

INITIAL CONSULTATION NOTES



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PRESENTING COMPLAINT: How long? Better Worse? Origin?

Possibly long covid. Viral.

Head cold. Constant. Runny nose, sneeze, head blocked. Sores in nose. Antibiotic cream clears the sores. Runny. Heavy and blocked.

Headaches happening.

Recently had a pneumonia shot. 5 years ago, about 6 months ago.

Started 9months ago.

Takes Zinc, liposomal c, Garlic

Cold and flu Panadol helps. Dries it up. (Antihistamine)

Left eye - vision going in left eye. Cataracts. - Vit A?? Bilberry.

FAMILY HISTORY

MOTHER	
FATHER	
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	Psychotic breakdown with 3rd baby.
SURGERY	Lumpectomy & radiation. Hip replacement.
VACCINATIONS	Pneumonia Shot 6 months ago.
OVERSEAS TRAVEL	

TRAUMA	
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CURRENT MEDICATIONS

MEDICATIONS	Gopten Bp, Thyroxine, Lexapro, Valium
SUPPLEMENTS	Zinc, Lipsomal C. Garlic. Tresos B every day. Magnesium. Bioglan.
ANTIBIOTICS?	12 months ago. Throat infection.

PHYSICAL SIGNS

BLOOD PRESSURE		BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE			
NAILS	Chip and break easily. Hang a little		
TEETH/GUMS/ORAL	No bottom teeth. Can't have hard foods.		

LIFESTYLE

EXERCISE	Seniors walking		
STRESS / 1-10	5 years of very heavy stress. Brother Breakdown. Now in a home. His health advisor. Always a bit stressed. But handles it. SUPPRESSION!		
ENERGY LEVELS / 1-10	7 - 8.	SLUMPS:	
ALCOHOL	6-8 glasses per week.	SMOKING/DRUGS	40-60yrs old. Nicorette
COFFEE/TEA	1 large coffee w milk	SUGAR	

ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM

SLEEP

Time, waking, quality?	Take half valium half restart. Brain doesn't stop.
Refreshed on waking?	Feeling ok.
Dreams? Recall?	
Sleep walking?	
Oedema on waking?	

EMOTIONAL HEALTH

Depression? Anxiety?	Sighing a lot. Get on with it.
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Fear, anger?	
Dwell?	
ADHD?	
Brain Fog? Forgetful?	Only a little.
EPIGENETICS	
COMT??	
Worrier or Warrior?	
GASTROINTESTINAL	
Pain? Bloating? Gas?	Ulcer on endoscopy. 6 yrs ago. Burning pain occasionally. No gas.
Burping? Reflux?	Now getting some reflux. Nexium takes that sometimes.
Bad Breath?	
Intolerances?	
STOOL	
How often? Type?	Banana shape. Well formed.
Form? Sticky?	Sinks. Sometimes sticky.
Blood/Mucous?	No
Haemorrhoids? Itchy?	
Parasites?	
CARDIOVASCULAR	
Chest pain? Palpitations?	Full test.
Cholesterol	
Cold hands/feet	
Varicose veins/ swelling?	
Bleeding issues?	No.
Anemia? Cyanosis?	
Franks Sign?	
MUSCULAR SKELETAL	
Cramps? Pain? Where?	Arthritis. - inflammtion.
Restless Legs?	

Numbness/Tingling?	No
Pain Tolerance?	Low.
RESPIRATORY	
Congestion? Cough?	
Sinus issues? Smell?	Have noticed lost sense of smell and taste.
Mouth ulcers?	
Glands? Nose bleeds?	No .
Headaches? Dizziness?	No
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	
Colour/odour?	
Flow? Clotting?	
Ovulation mucus?	
PMS Sx?	
Breast pain? Cysts?	
Libido?	
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	
Colour/odour?	
Pain / burning? UTIs?	Had a UTIs after antibiotics.
Enuresis?	
INTEGUMENTARY	
Texture/type?	
Itchy/burning? Hives?	
Eczema/Psoriasis?	
Bruising? Skin tags?	
Slow wound healing?	
Dark patches?	

Sweating?	
ENDOCRINE	
Thyroid?	Thyroxine. Checked regularly.
Insulin resistance?	
Blood sugar? Cravings?	Little hangry.
IMMUNE	
Colds/Flu? Recovery?	No.
Allergies?	None.

DIET

BREAKFAST	
Coffee on rising. Fruit and oat biscuits, eggs and tomato. Avo. Bananas grapes.	
SNACKS	
No	
LUNCH	
Roast dinner with veg. Omelette. Not much fish. 1 every 2 weeks. No salad. Has implants.	
DINNER	
Soup beef and veg, chicken. Laksa. Chicken. Pumpkin potato, greens, mushrooms. Eggplant.	
DRINKS	
5-8 glasses per day.	
CRAVINGS - ice? Salt? Etc	
No much dairy. Don't like kiwi fruit.	

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS

GOALS

SHORT TERM

Reduce symptoms. Inflammation

LONG TERM

Immune health/ gut health - ulcer / vision

TREATMENT NOTES

Stewed apples.

Tissue salts. 4 pills 3 x day.

Reduce zinc to 3 x week. Bs Every second day.

Bs only 1 every 2 days. REST ON SUNDAY

Elderberry juice. 20ml 1 day.

More fruit.

Herbal medicine.

Holy Basil 20

Thyme 20

Eyebright 20

Astragalus 20

Yarrow 30

For next appt:

Gut health.

Dairy?

Fish oil?

Niacin/Vit C? Overmethylation??