

INITIAL CONSULTATION NOTES



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PRESENTING COMPLAINT: How long? Better Worse? Origin?

GIT - Constipation, every 3 days huge histamine response. Constant sneezing all day. Distention.

Constantly, bloating. Straight after food. Within half an hour. No pain. Feeling expanded.

Food sits heavy in gut.

Passing wind helps a little.

2020 -USA for 3 months. Eating and drinking poorly. 2020 CDSA rare bacteria. Run down. 6 weeks after, emotional upset. Lost one of her best friends.. GRIEF. Sinus issues blocked. Saw Naturopath in Melbourne. But didn't continue.

Saw Mullum herbals.

Gave up alcohol just before - detox. Went on a low histamine diet. Helped.

Emotional sets it off. Did medical medium. Eating clean. Green poos.

Dad is a homeopath - didn't help long term.

2023 - energetic healer. Gaz Chan. No symptoms for a year. NERVOUS SYSTEM.

2024 - tassie last winter by herself. Solitary. All symptoms game back.

Less she eats the better she feels.

Did a week cleanse. Juices and broths. Felt better. Bloating dissipated.

Oregano oil made her feel like a bomb was going off.

No reflux. Knots on the left hand side. Knotted. Iliocecal valve.

1-3 days fine 4th day nothing. 1 or 2 days constipated.

L glutamine helps. Shifts symptoms. Slow bowel movements. Sensitive to foods.

Protein and greens some fibre.

Food triggers 24hrs, wakes up has little red dots under her nose. Sneeze. 2 days.

Sad low mood. Heavy breathing

FAMILY HISTORY

MOTHER	
FATHER	Kidney failure, heart attack 2019
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	
SURGERY	
VACCINATIONS	
OVERSEAS TRAVEL	3 months in USA
TRAUMA	

CURRENT MEDICATIONS

MEDICATIONS	
SUPPLEMENTS	L-Glutamine- gut lining healing (helps reduce histamine response) Reishi- nervous system Lions Mane - mental clarity Zinc - BioMedica Probiotics- gut synergy - Bioceuticals Ultra biotic. Guar Gum- to help with bowel movements Ora Profound Sleep.
ANTIBIOTICS?	

PHYSICAL SIGNS

BLOOD PRESSURE		BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Pale, teeth marks.		
NAILS	Indented. On some of the fingers. Long history of picking at fingers. NAC? Chipping.		
TEETH/GUMS/ORAL	None.		

LIFESTYLE

EXERCISE			
STRESS / 1-10	7		
ENERGY LEVELS / 1-10	5	SLUMPS:	
ALCOHOL	0	SMOKING/DRUGS	
COFFEE/TEA		SUGAR	

ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM			
SLEEP			
Time, waking, quality?	Bed by 10:30. Wake at 5am, exercise. Sleep through. Waking up at 2pm. Liver.		
Refreshed on waking?	Struggle to get up. Puffy fluid face.		
Dreams? Recall?	Dream recall good.		
Sleep walking?			
Oedema on waking?	Yes in face.		
EMOTIONAL HEALTH			
Depression? Anxiety?	Anxious internally - TMJ. Meditate. Err on the side of sadness.		
Fear, anger?			
Dwell? OCD?			
ADHD?	ADHD. 20 tabs open at once. So hard to focus.		
Brain Fog? Forgetful?	Foggy, scattered. Toxic.		
EPIGENETICS			
COMT? Warrior/worry	Both. Get on with it.	OVER- Methylation	UNDER - Methylation
	ALLERGIES/CHEMICAL	Seasonal, hayfever	Chemical
When anxious	HIVES	Yes	
	SALIVA/TEAR FLOW	high	Low
Itchy	DRY EYES	never	Often
	PAIN TOLERANCE	Low	High
	EASE OF ORGASM	High	Low
	LIBIDO	High	Low
	BODY HAIR	Sparse	Thick

	ANXIETY	Internally	Outwardly
	PHOBIAS	Yes	
	OCD/PERFECTIONIST	Yes	
	HYPERACTIVE		Yes
	RESTLESS LEGS		Yes
	COMPETITIVENESS	Yes	
	MOTIVATION	High	Low
	ACADEMIA	High	Low
	ARTISTIC/MUSICAL		Very High
	RELIGIOUS		Yes
	Additional personality traits/ psychiatric tendencies	Oppositional/defiant	Grandiose
		Social isolation	Panick attacks
		Anorexia / Bulimia	Learning disabilities
		Gambling/Shopping	Suspicion/paranoia
		Catatonic	Self mutilation
		Delusional thinking	Auditory hallucinations
	TOLERANCE TO B's	Negative	Positive
	ANTI HISTAMINE REAC	Postive	Negative
	SSRI REACTION	Positive	Negative
	VALLIUM/XANAX	None, or negative	Positive
	BENZO's REACTION	Negative	Positive
	SAMe REACTION	Positive	Negative

GASTROINTESTINAL

Pain? Bloating? Gas?	
Burping? Refulx?	No.
Bad Breath?	Nope.
Intolerances?	Wake up bloated. CONSTANT. Triggers foods - rice, broccoli, cauliflower. Garlic & onion. Bananas. Green apples. Pasta. No wheat. No gluten no dairy. Fermented, canned. Low histamine.
STOOL	
How often? Type?	Firm difficult to pass.

Form? Sticky?	Soft serve sticky. Sinks
Blood/Mucous?	No
Haemorrhoids? Itchy?	Fissure. Straining. Bright blood.
Parasites?	
CARDIOVASCULAR	
Chest pain? Palpitations?	Heart palpitations. Anxious.
Cholesterol	
Cold hands/feet	Warm hands and feet.
Varicose veins/ swelling?	None.
Bleeding issues?	Fine.
Anemia? Cyanosis?	Aneamia.
Franks Sign?	
MUSCULAR SKELETAL	
Cramps? Pain? Where?	Shoulder ligament. Overuse.
Restless Legs?	
Numbness/Tingling?	
Pain Tolerance?	High
RESPIRATORY	
Congestion? Cough?	
Sinus issues? Smell?	Sinus. Insane Itchy eyes. Watery nose.
Mouth ulcers?	
Glands? Nose bleeds?	
Headaches? Dizziness?	Yes often - temple. Gall bladder region. Liver . Always there. At a 3 low grade. At least once a week. Can go up to 6. ESTROGEN??
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	Regular. PCOS Hx. 26 days.
Colour/odour?	Bacterial vaginosis. Took Abx 2023. 2024 itchy. Sore.
Flow? Clotting?	Heavy day 1 for 3 days. Lasts 7 days.
Ovulation mucus?	Low mucus - Buzzing sensation.

PMS Sx?	Burning sensation. History of bad pain. Moody irritable. Emotional. Low tolerance for life. 10 days before. - 29yrs.
Breast pain? Cysts?	Week before tender breasts. No leaking.
Libido?	Low
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	3-4 x day.
Colour/odour?	None
Pain / burning? UTIs?	None
Enuresis?	
INTEGUMENTARY	
Texture/type?	
Itchy/burning? Hives?	Itchy skin during a flare.
Eczema/Psoriasis?	
Bruising? Skin tags?	
Slow wound healing?	
Dark patches?	Brown patches on skin. And
Sweating?	Normal.
ENDOCRINE	
Thyroid?	0.8
Insulin resistance?	
Blood sugar? Cravings?	Don't eat first meal until midday. Light headed.
IMMUNE	
Colds/Flu? Recovery?	None. Low grade flu with histamine symptoms.
Allergies?	None.
	Sighs

DIET

BREAKFAST
L-Glutamine & guar gum Matcha w almond milk.
SNACKS
LUNCH
Half a papaya with lime juice. Scrambled eggs, boiled. Coriander, parsley lime juice olive oil water celltic salt on top of eggs. Sweet potato. Porridge instant oats w blueberries with coconut yoghurt nuts tahini. Flax chia - winter.
DINNER
Chicken green curry, no rice. Chicken dish with veg. Green beans zucchini. Pumpkin, sweet potato. Fish x fortnight. Red meat 1 x week/fortnight.
DRINKS - H2O, Soft Drink, Juice etc
Drink a lot of water. 2 L. Dry mouth. 2 x matcha almond milk. Tea Mushroom, herbal teas a night. Dandelion.
CRAVINGS - ice? Salt? Etc
OTHER
Sometimes Pana vanilla ice cream with honey and macadamias. Pana hazelnut. No dairy. Mandarins maybe. Macadamia nuts.

Lived in mouldy apartment. 2023. For 3 months. Sx started 10months later.
No visible signs in current apartment.

LABORATORY INVESTIGATIONS			
INVESTIGATION:	DATE:	RESULT	COMMENTS
CDSA	May 25	V high levels of Enterococcus & Klebsiella. V low beneficial bacteria.	Consideration in SIBO Dx.
Bloods	March 25	Low iron, ferritin, b12, b9, zinc Low Cholesterol TSH 0.8	Anaemic. Poor stomach function.

FINDINGS and DDx

Low HCL, digestive enzymes

GOALS

SHORT TERM
Give some digestive relief with enzymes. Increase iron levels for energy and vitality SIBO test
LONG TERM
SIBO protocol if confirmed.

TREATMENT NOTES

Digestive enzymes.

BicoZn every 2nd day.

Beef liver - iron - every 2nd day.

BioActivated Bs. Every 2nd day alternate to iron

Iodine - kelp flakes.

Selenium - Brazil nuts 2 per day.