



CLIENT FOLLOW UP FORM

Client Name: Dianna Dolman.

Date: 19/9/25

Email:

Practitioner: Leigh Gibbs

PAHTOLOGY FINDINGS	Bloodwork/Stool
	Dexascan - excellent.
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Energy has improved. Smoothies in the morning. With all the stuff in it. Look forward to having it. Eating more and properly. Sleeping better - waking before alarm - feeling refreshed.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Night sweats? A little but much better. Dizziness? Vertigo - 25th August. Came and went for about 5. Haven't had since. Protein - not wanting it. Averse to it.
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?
	Everything.
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?
	Taking everything religiously.
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Moodier than normal. More reactive. VITEX - Change it up.
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?
	Overall excellent. Energy increased.
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?



	<p>Bowel? Bloating from drinks outside of home. Vegetarian Textured protein fine.</p> <p>Going every day - sometimes twice.</p> <p>Did 3 sessions of a colonic on Wednesday.</p> <p>IV Vitamin afterwards - vitamin Glutathione mg, serine, gaba, lysine, multi b, thiamin.</p> <p>Zinc Methyl B. Best sleep in a long time.</p>
DIET	<p>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?</p>
	<p>Alcohol? Cut back.</p> <p>Increase leafy greens & veg. Juicing. Every day. Adding more fibre.</p> <p>Calcium?</p>
GOALS	<p>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?</p>
	<p>Really happy. Only mood.</p>
SUPPORT	<p>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?</p>
	<p>Probiotic?</p> <p>Pre/Probiotic -</p>
TREATMENT	<p>Aims and suggestions for this appointment.</p>
	<p>Saffron & zinc. Herbal medicine - switch vitex to black cohosh.</p> <p>Enzyme.</p>
FOLLOW UP APPT:	<p>10th Oct 1pm.</p>

