

INITIAL CONSULTATION NOTES



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PRESENTING COMPLAINT: How long? Better Worse? Origin?

Autistic. Sleep problems since 45yrs old. 2011 Sister living with us. Very head strong. Aggressive, controlling.

Dry vagina. Stabbing pain. Can't pinpoint. Whenever. Oxalates? Candida?

Troubles going toilet - nervous bladder. Bullied at school. Sit on the toilet. Feel likes she needs cold to go - touching cold items. Urgency, but can't go. Too much noise anywhere stops it.

Extremely shy person hard to find friends.

2018. Magnesium tablet in morning, powder in the evening took double dose. Ended up in hospital overdosed.

FAMILY HISTORY

MOTHER	Had vallium when pregnant with her. Had pleurisy.
FATHER	Autism. Smoker and drinker.
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	Pus in ear as a little girl. Hx ear infections.
SURGERY	Ectopic pregnancy. Appendectomy 2023.
VACCINATIONS	Shingles. 3 Covid shots. Vertigo.
OVERSEAS TRAVEL	Nope.
TRAUMA	

CURRENT MEDICATIONS

MEDICATIONS	Allergic to penicillin. Herpes
SUPPLEMENTS	Neuchu. Energy Gum. Swisse Sleep Mag.
ANTIBIOTICS?	Yes. August for Strep.

PHYSICAL SIGNS

BLOOD PRESSURE	Good.	BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Trembling - red. Coating on the back . Mapping tongue.		
NAILS	Strong, grow well. Chip easily.		
TEETH/GUMS/ORAL	Gum disease. But managed.		

LIFESTYLE

EXERCISE	No. Walking sometimes. No motivation.		
STRESS / 1-10	When she lays down - feels her heart.		
ENERGY LEVELS / 1-10	5	SLUMPS:	Afternoon.
ALCOHOL		SMOKING/DRUGS	
COFFEE/TEA		SUGAR	

ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM	
SLEEP	
Time, waking, quality?	To bed at 9pm. Journaling. Awake until 1am. Falling asleep at 1am wake at 6am . Waking for toilet. Sometimes can't go back to sleep. Don't feel wired. Not relaxed.
Refreshed on waking?	Feel. Ok. Foggy.
Dreams? Recall?	Dreamer. Vivid. Very vivid.
Sleep walking?	
Oedema on waking?	
EMOTIONAL HEALTH	
Depression? Anxiety?	Happy. No depression. Single.
Fear, anger?	
Dwell? OCD?	

ADHD?	Yes		
Brain Fog? Forgetful?	Forgetful, brain fog.		
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?	Bloating and pain. Stitching pain in the stomach. Alot of gas - loud.		
Burping? Reflux?	Alot of burping.		
Bad Breath?	No		
Intolerances?	Lactose intolerant, Dairy free- gluten??		
STOOL			
How often? Type?	1 every 2 days. Constipated. Not much. Very small amount. Get headaches, nauseous. Slow. Zinc. Sitting at the door! Sometimes has a sense of urgency. Loose stools IBS.		
Form? Sticky?	Sticky. Black/brown.		
Blood/Mucous?	Mucous.		
Haemorrhoids? Itchy?	Herpes.		
Parasites?			
CARDIOVASCULAR			
Chest pain? Palpitations?	Poor circulation. Cold hands and feet. Heart palpitations. Fluttering when she lies down.		
Cholesterol			
Cold hands/feet	Yes all the time.		
Varicose veins/ swelling?			
Bleeding issues?			
Anemia? Cyanosis?			
Franks Sign?			
MUSCULAR SKELETAL			
Cramps? Pain? Where?	Knees. Flat feet - wear othordics. Shoulder pain. Rotator cuff injury. Hip pain stiffness.		
Restless Legs?			
Numbness/Tingling?	Yes in fingers. Toe is numb.		
Pain Tolerance?			
RESPIRATORY			
Congestion? Cough?	Asthma and sinus badly. 24/7.		
Sinus issues? Smell?	Very sensitive. LIVER.		

Mouth ulcers?	
Glands? Nose bleeds?	
Headaches? Dizziness?	Migraine type headaches. Happens alot. 2/3 times a week. Debilitating. New. Panadol. Better for taking before it comes. Pain in the middle of the forehead with nausea. Then it comes on. Sleeps for hours.
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	Period ceased at 45yrs.
Colour/odour?	
Flow? Clotting?	
Ovulation mucus?	
PMS Sx?	
Breast pain? Cysts?	
Libido?	Low dry vagina. Hot flushes.
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	Stop/go stream. Not continous.
Colour/odour? THRUSH?	Pungent. Cloudy. Yes hx of. - herpes.
Pain / burning? UTIs?	Hx of . Not lately. Worse for intercourse.
Enuresis?	
INTEGUMENTARY	
Texture/type?	
Itchy/burning? Hives?	Very itchy in summer. Gets sores. Weep. Picks them. Bandaid. Eventually goes away. Not painful. Skin picker.
Eczema/Psoriasis?	
Bruising? Skin tags?	Bruise easily
Slow wound healing?	
Dark patches?	
Sweating? Smelly?	Sweat - smells. Deodorant dense.
ENDOCRINE	

Thyroid?	
Insulin resistance?	
Blood sugar? Cravings?	Sweet and chips. ADRENALS.
IMMUNE	
Colds/Flu? Recovery?	Sore throat - On Abx for 5 days recently.
Allergies?	Penicillin

DIET

BREAKFAST
Lactose free milk. Green tea decaf. 2 Weetbix with milk sugar. Sometimes egg & toast.
SNACKS
Banana. Too many bananas. 3 in the morning. Oranges. Apples. Strawberries cause histamine. Kiwi
LUNCH
1pm lunch. Pie. Chicken and salad. Potato salad. Cucumber & carrot. Sushi chicken.
DINNER
Veges, chops sausage. Spinach, cauli broccoli, carrots peas. Potatoes, sweet potato. Pork Cutlets. Fish. Baramundi. Spag bol -
DRINKS - H2O, Soft Drink, Juice etc
Water goes straight through her. Cup of tea, hot chocolate fine. Doesn't drink much water.
CRAVINGS - ice? Salt? Etc
Used to. Sugar salty chips.
OTHER
Love spinach. Can't have garlic, onion, - sulphur, mixed herbs can't have - dressings feel sick get a headache. Tomato sauce react. Preservatives? Dairy - diarrhoea Olive oil causes nausea - gall bladder.

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
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Bloods			

GOALS

SHORT TERM
Sleep & Constipation.
LONG TERM
Hormones Bladder issue

FINDINGS and DDx

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TREATMENT NOTES

List of bloods.
Low histamine foods
TriMag Restful night.
Enterolax

FOLLOW UP:
Consider gut healing - 2FI
Gentle B support.
SB
Herbs for bladder
Minerals for oxalates.
LIVER
Hormones - hot flushes - dryness.