



# CLIENT FOLLOW UP FORM

**Client Name:** Hallie Cochran

**Date:** 5/6/25

**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>
	Currently on day 17. Ovulation around day 14. Still has some discharge.  Was on Abx for 7 days. Bloating after in the lead up to period.  Mood swing, a little apathetic and anxiety was better in the lead up. Overthinking however. A big cry on the day of. Not as dramatic or aggravated as usual.
<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>
	Late cycle. But regular if we disregard the last short cycle. Cramping week before. More than usual 4/10. Bad on day 1. Full 5 day bleed. Little heavier on 1st couple of days.  So bloated week before 10 days prior. No bloating since the period.
<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>
	Yes, reducing sugar.
<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>
	Antidepressants? Haven't had to take anti-anxiety meds! Activated Probiotics for BV.  Fluconazole 1 per week.
<b>EMOTIONS</b>	<b>How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?</b>
	All good.
<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>
	Lots of energy. High Cortisol.
<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>
	Regular poos. A little more sloppy. Sticky. digestive enzymes.
<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>
	Increase nuts seeds dairy? Fats? Yes.



<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>
	Normalise cycle. Address dysbiosis.
<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>
	Apple cider vinegar in water before meals. BioFem. Flax Seeds, slippery elm powder. Soups. Pomegranate. Increase prebiotic foods. PHGG. Biome Advanced Probiotics. stay off sugar.  BioFem &  Coconut oil for vaginosis.
<b>FOLLOW UP APPT:</b>	<b>June 26th 2pm</b>

