

Mrs Lynette Blake

DOB 9 Sep 1949

Appointments

Date	Time	Type	Practitioner
3 Mar 2022	1:30PM – 3:00PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Herbal/Supplement repeat	
<p><b>Practitioner:</b> Nicole Chester</p> <p><b>Created:</b> 26 Mar 2025, 8:02AM</p> <p><b>Last updated:</b> 26 Mar 2025, 1:15PM</p>	
Herbal/Supplement	<p>repeat herbal 540mls</p> <p>Gentian 60</p> <p>Lions mane 100</p> <p>Ginkgo Biloba 90</p> <p>Rosemary 90</p> <p>Arjuna 100</p> <p>Holy basil 100</p> <p>7.5mls bd</p> <p>\$134 --&gt; less 28% on all supps</p> <p>Benfotiamine - gms od</p> <p>NAC - 1 scoop od</p> <p>magtaur - 3/4 scoop</p> <p>preDop - 2 when not taking madopar</p> <p>Algal EPA/DHA - 1 bd</p> <p>melatonin - 1nocte</p> <p>collagen</p> <p>Bio + K2 - start again in 3moths with bone matrix</p>

Herbal/Supplement repeat	
<p><b>Practitioner:</b> Nicole Chester</p> <p><b>Created:</b> 28 Jan 2025, 1:39PM</p> <p><b>Last updated:</b> 28 Jan 2025, 1:44PM</p>	
Herbal/Supplement	<p>repeat herbal 540mls</p>

Gentian 50  
Lions mane 100  
Ginkgo Biloba 80  
Pomegranate 90  
Bilberry 100  
Schisandra 100  
Maritime Pne 20  
7.5mls bd  
\$99  
  
NMN - 1 gm bd  
NAC - 1 scoop bd  
magtaur - 3/4 scoop  
gut - R - finsih off  
melatonin  
  
still taking pure D/ Bio D + K2  
out of preDop

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 23 Dec 2024, 1:49PM <b>Last updated:</b> 23 Dec 2024, 1:51PM	
Herbal/Supplement	herbal 540mls Gentian 40 Lions mane 100 Ginkgo Biloba 80 Pomegranate 80 Arjuna 90 Rosemary 80 Withania 70 9mls bd

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 6 Oct 2024, 8:40AM <b>Last updated:</b> 7 Oct 2024, 8:14AM	
Herbal/Supplement	Herbal 540mls Cryptolepis 100 Lions Mane 100 Withania 80 Ginkgo Biloba 80

St Mary Thistle 120  
Gentian 60n  
10mls bd  
\$90

Neuroregenex - 1 bd  
Gut-R - 1.5tsp od  
NAC - 1 bd  
Magtaur Xcell - 1 scoop  
BIO D + K2 - 1 od  
PreDop lift - 2 mid morning  
Melatonin - 1-2 nocte

whey in small amount of water first thing in morning or swap out for 2 cashews, 2 x  
brazills, 2 almonds

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 18 Jul 2024, 7:52AM <b>Last updated:</b> 21 Jul 2024, 5:54PM	
Herbal/Supplement	Herbal 540mls Cryptolepis 90 Horopito 80 Aniseed 40 Withania 80 Ginkgo Biloba 80 Nigella 90 Gentian 60 Ginger 20 9mls bd !39 --> \$99  repeat neuroregenex, NAC, magtaur, K2, D3, phase out B12

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 25 May 2024, 8:50AM <b>Last updated:</b> 27 May 2024, 7:12PM	
Herbal/Supplement	Herbal 545mls Mushroom forte 140 Rosemary 70

	Ginkgo Biloba 70
	Siberian Ginseng 90
	Lion mane 90
	Bilberry 80
	7.5mls bd
	Neuroregenex 1 bd
	put pomegranate and withania back in next mix, may maritime pine?

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester	
<b>Created:</b> 4 Apr 2024, 8:21AM	
<b>Last updated:</b> 4 Apr 2024, 9:55AM	
Herbal/Supplement	Herbal 545mls
	Mushroom forte 120
	Rosemary 60
	Ginkgo Biloba 70
	Withania 60
	Lion mane 80
	Pomegranate 80
	Bilberry 75
	9mls bd
	150 --> 105
	NAC,
	N-acetyl- L -tyrosine
	Neuroregenex

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester	
<b>Created:</b> 13 Feb 2024, 11:22AM	
<b>Last updated:</b> 14 Feb 2024, 6:46AM	
Herbal/Supplement	Herbal 540mls
	Mushroom forte 150
	Rosemary 70
	Ginkgo Biloba 70
	Withania 70
	Lion mane 90
	Pomegranate 90
	9mls bd
	\$145 --> \$102

currently on 1/2 madopar tds

Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 21 Dec 2023, 9:06AM  
**Last updated:** 21 Dec 2023, 2:38PM

Herbal/Supplement	<p>Bilirubin is constantly HIGH at 20, sodium low since Jan23 (Madopar?) potassium 4.4, Bicarb 26, Uric acid levels LOW 0.184, GFR low</p> <p>TSH 1.2, free T4 13.1, HbA1c 5.5, fasting Bg 5.1 platelets mostly over 300, cholesterol 4.2. triglycerides 0.5, calcium correct 2.29, urea 3.6, AST 31, ALT 16, iron 20, ferritin 139, B12 276, active b12 110, folate 30</p> <p>increased Madopar 1 week ago to one AM, 1/2 in arvo. one week in, don't feel any more energy. arm weakness/heaviness/tingling started again</p> <p>Herbal 540mls</p> <p>Rosemary 60</p> <p>Bacopa 90</p> <p>Ginkgo Biloba 70</p> <p>Withania 70</p> <p>Lion mane 90</p> <p>Arjuna 100</p> <p>Licorice 60</p> <p>10mls bd</p> <p>N- acetyl L Tyrosine - start after trialling increased Madopar dosage.</p> <p>Biomedica Vitamin B12 - 1 dropperful od</p> <p>liposomal Glutathione - to order</p> <p>neuro Regenex - 1 bd</p> <p>green calcium - 2 after dinner</p> <p>D3 and k2 - 6 sprays</p> <p>mag taur XXell (alternate with mito xcell/alkamin calm)</p>
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Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 1 Nov 2023, 7:27AM  
**Last updated:** 1 Nov 2023, 12:07PM

Herbal/Supplement	<p>reduced Madopar back to 1/2 od. felt fine for a while, but started getting fatigued again, mostly around 10 a.m.</p> <p>trialled bringing in more protein for BF as started eating sugary cereals for BF.</p>
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feel better in just a few days

Herbal 540mls  
Rhodiola 90  
Korean Ginseng 90  
Ginkgo Biloba 80  
Withania 70  
Bacopa 110  
Lion mane 100  
10mls -12.5mls bd  
\$105

bring back mag taur xcell - 1 scoop od  
add WPI to increase protein  
continue Neuroregenex 1 bd

Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 7 Sep 2023, 2:27PM  
**Last updated:** 8 Sep 2023, 6:42AM

Herbal/Supplement	Repeat herbal 540mls Bacopa 100 Ginkgo biloba 70 St Mary Thistle 100 Withania 80 Lions Mane 100 Licorice 70 Ginger 20 8mls bd \$85  neuroregenex, D3 and K2
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Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 15 Jul 2023, 8:08AM  
**Last updated:** 15 Jul 2023, 10:21AM

Herbal/Supplement	repeat herbal 540mls Ginkgo biloba 80 St marys thistle 100 Rosemary 60 Holy basil 90
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Lions Mane 100  
Bilberry 90w  
Ginger 20  
9mls bd  
\$85

Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 12 Jun 2023, 6:34AM  
**Last updated:** 14 Jun 2023, 6:52AM

Herbal/Supplement	herbal 540mls Ginkgo biloba 80 Siberian Ginseng 80 Globe artichoke 100 Rosemary 60 Withania 70 Lions Mane 100 Maritime Pine 30 Ginger 20 9mls bd \$82
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Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 1 May 2023, 8:15PM  
**Last updated:** 2 May 2023, 4:42PM

Herbal/Supplement	herbal 540mls St marys Thistle 90 Ginkgo biloba 60 Siberian Ginseng 70 Globe artichoke 90 Rosemary 60 Holy basil 80 Bilberry 80 Ginger 10 10mls bd \$93
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Research Notes

**Practitioner:** Nicole Chester  
**Created:** 31 Mar 2023, 7:15PM

Last updated: 1 Apr 2023, 10:18AM

Notes

Notes/Q for further Ix/assessment

have been taken off Madopar, and started getting anxiety that could not be managed.  
involuntary head movements.  
the neurologist is not 100% sure has Parkinson's.  
within a few days feeling great, just a little fatigued but the anxiety is gone and no  
symptoms returned so far. will need to wait up to 3 weeks to see if symptoms pre  
Madopar return

fatigue

herbal 540mls  
St mars thistle 90  
Ginkgo biloba 60  
Korean Ginseng 60  
Globe artichoke 90  
rosemary 60  
Holy basil 90  
Licorice 60  
maritime pine 20  
ginger 10  
10mls bd  
\$93

meta choline - 1 od  
neuroregenex - 1 bd  
melatonin - 1 nocte  
mag taur Xcell - 1 scoop  
S.bifido biotic - finish off 1 od  
liposomal C - 1/2 scoop finish  
spatone - 1 sachet  
sleep X - 1 scoop before bed  
calcium 2 night

brain/heavy metal detox smoothie  
wild blueberries, coriander, spirulina, chlorella , barley grass

Research Notes

Practitioner: Nicole Chester  
Created: 17 Feb 2023, 7:38AM  
Last updated: 22 Feb 2023, 7:22AM

Notes



**Notes/Q for further Ix/assessment**

initial good response to L-dopa. relapsed a bit and getting possible side effects. have altered the dosage a few times now to find the best timing and dosage. been getting itchy skin randomly and some blister patches forming on the skin

**Anxiety levels are exacerbated to point of not being able to function. always worse in the morning**

getting alternating constipation/diarrhoea.

had full cardia check-up, -- all clear

current HAQ symptoms

**HCL, Liver, colon, SI, pancreas, RBC, MS, circ, thyroid, adrenals, insomnia**

-burping, food sits **nausea, Altern constipation/diarrhoea**, loose bowel. mostly constipation atm\*\*, incomplete emptying, narrow stools, rectal cramps, fatty foods upset, **loss of appetite\*\***, **difficulty swallowing and speaking a word, weak and limb weakness, drowsy through the day, fatigue easily\*\***, **ringing in ears\*\***, **cold intolerance, cold extremities**, dry skin hair, vaginal dryness, low libido, breast shrinking, thinning body hair, muscle wasting, shortness of breath on exertion, irritability, flat mood, nervous, **anxiety, worry, overwhelmed, can't cope, teary, depression, snoring**

difficulty standing from a seated position, increased limited mobility, unintentional weight loss, not as steady on feet, stooped posture, bruise easy, spots before eyes, shortness of breath with little exertion, pricking sensations, occasional palpitations and headaches, blue nails, lipspoor conc, memory, faint or fall for an unknown reason, dizzy on standing, feel stressed, hard to get going in mornings from poor sleep quality. **weight loss, ringing in ears, unsteady gait, frequent urination, impaired coordination**

feel possible side effects of L-dopa are causing further disruption to the microbiome, loose bowels leaching more minerals and hence exacerbating all other symptoms. Feel its possible to get too much conversion of dopamine to adrenaline and noradrenaline causing symptoms of fight and-flight mode

a need for precursors to acetylcholine, look at increasing dopamine naturally so less reliant on medication. improve microbiome balance, add slippery elm to improve bowel motility and irritation

add to the regime to improve methylation, improve acetylcholine pathways, start working on microbiome balance

meta choline - 1 od-bd

mag taur Xcell - 1 scoop

S.bifido biotic - 1 bd

trial using 1/2 - 1 melatonin in episodes of high anxiety

to assess response, then trial taking extra choline

## Herbal/Supplement repeat

**Practitioner:** Nicole Chester

**Created:** 18 Jan 2023, 2:28PM

**Last updated:** 18 Jan 2023, 2:34PM

### Herbal/Supplement

18.01.23

OAT test is still pending. in meantime, herbal to support stress adaption, anxiety, nootropics, energy, digestion, circulation, adrenals, cognition

herbal 540mls

st mars thistle 120,

ginkgo biloba 70

rosemary 60

withania 80

siberian ginseng 90

rehmannia 70

ginger 20

lavender 30

8mls bd

\$80

brain/heavy metal detox smoothie

wild blueberries, coriander, spirulina, chlorella , barley grass

neuroregenex - 1 bd

nevaton calm - 2 with anxiety

melatonin

## Research Notes

**Practitioner:** Nicole Chester

**Created:** 17 Nov 2022, 7:06AM

**Last updated:** 7 Feb 2023, 8:51AM

### Notes

#### Notes/Q for further Ix/assessment

16.11.22

been diagnosed with Parkinson's. neurologist saying not 100% diagnosis as doesn't have all the typical symptoms. its early stages.

Started on Madopar 100/25 at 1/2 bd on empty stomach. If responds well then most likely Parkinson's. if no response, not Parkinson's. has given bloods to test markers for autoimmune conditions. the neurologist doesn't believe it to be MSA (multiple system atrophy) PSP (progressive supra nuclear palsy) or CBD (Corticobasal degeneration syndrome)

couple of possible triggers. symptoms started over 2 weeks, 6 weeks post 2nd Pfizer vax, therefore consider heavy metals and toxin exposure initiating symptoms or stress after experiencing trauma/stress of partner having heart attack

to consider in RX

check for heavy metals and environmental toxins

vit D, low tox living -med herb

nerve protective, nootropic - bacopa, bupleurum, Gota kola, rosemary

### Herbal/Supplement repeat

**Practitioner:** Nicole Chester

**Created:** 10 Nov 2022, 4:53PM

**Last updated:** 10 Nov 2022, 9:09PM

#### Herbal/Supplement

still getting fatigued, and arm weakness most days. some good days, and had some longer stints with reprieve. see the neurologist on 20th NOV

herbal 540mls

Arjuna 100

motherwort 50

Dan Shen 80

Hawthorn 90

ginkgo 70

Bilberry 80

meadowsweet 70

10mls bd

antiviral 210mls

Siberian ginseng 50

echinacea 40

cats claw 30

qing hao 20

pomegranate 40

liquorice 20

aniseed 10

5mls 1- 5 x day. 5mls daily

\$32

mito Resveratrol - 1 with food start in one week

neuro Regenerex - 2 bd

Green calcium - 2 nocte

melatonin - 1 nocte

### Herbal/Supplement repeat

**Practitioner:** Nicole Chester  
**Created:** 2 Oct 2022, 11:57AM  
**Last updated:** 2 Oct 2022, 11:58AM

<b>Herbal/Supplement</b>	27.09.22
	herbal
	Schisandra 120
	rosemary 80
	Iberis 60
	ginkgo 90
	Siberian 90
	liquorice 70
	maritime pine 30
	8mls bd
	\$75
	 Green calcium - 2 nocte

## Research Notes

**Practitioner:** Nicole Chester  
**Created:** 16 Sep 2022, 4:47PM  
**Last updated:** 21 Sep 2022, 7:13AM

## Notes

### Notes/Q for further Ix/assessment

symptoms improved dramatically at beginning of intense supplement treatment/  
 tailored supplements down have become more frequent again in the last 3-4 weeks

My left arm is mostly worse, and my legs can feel wobbly simultaneously.  
 mostly legs are involved too. feel fatigued, walking around very slowly, Can't sit up for  
 long, went for lunch, got to the point couldn't sit up any longer

My arm can't get comfortable, mostly the left arm  
 At night - restless, can't get in the right place, not an ache, just uncomfortable

arms are heavy and can't hold things up, can't lift the phone for too long, or steer the  
 car, cant hold arms up for longer drives.

shake it or take it down to get some relief,  
 Never have a perfectly good day

arms get too tired to hold.. can exercise and pick weights up, but if running at my own  
 pace

walking ---> get wobbly in unco-ordinated

more frequent

when had the Pfizer vaccine. first was in the right arm. the second one in the left arm

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 28 Jul 2022, 11:14AM <b>Last updated:</b> 28 Jul 2022, 2:38PM	
Herbal/Supplement	<p>has had very good progress with most symptoms now resolved. Still randomly experiencing weakness and fatigue on a milder scale and resolves within a day.</p> <p>see protocol attached. have omitted some supps and reduced most doses</p> <p>new Herbal 540mls</p> <p>siberian ginseng 80</p> <p>ginkgo 80</p> <p>Withania 80</p> <p>Gota Kola 90</p> <p>Schisandra 100</p> <p>ginger 20</p> <p>gentian 40</p> <p>Rosemary 50</p> <p>10mls bd</p> <p>\$75</p> <p>anti-viral</p> <p>andrographis 30</p> <p>echinacea 40</p> <p>cats claw 40</p> <p>qing hao 30</p> <p>st jonns 40</p> <p>liquorice 20</p> <p>aniseed 10</p> <p>5mls 4 x day</p> <p>\$30</p>

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 2 Jun 2022, 1:49PM <b>Last updated:</b> 2 Jun 2022, 1:59PM	
Herbal/Supplement	getting more and more better days. energy improved a lot. see revised protocol attached

new Herbal 520mls  
siberian ginseng 80  
ginkgo 70  
Rhodiola 80  
Gota Kola 90  
St marys 90  
ginger 20  
gentian 40  
Rosemary 50  
10mls bd

Initial Consultation

Practitioner: Nicole Chester

Created: 17 Jan 2022, 2:33PM

Last updated: 27 Apr 2022, 7:35AM

NDFV

Age	72yrs
Status	married - David
Emergency contact	
Children	2
Occupation Past - present	aged care admin casual 1-4 days/week
Pregnant - Breast-feeding	no
Height - Weight	recently lost quite bit of weight
PRESENT COMPLAINT	<p>extreme fatigue most days, loss of appetite, weakness in arms, dead/weak feeling, struggle to use arms at times. can happen suddenly. tinnitus constantly there but hear more at night</p> <p>current symptoms/changes noted when asked -&gt; very mild shuffling or slower walk, change in the way walk, anxiety, lost confidence in driving, way i walk, or leaving house to do things, less co-ordination, lose balance at times , fatigue, have to make myself do things, drowsy/weak/fatigued through the day, lost motivation, have to focus on posture, difficult swallowing, dizziness, light headedness if stand too quickly, cold hands and feet more in winter, blue lips with cold, wake with one eye closed, trouble opening, feels dry. daytime sleepiness, lie down through day. feel like could sleep but cant</p>
Other care - GP - Specialist	GP and physician
Pathology	<p>tests pending --&gt; ANA, anti-DNA, CK4receptor AB, synaptic stimulation, cat scan of pelvis, lungs, brain, Hbalc - diabetes, PTH, ionised calcium</p> <p>high Bilirubin lower end TSH 1.1</p>

	<p>positive latent virus - EBV, Ross River</p> <p>b12 not optimal, activ B12 seems ok, folate on lower side</p> <p>Recent BP readings --&gt;</p> <p>11am 1st - 97/59, 2nd 105/64 P81</p> <p>12pm 125/78 P72. little erratic</p> <p>had scan of heart ---. thought at first aneurysm, but then said thickening of one of arteries from heart</p> <p>barium swallow test --&gt; results pending</p> <p>sleep test--&gt; results pending</p> <p>expressing all symptoms of REM sleep behavior disorder. restless sleep, with frightening dreams, acting out dreams. has had hands around partners throat, thrown self out of bed, causing facial bruising. events have increased of late</p>
Past Complaints	<p>long term sleep issues</p> <p>adrenal fatigue 20 years + ago, shown via salivary cortisol adrenal stress profile</p>
Medical Hx	<p>osteoporosis</p> <p>removal of two cataracts</p> <p>Hx anaemia</p> <p>They did mention possibly had aneurism in artery with heart, possibly seeing some scaring, but then dismissed it.</p>
Family Hx	<p>diabetes, cancer, cardiovascular, stroke</p>
Current symptoms - HAQ	<p>low Hcl, SI, colon , foods sits, gas, altern constipation/loose bowel. mostly constipation, incomplete emptying, narrow stools, rectal cramps, loss of appetite**, indigest/reflux, less frequent now , difficult swallowing, weak, drowsy through day, fatigue easily**, ringing in ears**, cold intolerance, cold extremities, dry skin hair, vaginal dryness, low libido, breast shrinking, thinning body hair, muscle wasting, shortness' of breath on exertion, irritability, flat mood, nervous, anxiety, worry, heaviness in central chest**</p> <p>difficulty standing from seated position, increased limited mobility, dry mouth, unintentional weight loss, not as steady on feet, stooped posture</p> <p>MDA --&gt; 100% phenylethylamine defic (glutamine, phenylalanine</p> <p>67% acetylcholine deficient (choline bitartrate, mg, zn, epa, aha, ALCAR,, Epinephrine</p> <p>57% deficient (SAMe, Phenylalanine, tyrosine, siberian</p> <p>52% dopamine deficient (tyrosine, phenylalanine, Siberian, rhodiola</p> <p>46% GABA deficient (glutamine, mg, zn, P5P, l-theanine</p>
Medication	<p>zoledronic --&gt; annual inject to slow osteoporosis (side effects are extensive. GP recommended to stop these injections as could be responsible for symptoms</p> <p>take nexium occasionally</p>
Supplements	<p>current --&gt; finished herbal, still taking --&gt; mag taur xcell, metamucil probiotic, zinc picolinate, rapid D, methyl B12 - 1/2 od</p>
Current Diet - Fluid Intake	<p>eating mostly whole foods. forcing self to eat at times, as appetite has dropped.</p> <p>cravings for sugar increased</p>
Toxic Burden - Alcohol - Drug Use	<p>alcohol --&gt; socially ,weekends - wine mostly</p>

	NON-smoker
<b>Stress - Trauma</b>	no real reason to be stressed but worrier, otherwise stressed about current health
<b>Sleep - Vitality</b>	very poor vitality. sleep is poor quality with acting out dreams. becoming more disturbed sleep. dont remember actions through the night.
<b>Exercise - Relax</b>	try to exercise 3-5/7. but struggling more with fatigue and weakness
<b>Signs - Markers</b>	dry hair, skin, vagina yellow/grey cast to skin tone, blue lips and nails in winter muscle wasting
<b>Allergies</b>	freshwater crab etc - years ago
<b>FINDINGS - ASSESSMENT</b>	<p>need further Ix into neurological degenerative diseases linked with REM sleep behaviour disorder --&gt; can lead to Parkinson's, narcolepsy, Lewy body dementia, dementia, multiple system atrophy. Regardless of outcome, can assume oxidative damage to BBB, causing nerve damage.</p> <p>Rx- gut weed, seed and feed, repair gut, tissue rebuilding, nootropic, anti-oxidants, nutrients, mitochondrial support --&gt; coq10, ALCAR, phenylethylamine, B6, B's, magnesium, efa's, zinc*, lipoic acid, vit C, NAC</p>
<b>Pathology Requested</b>	<p>check for hypocretin levels? (caused by brain auto-immune reaction check neurochemical balance and metabolites --&gt; 4041</p> <p>Parkinson's--&gt; low acetylcholine and dopamine ?</p>
<b>Rx - PROTOCOL</b>	<p>mito xcell gut RX liposomal C clinical lipids rapid D methyl B12 --&gt; phase out NAC pre dop zinc picolinate - 1 od motion potion --&gt; probiotics regenerex metamucil probiotic</p> <p>herbal 520mls bacopa 100 ginkgo 80 lions mane 90 Gota Kola 100 St Marys 90 ginger 30 Rosemary 50 10mls bd</p>
<b>DIET - LIFESTYLE PLAN</b>	<p>Mediterranean diet, higher fat berries daily focus on seafood, poultry, meat with lightly cooked veg for lunch and dinners. nuts, seeds, avocados</p>



<b>Record - Complete</b>	<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
<b>Review - Next Visit</b>	tissue regnerex/phyto regenerex, cardiopro/cognisense? add metagest and pomegranate, japanese knot weed, withania, rhodiola, siberian ginseng*. add more ubiquinol arepa nootropic phospahtydal choline/serine add silymarin tablets  add digestive support, meadowsweet, gentian or HCL			

Patient Forms

There are no patient forms for Mrs Lynette Blake.