



# CLIENT FOLLOW UP FORM

**Client Name:** Caleb Saunders

**Date:** 5/9/25

**Email:**

**Practitioner:** Leigh Gibbs

<b>PROGRESS</b>	<b>How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?</b>
	Feeling good. Poos more solid. Gumen gomez for dinner - woke up with sore stomach. Diarrhoea this morning chicken burrito, rice. Nacho fries. Guac mince and chips. Gluten??
<b>SYMPTOMS</b>	<b>Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.</b>
	Physically feeling better. No more pins & needles.
<b>PROTOCOL</b>	<b>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?</b>
	Just lunch with the enzymes. 1/2 scoop - 1 per day. Increase to 1 scoop per day.
<b>PATHOLOGY</b>	<b>Findings. Concerns.</b>
	High Vit D? Supplement? Any nausea? Thirst? Urination? Cod liver oil.
<b>MEDICATIONS/Supps</b>	<b>Have you started or stopped any medications, supplements, or other therapies since our last session? Are you experiencing any side effects or interactions?</b>
<b>EMOTIONS</b>	<b>How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?</b>
	All good. New job. Enjoying.
<b>ENERGY</b>	<b>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?</b>
	All good.
<b>DIGESTION</b>	<b>Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?</b>
	Burping? Not any more. Still gassy but less. Minor nothing crazy.
	Take out - get bloated. Gluten? Little sensitive.
<b>DIET</b>	<b>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?</b>



	Chia pudding mango raspberry yoghurt. 8am, Aiming for 3 meals a day. Lunch at 11pm. Snack, then dinner.
	Dark chocolate a little gassy.
<b>GOALS</b>	<b>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?</b>
<b>SUPPORT</b>	<b>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?</b>
	Testosterone? Libido - b12, zinc, Libido support herbs
<b>TREATMENT</b>	<b>Aims and suggestions for this appointment.</b>
	Zinc. 3 times a week. Increase broccoli to 2 full scoops. Mag Taur??
<b>FOLLOW UP APPT:</b>	<b>26th Sept.</b>

