023, 1:03PM Last updated: 20 Apr 2023, 7:33AM	
NDRV	
PROGRESS	need some more mag taur xcell herbs for stress and anxiety, priority, have had mental fatigue, mood - still have depression, OCD, anxiety, got a lot of that stuff going on. overall better than i have been over the years. have organic apple cider and lemon juice and a little cream of tartar - seems to be helping bowel. have to eat first, have this drink morning tea taking cod liver oil - getting vitamin D. finishing anti-viral virus medicine mental clarity - not too bad, struggle to focus at times, could do with more clarity My son died, so have been in Canberra with son. had cancer, and nothing else they could do for him

been caring for mother too, she's in Tweed, and had to move out at Cunungra, as couldn't afford rental prices, its a block with multiple dwellings, so there is people around. but so far out

working one day a week still

need to get my routine back, otherwise, everything goes out of wack

Pathology	bloods recently Dr said all good, normal everything, nothing lacking
Medication - Supplements	Cipramil still
Current Diet - Fluid Intake	just have two meals a day, cant eat any more than that
Sleep - Vitality	sleep not great, melatonin helps a lot,
Exercise - Relax	walking sometimes, although been out of routine with move, and all stress
Signs - Markers	seems a bit flat
FINDINGS - ASSESSMENT	add support to for stress adaption, anxiety, and cognitive function, mood magnesium, activated B;s still have SAME, try having one a day for mood
Pathology Requested	
Rx - PROTOCOL	herbal 520mls Withania 70 Magnolia 80 Ginkgo biloba 70 Rosemary 60 Siberian ginseng 80 Schisnadra 100 Gentian 40 Ginger 20 7.5mls bd before meals \$125 --> \$120 SAME- 1 mane mag taur Xcell - 1 scoop melatonin - 1 nocte
DIET - LIFESTYLE PLAN	continue good clean eating
Record - Complete	<div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>

Review - Next Visit	as needed
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Herbal/Supplement repeat	
Practitioner: Nicole Chester Created: 22 Oct 2022, 9:08AM Last updated: 22 Oct 2022, 10:16AM	
Herbal/Supplement	<div>herbal 520mls</div> <div>Schisandra 90</div> <div>St marys thistle 100</div> <div>Bacopa 100ca</div> <div>Ginger 20</div> <div>Iberis 70</div> <div>Rosemary 50</div> <div>Rhodiola 80</div> <div>maritime pine 10</div> <div>\$108</div> <div>7.5mls bd</div> <div> </div> <div>antiviral 210mls</div> <div>Andrographis 30</div> <div>echinacea 50</div> <div>Reishi 40</div> <div>astragalus 50</div> <div>qing hao 30</div> <div>aniseed 10</div> <div>5mls 2-3 x daily with low grade viral symptoms</div> <div>\$50</div> <div> </div> <div>mag taur, melatonin x 2</div>

Follow Up Consultation	
Practitioner: Nicole Chester Appointment: 3 Aug 2022, 1:00PM Created: 3 Aug 2022, 1:08PM Last updated: 3 Aug 2022, 7:43PM	
NDRV	
PROGRESS	<div>have had a lot of improvement. (file attached)</div> <div> </div> <div>sleeping better with melatonin is helping soooo much</div> <div>not waking as much and falling asleep again if getting up to the toilet</div>

feel like needing look at self, making sad, as having to think about all mistakes made just met up with my brother after 25 years and reminded me of all unpleasant things in my past.

living in new place has made happier, as he has dementia and wife is phillipino and make me laugh. they have a dog and its like a circus, so quite funny

not sleeping during the day anymore. energy improved with sleep now

ADHD and OCD still there, mind always going, cant sit still for long. but waking now feeling like brain feels rested.

eating bit better,
found cascara as a tablet on its own and finding working much better

eating two meals daily and feeling much better for this, breakfast early afternoon dinner. not bloated. but still need to take mot nights.

overall most things have improved but very emotionally labile. could be normal with processing so much trauma.

MDA showed --from most deficient acetylcholine, phenethylamine, serotonin, endogenous opioids

Pathology	none
Medication - Supplements	no change. still on highest dose of anti-depressant
Current Diet - Fluid Intake	2 meals daily
Sleep - Vitality	so much better!
Exercise - Relax	trying to get walking consistent. its not daily at this point
Signs - Markers	looking more refreshed
FINDINGS - ASSESSMENT	<p>starting to get improvement.</p> <p>MDA showing all motivational, opioids and mental clarity neurochemicals on lower end. maybe contributing to sluggish bowel, digestion, lack of motivation and poor focus, mental clarity., low pain tolerance,</p> <p>feel need to continue herbal constantly to support neurochemicals, adaptogen action to enhance coping mechanisms.</p> <p>Feel serotonin maybe too high to allow other neurochemicals in, particularly ones to drive motivators, endorphins nd mental sharpness.</p>

look at following through with plan Dr prescribed to wean off off anti-depressant, but stay on lesser dose, rather than coming off all together

continue methylation support --> mag taur, tyrosine (dopamine and phenylethylamine) bring in SAME if decide to wean down meds.

continue support for quality sleep

Pathology Requested	none
Rx - PROTOCOL	Withania 80 Schisandra 1020 St marys thistle 100 Bacopa 100 gentian 60 ginger 30 Rosemary 40 magnolia 40 maritime pine 10 \$105 7.5mls bd l-tyrosine 1 tspAM Mag taur 1scoop L-theanine (finish off) 1 scoop melatonin cascara as needed --> try to have nights off
DIET - LIFESTYLE PLAN	yoga daily to support digestion and bowel
Record - Complete	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	use iberis increase bacopa. look at holy basil look at aminos if needed

Research Notes

Practitioner: Nicole Chester
Created: 19 May 2022, 1:49PM
Last updated: 19 May 2022, 1:59PM

Notes

Notes/Q for further Ix/assessment

wanted to discuss bowel function, finding needing laxatone daily and worried cant live without it . dont move bowel , then cat eat

bowel seemed to work better when drinking more alcohol. maybe more relaxed? or reacting to something being an irritant.
possible prolapse, lack of movement, and irregular eating adding to issue. cant relax

feel need more movement, yoga/pilates for core strength, to reduce inner anxiety.
hydrate early AM, add slippery elm daily in warm water. eat regular meals.
look at adding MH fibre

Herbal/Supplement repeat

Practitioner: Nicole Chester
Appointment: 11 May 2022, 1:00PM
Created: 13 May 2022, 11:27AM
Last updated: 13 May 2022, 1:49PM

Herbal/Supplement	
	Herbal 520mls
	Withania 80
	Schisandra 100
	St marys thistle 100
	Bacopa 110
	gentian 60
	ginger 30
	lavender 30
	maritime pine 10
	\$110
	7.5mls bd

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 11 May 2022, 1:00PM
Created: 11 May 2022, 1:05PM
Last updated: 12 May 2022, 7:45AM

NDRV

PROGRESS

still really depressed.

sleep is really good.

be worse if weren't taking herbs and aminos etc
just feel like not being here most of the time.
been depressed for years.

change medication.
dont feel like eating, bowels not working

like the herbs, feel like they do me good

anxiety bit better, very anxious if gotta go out. have deadline to get out, appt, cant get going

not interested in anything . nothing interests me. probably have lost weight. no apatite.
some nights have veggies but then cant be bothered

not really interested in seeing people, done feel like being with people

cut right back on alcohol. having one glass every night, and one night had a bottle a night, which was normal for me. so have been more model

trying to put routine in place.
does help mentally when i walk and get out and about

moving in with friend. will have to pay for storage.
cant work, or only do a little bit

lot of mucus, better than in past but still an issue. feel dairy does make worse. they say emphyesa or could be reflux?

UNDER methylating

looking at changing from cipramil --> dr given direction son cutting down and introducing new one.
definitely need them, if forget to take, in tears within a few days

Pathology	none
Medication - Supplements	have been taking supps. feel better for it. mag taur makes feel better, mix all powders into together.
Current Diet - Fluid Intake	no apatite, nothings excites me. eat only because have to
Sleep - Vitality	sleep much better since melatonin
Exercise - Relax	dont feel have any energy
Signs - Markers	
FINDINGS - ASSESSMENT	feel need to trial SAME as last resort before changing medication. work on methylation. continue other supps. dont replace metagest --> replace with apple cider continue support for liver, stress, anxiety and digestion in herbal
Pathology Requested	none
Rx - PROTOCOL	continue as previous, phase out metagest. bring in SAME --> start on 1 mane, for 3 days and increase to bd
DIET - LIFESTYLE PLAN	daily smoothie --> milk/coconut water, banana, frozen berries, tablespoon collagen apple cider before meals cut down alcohol pilates/yoga
Record - Complete	<div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>

Review - Next Visit	check in 2 weeks appt 4-6 weeks check if tested h.pylori, parasites, last iron results
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Follow Up Consultation	
Practitioner: Nicole Chester Appointment: 16 Mar 2022, 3:30PM Created: 16 Mar 2022, 3:47PM Last updated: 16 Mar 2022, 4:59PM	
NDRV	
PROGRESS	<p>needs some more herbs, noticed a difference when ran out, also feel good on the magtaur xcell</p> <p>anxiety quite bad again. cant eat much at the moment, get pain if eat even small amount. cant eat a lot or feel sick.nothing agree. with me atm .</p> <p>dont have bread or milk, no burping,</p> <p>trouble with bowels again though</p> <p>depression pretty bad. was going to change medication. but might wait and see if feel better with this next round, been on same antidepressants for a long time</p> <p>finished herbs ages ago, and should stay on them</p> <p>energy is ok. its more mental state</p> <p>feel need liver support. been drinking a lot more again. feel like becoming an alcoholic. helps me sleep better, instead of taking sleeping tabs</p> <p>finished course of the iron iron, just got iron tested again, haven't got results yet</p> <p>was going well with sun daily, was early morning walks, but not doing of late</p> <p>getting over the recent stress I had now slowly, like grief, losing someone, felt like death.</p> <p>honestly think my mental health the thing that's worst atm.</p>
Pathology	had iron done again, but haven't got results
Medication - Supplements	cipramil
Current Diet - Fluid Intake	cant barely eat much and no apatite
Sleep - Vitality	trouble falling and waking then cant go back to sleep
Exercise - Relax	none atm
Signs - Markers	
FINDINGS - ASSESSMENT	<p>was feeling good on protocol, but ran out of supps</p> <p>repeat herbs to include more liver support and herbs specific to drink catecholergic and collinergic neurochimcal pathways.</p> <p>add digestive enzyme support - HCL</p>

Pathology Requested	suggested h.pylori and PCR stool
Rx - PROTOCOL	Herbal 520mls Holy basil 100 withania 90 St marys thistle 110 Bacopa 110 lavender 40 Rosemary 50 ginger 20 \$115 7.5mls bd metal gest - 1 tds Mag taur xcell 1 scoop L-theanine 2 levelled scoops tyrosine - 1 tsp melatonin (14) suck 1 nocte use laxatone and antiviral as needed
DIET - LIFESTYLE PLAN	try to obtain regular eating patterns to promote digestive enzyme production. small meals ok, but make sure at least 3 meals daily
Record - Complete <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Pressure <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal	
Review - Next Visit	make appt in-between herb rounds. try yellow dock for bowel next formula

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 8 Dec 2021, 2:00PM
Created: 8 Dec 2021, 1:59PM
Last updated: 8 Dec 2021, 7:27PM

NDRV

PROGRESS

health been not too bad, bowels working again, have no idea why.

not coughing anymore. feel like cough was from place living in and improved from moving not so much the herbs. still get some mucus come up in morning, but sleeping better as not up coughing through the night.

finished herbs a while ago.

depression and anxiety really bad. just had something happen that brought on a lot of anxiety. feel down. on antidepressants so wondering if can do something to work in with that

have had sore throat --> started taking anti-virals again.

not been eating much, not a lot of appetite. need a tonic

	<p>got new doctor --></p> <p>been more vegan, but will eat chicken, fish and eggs</p> <p>had my COVID vax. felt cold, flu symptoms after first one</p> <p>working one day a week cleaning now</p>
Pathology	<p>high eosinophils --> check on next bloods</p> <p>iron 7, ferritin ok at 74</p>
Medication - Supplements	<p>cipramil 40mg, been on for years. if forget it for a day get teary, and can feel the difference</p>
Current Diet - Fluid Intake	<p>BF - mostly make own muesli , lactose free milk or eggs and bacon sometimes</p> <p>L - crackers, tomato and cheese, orange, orange juice</p> <p>D - salad sandwich, fish fingers. generally not very hungry</p> <p>not really eating any sugar either now.</p>
Sleep - Vitality	<p>energy not been too bad. but not doing a lot anymore, just been visiting people to keep spirits up.</p> <p>sleep about 6 hours, but good quality sleep now as cough settled right down</p>
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>seems in good health, just circumstantial affecting nervous system.</p> <p>health has come a long way .</p> <p>support methylation magnesium and B's, adrenals with adaptogen, nerviness, improve digestive enzymes. support core immune</p>
Pathology Requested	<p>retest iron in 8 weeks</p>
Rx - PROTOCOL	<p>Herbal 520mls</p> <p>tinospora 120</p> <p>withania 90</p> <p>siberian 100</p> <p>magnolia 90</p> <p>lavender 50</p> <p>gentian 50</p> <p>ginger 20</p> <p>\$115</p> <p>7.5mls bd</p> <p>mag taur - 1 scoop od</p> <p>spatone - 1 od</p> <p>use laxatone and anti-viral as needed</p>
DIET - LIFESTYLE PLAN	<p>good quality proteins, high nutrient dense foods. et 4-6 smaller meals/snacks daily.</p>

morning sunshine before 9am

increase water

Record - Complete☐ Blood Glucose☐ PH☐ Symptothermal Charting☐ Diet & Symptoms☐ Basal Body Temperature☐ Blood Pressure☐ HAQ☐ Mood Appraisal**Review - Next Visit**

as needed

Herbal/Supplement repeat**Practitioner:** Nicole Chester**Created:** 10 Aug 2021, 5:43AM**Last updated:** 10 Aug 2021, 6:50AM**Herbal/Supplement**

include in herbal when need a top up

--> lungs, mucus, stress, bowel/gallbladder/liver, microcirculation

herbal 530mls

Mullein 80

Bacopa 80

Rhodiola 80

Globe artichoke 90

Ginkgo 80

Euphorbia 30

gentian 30

ginger 40

Maritime Pine 20

8mls tds before meals

\$115

Antiviral

Andorgraphis 40

echinacea 40

Astragalus 50

Qing hao 20

Lomatium 40

Aniseed 20

5mls 2-5 x daily

\$47

mag taur 475

Follow Up Consultation**Practitioner:** Nicole Chester**Appointment:** 7 Jul 2021, 1:45PM**Created:** 7 Jul 2021, 1:49PM**Last updated:** 9 Jul 2021, 8:25AM**NDRV****PROGRESS**

had a lot of stress. been very stressful. been looking for new place
 move next Wednesday, inspections of place too. was so up and down. daughters trying

to buy house too.so tired, not sleeping

herbs have helped with mucus, still mucus, but not near as much as before.
only getting 4-5 hrs, then cant fall asleep again.

bowels not moving either. trying to drink water.
feel full all the time.

still having everything, but been slacker with the herbs. been having mineral, s.bifodo,
haven't had needed antiviral

stuck to Gf and DF pretty much. had pizza and scones though once

never really nourished body, or looked after self, so trying to get health back now

much more energy, physical is better.

had week off depression in the month too. didn't have herbs as much as should have

had no wine for two weeks, just haven't felt like it

Pathology

Medication - Supplements

don't take anything for the sleep

Current Diet - Fluid Intake

been sticking to GF, had gluten 2-3 times.
but don't feel like bowel is any better tbh without gluten

Sleep - Vitality

not good sleep atm, wake and start thinking

Exercise - Relax

Signs - Markers

FINDINGS - ASSESSMENT

higher stress causing circadian rthymn to be offset again.

feel lack of appetite could be liver. add more support here in next herbal

add enzymes to support bowel transit and digestion

give couple of weeks melatonin for sleep

Pathology Requested

Rx - PROTOCOL

include in herbal when need a top up
--> lungs, mucus, stress, bowel/gallbladder/liver, microcirculation

use laxatone every few days to ensure bowel is moving

add mulmiges enzymes

phase out all 3 minerals. move magnesium to night to help sleep.
try to include slippery elm daily

given 2 weeks of melatonin

DIET - LIFESTYLE PLAN

continue mostly GF, allow occasional

Record - Complete☐ Blood Glucose☐ PH☐ Symptothermal Charting☐ Diet & Symptoms☐ Basal Body Temperature☐ Blood Pressure☐ HAQ☐ Mood Appraisal**Review - Next Visit**

bowel? stress? sleep?

need to stretch appointments more, with new place being more expensive. move to every 3 months, with herb top ups in between.

Follow Up Consultation**Practitioner:** Nicole Chester**Appointment:** 3 Jun 2021, 9:30AM**Created:** 3 Jun 2021, 9:32AM**Last updated:** 3 Jun 2021, 11:29AM**NDRV****PROGRESS**

getting better in lots of ways. still not moving bowel 100% . still mucus is there most nights. had really few bad nights. but rarely coughing now
a lot better. breathless still there a bit

constipation could be stress, bowels are better
laxatone does work. taking 4 defineltly works. cut back undoes as 4 worked very well
not drinking enough water. does help when increase
need todrink more water. it feels incomplete. feel so full at end of day
haven't been doing slippery elm, as struggled to take

ran out half way through the month of laxatone .
incomplete feeling. the feeling of prolapse if not moving.

haven't had any bad down days like last time. mood has improved

the virus stuff works. as was getting headaches so started the herbs and definitely got
rid the virus. really felt like it worked. the headache went

Pathology

probably will go to specialist. just weighing it up as they just want to cover up the
symptoms. but maybe worth seeing if it is actually emphysema

Medication - Supplements**Current Diet - Fluid Intake**

BF - make own meusli with oats coconut, saltanas, chia seed on top, puffed rice, organic
milk

S- mandarin, coffee and cake if go out (thats only 1-2 x week)

L - varies, mainly corn crisp breads, cheese, tomato, vegemite.

wine about 4pm crackers/chips

early Dinner as very hungry by then, fish and vege curry, rice

bed by 7.30pm

Sleep - Vitality	sleep gradual improvement in sleep and overall health. mood and energy improved too
Exercise - Relax	walking again too
Signs - Markers	
FINDINGS - ASSESSMENT	getting consistent improvements. need another 2-3 months i feel to get best results. Body definitely bouncing back and healing happening now. lungs improved a lot. need to keep mucus up off chest and continue tissue healing in lungs bowel needs further work. haven't really been eating Gf, as having oats and burleigh bakery bread. thought it was GF
Pathology Requested	suggested we could do the food igG panel otherwise test body by removing possible problem foods
Rx - PROTOCOL	herbal 530mls elecampane 80 gotu kola 90 withania 70 Dandelion Root 80 licorice 50 Euphorbia 30 thyme 40 gentian 40 ginger 30 lavender 20 7.5mls tds \$103 Antiviral andorgraphis 40 echinacea 40 siberian 40 qing hao 30 lomatium 50 5mls 2-5 x daily \$49 continue laxatone, colloids, minerals, slippery elm, but reduce to mostly once day dosing. phase out S.bifido and bio minerals ones finished. herbs tds mix slippery elm into warm water
DIET - LIFESTYLE PLAN	need to work on core muscle exercises strictly remove All gluten and dairy over 3 weeks to see if makes difference to bowel make sure sipping 2 litres water daily
Record - Complete	<div><input checked="" type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	look at diet and symptoms --. bowel improvement off gluten and dairy

bring back in dairy to test waters

streamline protocol further.
add ginkgo back in?

Follow Up Consultation	
<p>Practitioner: Nicole Chester</p> <p>Appointment: 6 May 2021, 9:30AM</p> <p>Created: 6 May 2021, 9:27AM</p> <p>Last updated: 7 May 2021, 3:44PM</p>	
NDRV	
PROGRESS	<p>feeling a lot better. not coughing up mucus any where near as much</p> <p>coughed up more when first started, but then coughing eased right off</p> <p>was originally coughing u a good cup of mucus each day, now is only a tiny amount each morning</p> <p>was froffy but just rubbery bits now.</p> <p>get breathless coming uo stars and always have got breathless.</p> <p>do feel like get post viral</p> <p>still don't feel like eating, nothing really excites me</p> <p>getting constipation still , trying to drink more water. don't really feel like drinking water</p> <p>had one bad week felt depressed and sick and didn't feel like eating.</p> <p>have 1/4 left of herbal. couldn't take when sick. constipated as well</p> <p>take epsom salts and works after a couple of days</p> <p>the pessaries for prolapse but gave infections, so had to stop</p> <p>feel much clearer in my head</p>
Pathology	
Medication - Supplements	
Current Diet - Fluid Intake	<p>don't do well with cold raw foods.</p> <p>have been increasing protein</p>
Sleep - Vitality	<p>still waking up, have sleep apnoea, to go to toilet</p> <p>cough was waking up before, but going back to sleep straight away.</p>
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>good improvements. need to work more on improving elimination. add herbs to heal tissue and prevent further damage to the lungs. symptoms are indicative of emphysema</p>

and/or COPD

Pathology Requested**Rx - PROTOCOL**

continue as previous

herbal 530mls
 elecampane 80
 gotu kola 80
 withania 70
 globe artichoke 80
 licorice 50
 ginkgo 70
 thyme 30
 clove 10
 gentian 25
 ginger 25
 lavender 20
 7.5mls tds
 \$106

add laxatone, S.79, CF 43, Biomineral, slippery elm

DIET - LIFESTYLE PLAN

need to sip water rather than guzzling big glasses at a time to improve cellular hydration

Record - Complete☐ Blood Glucose☐ PH☐ Symptothermal Charting☐ HAQ☐ Mood Appraisal☒ Diet & Symptoms☐ Basal Body Temperature☐ Blood Pressure**Review - Next Visit**

add zinc if not in Biomineral

Initial Consultation**Practitioner:** Nicole Chester**Appointment:** 14 Apr 2021, 3:00PM**Created:** 14 Apr 2021, 2:53PM**Last updated:** 15 Apr 2021, 2:30PM**NDFV****Age**

64yrs

Status

widowed. 5 yrs ago

Emergency contact

daughter -Jess Miller 0420 984 889

Children

1 daughter, 2 sons

Occupation Past - present

use to clean
 cant work . haven't worked for years

Pregnant - Breast-feeding

NA

Height - Weight

58kg, 5,10

PRESENT COMPLAINT	<p>so many things i need help with use to go a herbalist. been so busy, so haven't occurred to me to see one again.</p> <p>mucus on chest --. all the tests, nothing on lungs. recommended specialist but will be a waste of time as they cat find anything. started around time of covid. lay down at night. bring up mucus. going on for a year. frothy white, bits rubbery stuff coming up in the mucus. more like that the froth. have been through all had too many drinks with a friend one night and slept through night with no coughing otherwise coughing affecting my sleep. chest gets tight, harder to breathe. feel mucus there, tightness that wasn't there before no coloured mucus and antibiotics didn't help at all</p> <p>Note: looking at old medical Hx --> there was reference to Emphysema?</p> <p>the constipation, was off and on but getting all the time now. when went through menopause got worse. more water does help.</p> <p>years ago diagnosed with CFS. always had that. fatigue, no motivation</p> <p>was on own with kids, it was struggle</p>
Other care - GP - Specialist	
Pathology	<p>get standard bloods done regularly, never anything wrong</p> <p>said iron has always been ok?</p>
Past Complaints	<p>anxiety, depression pelvic prolapse--> bowel issues? sleep apnoea functional memory loss but no evidence of dementia osteopenia BCC's medical notes say substance abuse, clear for 20 yrs</p>
Medical Hx	<p>possible emphysema according to medical Hx notes brought CFS has been an issue for a long time. started 20 yrs ago. emphysema, BCC --. heaps of them tonsils out</p>
Family Hx	
Current symptoms - HAQ	<p>low Hcl, constipation, food sits liver/gut thyroid, stress/adrenal/memory/concentration/learn,, MS, RBC, respiratory insomnia, heart --> pain, heaviness, palpitations, shortness of breath , poor circulation</p> <p>MDA - deficient phenylethylamine 100% Acetylcholine 87% Serotonin 55% Dopamine 54% Norepinaphrin 53% Epinaphrine 50%</p>

Medication	anti-depressants -20 yrs cipramil
Supplements	sandra cabot magnesium, sometimes forget, most days fish oil liquid
Current Diet - Fluid Intake	coffee 1-2/day see attached poor quality of food. good BF lower protein intake after breakfast see attached
Toxic Burden - Alcohol - Drug Use	8-14 glasses wine/week exposure to chemicals smoker for 20 yrs
Stress - Trauma	single mother for long time. husband
Sleep - Vitality	poor sleep --> due to coughing, wake at 3am, got worse. get up at 3am go to bed early at 7pm. poor vitality --> if sit get tired. push elf
Exercise - Relax	
Signs - Markers	
Allergies	
FINDINGS - ASSESSMENT	adrenal exhaustion, poor coping ability --> poor sleep quality, anxiety and depression., low magnesium and nutrients in general, low Hcl, poor microbiome balance poor elimination, poor circulation. feel mucus could be related to emphysema. use lung restoratives, expectorants, bronchodilators, and improve overall vitality and cellular energy. improve digestion. feel suffering with post virals syndrome. could be exacerbating cough.
Pathology Requested	none at this stage
Rx - PROTOCOL	herbal 530mls mullien 80 elecampane 70 withania 70 schisnadra 70 licorice 60 ginkgo 70 thyme 40 aniseed 20 clove 10 gentian 20 ginger 20 7.5mls tds \$99 Antiviral

	andorgraphis 40 echinacea 40 siberian 40 qing hao 30 lomatium 50 5mls 2-5 x daily \$46 s.bifido biotic magnesium
DIET - LIFESTYLE PLAN	strictly eliminate gluten increase water more protein at lunch reduce sugars
Record - Complete	<input checked="" type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	pathology --> iron, ferritin?? add more heart support, herbs specific for emphysema. add tissue salts replace mag with mag taur