

INITIAL CONSULTATION NOTES



Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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CLIENT: Paula Steele Boyce	DATE: 12/6/23
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PRESENTING COMPLAINT: How long? Better Worse? Origin?

Bad breath. 10years. Ongoing.

Feeling worse last 3 months.

Sourdough & boiled egg. Sitting heavy in the stomach. Very heavy feeling after meals. Bread.

No problems with. Can't tolerate lentils/beans. Pulses. Pain bloating wind.

Lemon water.

Digestive enzymes Not really working but taking after meal.

Had H-Pylori years ago when in Bali.

Allergic to fish. Dust.

No bloating lower upper only.

Weight loss.

Sinus issue - Blocked, can't swallow. Stuffy. Alternates between stuffy and runny. No pain just blocked. Headache. Through to ears. .Worse at night.

Vertigo after covid shot. On and off.

Not lived in mould.

1 year only eating 2 meals.

Like to feel a lot lighter in herself.

FAMILY HISTORY

MOTHER	
FATHER	Died of bowel cancer.
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	Dendritic Ulcers since 2yrs.
SURGERY	Plated pin. Lipo. BCC end of nose. Skin cancers all the time.
VACCINATIONS	Covid 3 x.
OVERSEAS TRAVEL	Bali year ago.
TRAUMA	

CURRENT MEDICATIONS

MEDICATIONS	Zinc sustain Blackmores Energy B12 Nutralife Complete Forte Progesterone 60mg cap Cenovis C Sandrena Estrodial D3 25000IU /wk - ??? Increase Ca. Cause dizzyness/nausea/fatigue/ kidney damage - frequent urination. Ferrograd C Reacted to Codeine.
SUPPLEMENTS	
ANTIBIOTICS?	

PHYSICAL SIGNS

BLOOD PRESSURE	Normal.	BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE			
NAILS	Break easily.		
TEETH/GUMS/ORAL	No issues.		

LIFESTYLE

EXERCISE	5 Bootcamp. Pump. Weight bearing.		
STRESS / 1-10			
ENERGY LEVELS / 1-10	6	SLUMPS:	
ALCOHOL	20 units per week.	SMOKING/DRUGS	
COFFEE/TEA	2 cups. Lactose free.	SUGAR	

ANATOMICAL SYSTEMS REVIEW

	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? Reflux?	No reflux. Just feeling of fullness.		
Bad Breath?	Very.		
Intolerances?			
STOOL			
How often? Type?	2-3 daily.		
Form? Sticky?	Loose. Never formed. Sticky sinks.		
Blood/Mucous?	Nope.		
Haemorrhoids? Itchy?	Yes.		
Parasites?			
CARDIOVASCULAR			
Chest pain? Palpitations?	Pain attacks. Anxiety.		
Cholesterol	Cholesterol.		
Cold hands/feet	Always cold.		

Varicose veins/ swelling?	
Bleeding issues?	Bleed a lot.
Anemia? Cyanosis?	Low iron. Taking iron everyday.
Franks Sign?	
MUSCULAR SKELETAL	
Cramps? Pain? Where?	Bulging discs. Lower.
Restless Legs?	
Numbness/Tingling?	None.
Pain Tolerance?	
RESPIRATORY	
Congestion? Cough?	
Sinus issues? Smell?	Chronic sinus issues. Wine. Makes it worse. POST NASAL DRIP.
Mouth ulcers?	None.
Glands? Nose bleeds?	
Headaches? Dizziness?	Dizziness. Sinus headache. Cluster headaches for 2 days.
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	Early onset menopause. 40yrs old.
Colour/odour?	
Flow? Clotting?	
Ovulation mucus?	
PMS Sx?	
Breast pain? Cysts?	
Libido?	
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	Wake up to pee 2x.
Colour/odour?	Change with water.

Pain / burning? UTIs?	None. No problem with thrush.
Enuresis?	
INTEGUMENTARY	
Texture/type?	Red palms. Nails break easily. Dry.
Itchy/burning? Hives?	
Eczema/Psoriasis?	
Bruising? Skin tags?	No. Yes had removed.
Slow wound healing?	Hair thin dry brittle. Thin alway.
Dark patches?	
Sweating?	No.
ENDOCRINE	
Thyroid?	Hypo thyroid. TPO antibodies.
Insulin resistance?	
Blood sugar? Cravings?	SUGAR. BIG
IMMUNE	
Colds/Flu? Recovery?	3 colds per year. Hit hard on the chest. Pneumonia. Feb.
Allergies?	Dust

DIET

BREAKFAST
Training before breakfast. Water on waking. Before breakfast. Eat around 10:30am. Egg on sourdough. Avocado on toast. Scrambled eggs. Protein powder shake yoghurt.with water.
SNACKS
LUNCH
Chicken, lettuce tomato. Wrap. Or souhdough
DINNER
Corn meat & broccoli carrot, cauliflower, zucchini potato and sweet potato. Steak & salad. Spinach/fetta pie. Vege patties. Chicken curry. Stir fry. Slow cooker. Roast veg.

DRINKS - H2O, Soft Drink, Juice etc

1.5L / day. Fileted Drink to numb the pain. 2 nights off drinking. 2 drinks per night. Fri/Sat/Sun 4-6 drinks per night on wends.

CRAVINGS - ice? Salt? Etc

SUGAR. Love salt. ICE in all drinks.

OTHER

No Milk - gives her diarrhoea. Nuts and seeds straight through. Fine after fatty foods.

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS

GOALS

SHORT TERM

LONG TERM

FINDINGS and DDx

TREATMENT NOTES

Estrogen in the morning.

DHEA Morning.

Progesterone at night.

Change Mg / Iron / D/ Zinc.

Box Breathing.

Remove dairy - replace -

SIFO?? Mercury poisoning.

FOLATE!!

Herbs?

GUT, Inflammation, Sinus, Nervous system.

Hemi 20

Meadowsweet, 20

fenugreek, 10

astragalus 20

Rosemary 20

Oat seed 20

Homeopathic liver NuxVom

Maybe change the digestive enzymes HCL.

Ethical nutrients - Magnesium Night.

Nigella

Chlorella