



# CLIENT FOLLOW UP FORM

**Client Name:** Mark Hodge

**Date:** 19/5/25

**Email:**

**Practitioner:** Leigh Gibbs

<b>PROGRESS</b>	<b>How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?</b>
	Bloods - low B12/folate. Low ALP - zinc. LDL ratio off,.  Monday 5th - Stressful episode at work. Heart Palpitations, worse for stress - went to hospital. All clear. Still present. Yesterday a lot. Off and on today. Always a low Pulse rate.  When exercising absent, when resting present.  Energy was great. Woke up feeling fab. Taking MagTaur every day. Energy has waned a little.
<b>SYMPTOMS</b>	<b>Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.</b>
	Back pain this morning. Happening a little over the weekend. More Sciatic, dull ache up between shoulder blades. Libido non existent.
<b>PROTOCOL</b>	<b>Have you been following the treatment plan and recommendations discussed in our previous session? Are you taking the prescribed supplements, herbal remedies, or following dietary and lifestyle modifications?</b>
	Dandelion root tea only 4 times.
<b>MEDICATIONS/ Supps</b>	<b>Have you started or stopped any medications, supplements, or other therapies since our last session? Are you experiencing any side effects or interactions?</b>
	Having MagTaur on an empty stomach. Ok.
<b>EMOTIONS</b>	<b>How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?</b>
	Mood alot better. 7or 8/10. Stress levels 5/10.  Low motivation still. Dopamine.
<b>ENERGY</b>	<b>Have you noticed any changes in your energy levels, fatigue, or sleep patterns? Are there specific times of the day when you feel better or worse?</b>
	Worse this last week.
<b>DIGESTION</b>	<b>Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?</b>
	Stool not as solid. Sticky. Lot of wind. But has eased off.
<b>DIET</b>	<b>How has your diet been lately? Have you been able to incorporate any recommended dietary changes? Do you have any challenges or concerns regarding your nutritional plan?</b>



	Trying to eat more in the mornings. More veg. Red Meat when he came home from hospital. And Last night - Saturday lunch. Felt better for it.
	Water - not much. Increase to 2 L
<b>GOALS</b>	<b>Progress Towards Goals: Are you satisfied with the progress you've made so far? Are there any goals or outcomes that you would like to achieve or discuss further?</b>
<b>SUPPORT</b>	<b>Additional Support: Is there anything else you would like to address or any specific questions or concerns you have regarding your health or treatment plan?</b>
<b>TREATMENT</b>	<b>Aims and suggestions for this appointment.</b>
	<p>MagTaur 1 every second day. Increase fish oil. Oysters. Omegas.</p> <p>Vitamin D?? Time out in the sunshine.</p> <p>Increase water intake. - 2L.</p> <p>Smoothies w coconut water, cinnamon.</p> <p>Codonopsis, 40</p> <p>Holy Basil, 50</p> <p>hawthorn, 40</p> <p>Rehmannia, 40</p> <p>Rosemary, 30</p> <p>Globe 20</p> <p>Aspen &amp; Elm</p>
<b>FOLLOW UP APPT:</b>	Bloodwork - full health check. Cardio Coronary Calcium score.

