



# CLIENT FOLLOW UP FORM

**Client Name:** Eliot Paul

**Date:** 11/10/25

**Email:**

**Practitioner:** Leigh Gibbs

<b>PATHOLOGY FINDINGS</b>	Bloodwork/Stool
<b>PROGRESS</b>	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Allergies are settled. A little in the mornings. Hard to wake up. Way more sensitive in the morning. Building up during the night. Manageable. After an hour feel better.
<b>SYMPTOMS</b>	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Cyst has gone. Goldenseal.
<b>PROTOCOL</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?
	Finished the powder. B vitamin. On echinacea drops - black walnut, wormwood, clove, rosemary, paudarco, liquorice, cayenne, glycerine.
<b>MEDICATIONS/ Supps</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>EMOTIONS</b>	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
<b>ENERGY</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?
	Tired end of day. Feeling like a nap every day. 11ish. Magnesium? Chronic Fatigue for a long time.
<b>SLEEP</b>	Better, worse?
	Tough to wake up. Taking up to 1hr to wake up. Muscles are a little sore. Waking once. 4-5am. Back to sleep.
<b>DIGESTION</b>	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?



	All ok. Type Varies. Charcoal makes it better.
<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>
	Had junk food at work. Having celery & ginger juice every morning. 4 eggs & avocado.
<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>
<b>TREATMENT</b>	<b>Aims and suggestions for this appointment.</b>
	Low histamine juices. Add carbohydrates - GF - Full fat Greek Yoghurt. Granola. Magnesium for sleep. Powder. Stop Minerals? GFE Capsules. IB Immune. Stop Alkalisising minerals for the moment. Echinacea drops. Stop Bs for next 2 weeks once we start the IB. Collagen. BCP skin? Consider Rhodiola & Sib Ginseng for energy/CFS?
<b>FOLLOW UP APPT:</b>	

