

# CHILD INITIAL CONSULTATION NOTES



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<b>CLIENT:</b> TYLER GILMORE	<b>DATE:</b> 4/7/25
<b>DOB:</b> 07/05/2010 15yrs	<b>Phone:</b> 0413236374
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## PRESENTING COMPLAINT: How long? Better Worse? Origin?

ADHD - reactive. Anxiety.

Pale, No headaches.

Every couple of months headaches - migraines. Can't handle light or sound.

Concerta 6 months. Feeling good - taking.

## EARLY DEVELOPMENT

BIRTH STORY	Pre eclampsia, normal VD. Fast. Induced. Jaundice.
BREAST FED/REFLUX	Breast fed for 6 weeks. Reflux - until `12 months. Hated burping mid bottle. Projectile vomit. Solids at 6months. Weetbix fruit & milk.
CRAWLING/WALKING	Average. Walking 14months.
TEETHING	Normal. Little yellow.
TOILET TRAINING	Little later. Daycare. Distraction from 3yrs.

## FAMILY HISTORY

MOTHER	
FATHER	
SIBLINGS	

## MEDICAL HISTORY

ILLNESSES - reactions	RSV 2-3months.
SURGERY - reactions	Tonsils and adenoids removed. Tongue tie released.

VACCINATIONS	All of childhood. Skin reactions.
OVERSEAS TRAVEL	Yes. Fiji.
TRAUMA	No.

## CURRENT MEDICATIONS

MEDICATIONS	Concerta - increases NE & DA. Sudafed, neurone.
SUPPLEMENTS	Mg - Swisse Glycinate.
ANTIBIOTICS?	Took armaforce. Maybe 2 x in the last 2 years.

## PHYSICAL SIGNS

BLOOD PRESSURE		BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Clean red. Not swollen.		
NAILS	Lot of nails. Bite skin and nails a lot. Stress or boredom.		
TEETH/GUMS/ORAL	All good.		

## LIFESTYLE

EXERCISE	Basketball. Volley ball. Swimming Tennis. Walks home from school.		
STRESS / 1-10	6		
ENERGY LEVELS / 1-10	6	SLUMPS:	
COFFEE/TEA		SUGAR	

## ANATOMICAL SYSTEMS REVIEW

### NERVOUS SYSTEM

#### SLEEP

Time, waking, quality?	9-10pm. Depending on activités. Sometimes 1 hr to get to sleep. Wakes 1 during night 11-2am. Toilet. Insulin??
Refreshed on waking?	Sluggish. 30mins to wake up. A little jaded, irritated and angry.
Dreams? Recall?	Remembers. Re-occurring nightmare.
Sleep walking?	Sometimes.
Bed Wetting?	Not excessive.

#### EMOTIONAL HEALTH

Depression? Anxiety?	Very. Social anxiety. Poker face. Internalises. Affectionate with GMA.
Fear, anger, Tantrums	Meltdown - Lack of prioritising - gets stressed. Fear of heights and dark spiders and cockroaches.
Dwell? OCD?	As a young boy lining up cars. Not now.
Focus? ADHD?	
TICS?	

## EPIGENETICS

COMT? Warrior/worry		OVER- Methylation	UNDER - Methylation
	ALLERGIES/CHEMICAL	Seasonal, hayfever	Chemical
	HIVES	Yes	
	SALIVA/TEAR FLOW	high	Low
	DRY EYES	never	Often
	PAIN TOLERANCE	Low	High
	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	Positive	Negative
	SSRI REACTION	Positive	Negative
	VALLIUM/XANAX	None, or negative	Positive
	BENZO's REACTION	Negative	Positive
	SAMe REACTION	Positive	Negative

### GASTROINTESTINAL

Pain? Bloating? Gas?	Gas. Eats too fast. Gas yes. Protein sulfur smell.
Burp, Reflux, Nausea?	Standard. Morning nausea sometimes. Low appetite at school - meds.
Bad Breath?	Bad breath all the time. - low stomach fx
Intolerances?	

### STOOL

How often? Type?	Every 2 to 4 days.
Form? Sticky?	Between 1-4. Varies.
Blood/Mucous?	
Haemorrhoids? Itchy?	
Parasites? Worms?	Gastro 2.5yrs ago.

### CARDIOVASCULAR

Chest pain? Palpitations?	
Cholesterol	
Cold hands/feet	
Bleeding issues?	
Anemia? Cyanosis?	

### MUSCULAR SKELETAL

Cramps? Pain? Where?	Back pain school bag heavy. TMJ
Muscle tone?	Decent.
Restless Legs?	Yes
Numbness/Tingling?	No.
Pain Tolerance?	

### RESPIRATORY

Congestion? Cough?	
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Sinus issues? Smell?	
Mouth ulcers?	No
Glands? Nose bleeds?	Bites cheeks.
Headaches? Dizziness?	Dizziness on getting up.
<b>REPRODUCTIVE - WOMEN</b>	
Cycle length? Bleed?	
Colour/odour?	
Flow? Clotting?	
Ovulation mucus?	
PMS Sx?	
Breast pain? Cysts?	
<b>URINARY</b>	
How often?	
Colour/odour?	
Pain / burning? UTIs?	
Enuresis?	
<b>INTEGUMENTARY</b>	
Texture/type?	
Itchy/burning? Hives?	No.
Eczema/Psoriasis?	No
Bruising? Skin tags?	Yes bruising.
Slow wound healing?	Slow healing.
Dark patches?	no.
Sweating?	Runs hot needs a fan on at night. Sweaty in bed - if he doesn't have fan.
<b>ENDOCRINE</b>	
Thyroid?	Low
Insulin resistance?	Skips lunch. Too
Blood sugar? Cravings?	Sugar hit. Junk food.
<b>IMMUNE</b>	
Colds/Flu? Recovery?	Normal.
Allergies?	None.

SUN makes him sneeze. Light sensitivity.

## DIET

### BREAKFAST

Weetbix honey milk banana. Toast peanut butter nutella. Smoothie. Frozen mango banana yoghurt. Bacon egg wrap with veg.

### SNACKS

1 musli bar.

### LUNCH

Skips.

### DINNER

Toasted sandwich, smoothie after school.  
Veges, protein chicken, tacos. Spaghetti mince. Don't eat fish. Silverside, lamb shanks. Sausages.

If hungry Oats before bed. Milk and biscuits.

### DRINKS - H2O, Soft Drink, Juice etc

Good amount of water in morning. Thirsty in the evening. No appetite at school. 1.5L-2L. Filtered. Sugar free gatorade. Electrolytes.

### CRAVINGS - ice? Salt? Etc

### OTHER

## LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
Blood Pathology	16/6/25	Low ferritin!! 12	
		Low b12,b9	
		High ALP!! 193	Dehydration, bone disorder, growth
		High eosin .66!	Allergies? Parasites? Adrenals, autoimmune, leukaemia
		Low Neutrophils	Low zinc, autoimmune, bacterial infect.

		High end Lymphocytes	
		High potassium	Dehydration, meds, acidosis, low cortisol

## GOALS

<b>SHORT TERM</b>
Bring Ferritin up Support nervous system Improve nutrient profile. Support methylation Reduce neuro inflammation Improve detoxification.
<b>LONG TERM</b>
Address toxic overload. HTMA CDSA

## FINDINGS and DDx

High eosinophils , sweating at night, low anion gap - might need to be investigated.  
Low serotonin.  
Low histamine

## TREATMENT NOTES

BioHeme iron then switch to beef liver for Vit A.  
More Protein at breakfast and dinner. Evening snacks - protein rich.  
Increase salt  
Support methylation.  
Herbal medicine for night time  
Suisse Magnesium - switch once finished.  
Saffron & zinc.  
Equazen.