

INITIAL CONSULTATION NOTES



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CLIENT: Caitlin Carter	DATE: 10/7/25
DOB:	Phone:
Email:	Address:

PRESENTING COMPLAINT: How long? Better Worse? Origin?

Depression low mood, around 17years ago. In Australia, no major trauma. Obtrusive thoughts.

Good at putting on a. Brave face. In her own head overthink interactions, things Ive said. Like my own company.

5/10. Better for exercise. In my own head a lot. Procrastinator.

Effexor 300mg. Took herself off for a month. Like to come off them.

Hx of bulimia.

FAMILY HISTORY

MOTHER	6 siblings 4 have depression. Aunty in and out of Psychiatric hospitals. Some eating disorders.
FATHER	Mentally stable.
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	Croup badly as a child.
SURGERY	ACL surgery.
VACCINATIONS	Covid x 4. All the child hood vaccinations
OVERSEAS TRAVEL	New Zealand April.
TRAUMA	

CURRENT MEDICATIONS

MEDICATIONS	Effexor.
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SUPPLEMENTS	Mg glycinate. Melatonin.
ANTIBIOTICS?	No.

PHYSICAL SIGNS

BLOOD PRESSURE		BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Clean teeth marks, trembling.		
NAILS	Grow really well.		
TEETH/GUMS/ORAL	Bleed when brushing. Vit A, C Zinc,		

LIFESTYLE

EXERCISE	5 x gym. Weights. No motivated. Not much cardio. Walks on weekend.		
STRESS / 1-10	Life stress 6/10		
ENERGY LEVELS / 1-10	6/10	SLUMPS:	Random times 10am/ 2pm-
ALCOHOL	Rarely.	SMOKING/DRUGS	Nope
COFFEE/TEA	2 cups - 4	SUGAR	Vanilla syrup

ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM	
SLEEP	
Time, waking, quality?	Bed at 11pm. Wake at 5 am. Feel sluggish on waking. Snooze a lot. Waking at 7am. Procrastinator. Go to toilet. Sleep through Takes up to 1hr to fall asleep.
Refreshed on waking?	Sluggish
Dreams? Recall?	Every night. - always dreams.
Sleep walking?	
Oedema on waking?	Sometimes. Under eyes.
EMOTIONAL HEALTH	
Depression? Anxiety?	Simmering sits with me. Keep replaying thoughts. Suspicion.
Fear, anger?	Really angry yesterday at work.
Dwell? OCD?	Dwell. A little feel like she has to do something or something will happen. OCD.

ADHD?	Yes.		
Brain Fog? Forgetful?	Forgetful.		
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
	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?	Bloated and gassy. Stomach rumbling. Trying to increase fibre. After dinner last night straight away. Chicken soup. Veg stock. Basil oregano, celery, soy, onion. Bloat at night time. After dinner. Not waking up bloated. Passing wind helps.		
Burping? Refulx?	REFLUX just this year.		
Bad Breath?	Nope.		
Intolerances?	Feel a bit nauseas after eating fatty foods.		
	STOOL		
How often? Type?	Once per day.		
Form? Sticky?	Normal type. Clean. Sinks.		
Blood/Mucous?			
Haemorrhoids? Itchy?			
Parasites?			
CARDIOVASCULAR			
Chest pain? Palpitations?	Sometimes. Sighing - iron levels. Adrenals.		
Cholesterol			
Cold hands/feet	No.		
Varicose veins/ swelling?			
Bleeding issues?	No .		
Anemia? Cyanosis?	None.		
Franks Sign?			
MUSCULAR SKELETAL			
Cramps? Pain? Where?	Knee always hurts. Didn't do rehab properly. Hyperextending. Grind teeth alot and clench.		
Restless Legs?	Yes		
Numbness/Tingling?			
Pain Tolerance?	Low		
RESPIRATORY			
Congestion? Cough?			

Sinus issues? Smell?	
Mouth ulcers?	One.
Glands? Nose bleeds?	2 nose bleeds.
Headaches? Dizziness?	Dizzyness. Light headed. On standing.
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	Implanon bar for a year.
Colour/odour?	Hasn't had a 12months. Bleed last month for 4 or 5 days.
Flow? Clotting?	
Ovulation mucus?	
PMS Sx?	Really irritated at work - due for cycle. On bar. Like black out and different person. Irrational anger. Only tracked this cycle. Bit random.
Breast pain? Cysts?	Sore boobs. Random - iodine.
Libido?	yes.
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	
Colour/odour?	Dehydration.
Pain / burning? UTIs?	
Enuresis?	
INTEGUMENTARY	
Texture/type?	Combination face. Dry Body
Itchy/burning? Hives?	Itchy skin. All over, sometimes random place. Thryoid? Implanon
Eczema/Psoriasis?	
Bruising? Skin tags?	Bruise easily. No skin tags.
Slow wound healing?	
Dark patches?	
Sweating?	YES. Hands get really sweaty. Sweat profusely.
ENDOCRINE	
Thyroid?	

Insulin resistance?	
Blood sugar? Cravings?	
IMMUNE	
Colds/Flu? Recovery?	Been sick more often. A few colds. Tired. Lethargic.
Allergies?	

DIET

BREAKFAST
Wake up go to gym. Coffee first. Wait until work Weetbix, Oats. BIG SUGAR person. Sugar. Honey Milk.
SNACKS
Popcorn. Nuts. Mixed. Love fruit.
LUNCH
Potatoes, broccoli and chicken. Mince sweet potato boiled egg. Meal prep. Lolly Jar. Devour.
DINNER
Steak, potatoes, asparagus, broccoli. Green beens. Rarely pasta. Sometimes rice. No fish.
DRINKS - H2O, Soft Drink, Juice etc
3-4glasses a day only.
CRAVINGS - ice? Salt? Etc
Sweet tooth. Chocolate.
OTHER
Milk Chocolate for desert.

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
Bloods			

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GOALS

SHORT TERM

Support methylation, reduce histamine.

LONG TERM

Off SSRIs

FINDINGS and DDx

Cortisol dysregulation
Histamine overload.
Depression - HM toxicity?

TREATMENT NOTES

Kiwi fruit every morning. Apple before work out w nut butter.
Coffee
More water
Dietary EFAs
Change Breakfasts - Sardines!
Increase iodine - kelp flakes
Ground nuts and seeds for added EFA's
Brazil nuts & eggs for selenium
Coriander - natural chelator.
Complex carbs for lunch and dinner to support mood.
HTMA

Herbs:
St marys 40
Nettle 50
Rhodiola 40
Holy basil 50
Skullcap 40