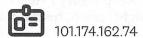
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IP ADDRESS



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* Name

Anthia Rallis

* Email

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* Accidents / Trauma / Surgery / Illness/Injuries AND muscular / Skeletal/ TMJ problems/ Dental

Re-occuring glandular fever - body aches and pains Fractured foot

* Sleep Pattern (Hours per night and quality) AND Medications / supplements:

5 to 6 hours - relatively good sleep

Iron, calcium, vitamin d

* Immune system and Allergies / sensitivities / Skin Issues (eczema):

Polymyositis Systemic Schleoderma Overlapp (autoimmune disease - in remission) Coeliac Disease Osteopenia Rosacea

* Birth & Childhood History/ Behavioural patterns, PMS & Reproductive/hormonal Moods, patterns of feelings and thoughts.

Painful periods Bloating

Period tracker app In days leading to my period, grumpy and irritated Short temper Minor acne Migraines and headaches

* Bowel Habits: Frequency, time(s), consistency, undigested food or Dietary: ie avoided food groups Bladder: Litres of water per day, Alcohol/coffee

Coeliac disease - no gluten Avoid dairy as am slightly intolerant

Every 2 to 3 days 1 litre per day of water (can be more) Don't drink coffee every-day, maybe 3 times a week Occassional alcohol (maybe a few times a month - 1 glass of wine)

* Relevant family history: Mental illness, physical illness, trauma

No family history of mental illness Diabetes, cholesterol and high blood pressure runs in mums family Strokes, glaucoma, coeliac disease runs in dads family

* Respiratory / Heart: ie Asthma, heart palpitations AND Neurological: ie epilepsy, headaches (eye sight, smell, hearing) etc

Headaches and migraines Sinus issues Glasses - short-sighted Sensitivity to light when have a migraine