



CLIENT FOLLOW UP FORM

Client Name: Michelle Harvey

Date: 13/9/25

Email:

Practitioner: Leigh Gibbs

PAHTOLOGY FINDINGS	Bloodwork/Stool
	Iron deficient, Low Hb, Ferritin, Vit D!! Low protein, High lymphocytes - toxicity? Low cholesterol Thyroid. Phosphorus, ALP - low HCL - B12, Zn, protein, Kidney Fx - low.
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Not too bad. Issues with Progesterone - tried 100 continuously. Due in 5 days. Been 3.5 weeks. Reduced PMDD. Testosterone working. Changed to a patch. 50mg, 1 pump gel. Iron increased a little. Mood stabilised.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Gut Sx - Breakfast improved constipation. The last week not every day. Didn't take enteromend. Haven't gone today. Yesterday once. High Stress? Fluid retention better. Minerals taking every day. Vegetable soup - gassy and bloated. Healthy snacks coconut flour - sore belly. Gripy. Cauliflower rice - bloated. Meat - eggs? - Eggs are fine. Chicken and fish. Changed seeded paleo bread - almond linseed is better. Almonds are fine. Japanese - was fine Reacting to the enteromend. Rice - also fine. Brown makes her gripe. Peeing still a few times a night. - Since she fell pregnant. Also noticed after virus. Had urge to go - couldn't pee. MOULD? Still happening now. Will flare up. This last week has been really bad. Cant empty completely. Diet - more sugar.



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?
	Following.
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?
	Increase progesterone.
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Better overall.
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?
	Always had sleep issues. Seasonal insomnia. Since Covid. Melatonin - made it worse. Snp ? Magnesium making sleep worse - 6 months ago was ok. But not now. Sleep still bad. Guanfacine - helps manages her anxiety. Better energy & clarity. Vyvanse - eventually get off it. Once she's feeling resilient enough come off it. Bs better for mood and mental health.
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	Gut Sx - Breakfast improved constipation. This last week not going every day. Didn't take enteromend. Haven't gone today. Yesterday once. High Stress? Yes.
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?
	3 meals a day. Water, better intake.
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?
	Flag bladder issue. Sleep better.
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?
	SLEEP
TREATMENT	Aims and suggestions for this appointment.



	<p>Brazil Nuts - 3 a day.</p> <p>Continue to improve constipation. - Chiro?? Osteo? Vagus nerve</p> <p>Change gut powder - change.</p> <p>More Iron every 2nd day.</p> <p>More Gut enzyme - 2 a day - 2weeks left -</p> <p>Rye Sourdough.</p> <p>Herbal Medicine 5ml / day.</p> <p>Stop Enteromend. Switch.</p> <p>Increase - red meat 2 x - spinach.</p> <p>Back 18th October.</p> <p>Enduracell start & binder.</p> <p>PHGG - flax meal.</p> <p>Magnesium BioMedica. - Guanfacine manages anxiety from Vyvanse.</p> <p>Alkalising mineral - every 2nd day. 1/3 tub left.</p> <p>Referral Pelvic Floor specialist - Osteo</p>
FOLLOW UP APPT:	October

