



CLIENT FOLLOW UP FORM

Client Name: Paula Steel Boyce

Date: 10 July 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?
	Not many changes. Looks better. No headaches any more. Sinus still congested. Very red palms. Liver overwhelm. Still very bloated heavy feeling in upper GIT.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	No headaches anymore. Last weekend very agitated, irritable anxious for 2 day.
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?
	Yes somewhat. 3 meals per day digestion is difficult.
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?
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Random weekend of anxiety and aggression. Get hormone levels looked at.
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?
	Slump at 3pm. Cortisol levels - DHEA
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	Stool loose and slimy and sticky. Pancreatic insufficiency. Change to HCL.
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?
	Plenty of water. 3 bottles a day. 3 meals. Mostly gluten free. Increase leafy green
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?



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.
	Dr Maz Agah - Tweed city Family practice - CDSA referral. Colonoscopy on 13th Aug. Consider H-Pylori still. Change to HCL. Double dose of herbs and take 1/day only.
FOLLOW UP APPT:	31st August

