



CLIENT FOLLOW UP FORM

Client Name: Hallie Cochran

Date: 3/7/25

Email:

Practitioner: Leigh Gibbs

PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Last month was great. Period on 24 days, Friday 13th June. Currently day 21 - normal.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	So much energy such a good mood. Very light for 2 days - stomach pain in evening. Noticed a lot of blood clots heavier flow. Still good vibes. Experienced a little soreness from going off fungal medication. Peeing less at night. Still have some hormonal back acne - gut dysbiosis, lymph.
PROTOCOL	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?
	All good.
MEDICATIONS/Supps	Have you started or stopped any medications, supplements, or other therapies since our last session? Are you experiencing any side effects or interactions?
	Stopped taking fluconazole. 1 per week. Got a fungal infection. 23rd/24th. Taking herbs still.
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Little anxious around ovulation.
ENERGY	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?
	A little tired this week. A little snappy yesterday. Bs
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	2nd day of period diarrhoea - normal.
DIET	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?
	Been having flax seed in breakfast.



GOALS	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?
	Work towards balancing the microbiome. Antifungal treatment.
SUPPORT	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?
TREATMENT	Aims and suggestions for this appointment.
	<p>Finish bottle of biofem.</p> <p>Stay on Saffron zinc. Less sweets. Black seed oil 1 morning and night.</p> <p>Stay on herbs. Up herbs to 5ml 2 x day.</p> <p>ANTIFUNGAL HERBS</p> <p>Chaste tree, Pomegranate, gymnema, pau darco, turmeric, ginger, andrographis, echinacea.</p> <p>Increase fibre for prebiotics.</p> <p>SFi Thermo biotic for vaginal health - 1 per night</p> <p>Bs last 2 weeks of cycle - every 2nd day.</p>
FOLLOW UP APPT:	31st August

