



CLIENT FOLLOW UP FORM

Client Name: Lisa Bennett

Date: 18/9/25

Email:

Practitioner: Leigh Gibbs

PAHTOLOGY FINDINGS	Bloodwork/Stool
	Low iron, Trans Sat, High Ferritin - inflammation High trig Low B12. Pancreas cyst. - Not grown.
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Lost 2 kg. Exactly the same if not worse. Stiffness bad. Knees are bad. Still waking 5 mornings a week. Getting out of the car is hard. Stopped medication. Alkalising mid morning. Herbs 2.5ml with a little juice. Waking 4 x per night to go to toilet. Vacuuming pain between shoulder blades worse.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	No other symptoms. Pooing well. Going 2 twice. No digestive symptoms. Neck and back good. Mornings are worse. Getting out of bed. Stiffness in shoulders. Better for movement. RHus Tox. Numbness not occurring so much. Between shoulder blades burning. Hot water makes it better. Inside of knees worse. Worse for sitting down. Have to stand for a while before moving. SO MUCH WORSE FOR SITTING and getting up.
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?
	Taking everything. Herbal medicine. No making any difference. Oxalates?
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?



	On Panadol.
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
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?
	No good. No motivation.
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	good.
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?
	2 Cans of coke a day. 3 fruit a day. Piece of sourdough humours & sardines. Blueberries. Protein & LSA coconut milk. Preparing veg a pain. Raw carrots raw beans. Asparagus broccoli brussel sprouts. Wholemeal wraps humour chicken avo. Carrot. Rocket. Onion.
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?
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?
TREATMENT	Aims and suggestions for this appointment.
	GuT?? More liver support? OXALATES. DIABETES?? 1 cod liver. 1/2 cap Bs every 2nd day. Continue minerals. Herbs - change formulation - take out poke root. Hemidesmus? GUT HEALTH. Full bloods. CDSA. Iron - Vitamin D. GEMM BioClinical SPM Epa/Dha Metagenics sustained care / Joint intensive care
FOLLOW UP APPT:	



