



# CLIENT FOLLOW UP FORM

Client Name: CARDIA PRATICO

Date: 17/10/25

Email:

Practitioner: Leigh Gibbs

<b>PATHOLOGY FINDINGS</b>	<b>Bloodwork/Stool</b>
	Ratios: AGR 1.7 normal NLR: 2.03 - mild inflammation PLR: 73 normal.
<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>
	Mental fog? None. Fatigue? Energy? - More stable 2 weeks in noticed. Before luteal was much better. So much energy. Cycle length - day 27. Mood? Better. Irritable last few days. None. Anxiety? Manageable. Day 1 or 2 of cycle worse. Burping? Gone. Feels like she's lost weight - less fluid. Feels light in the mornings.
<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>
	Currently on day 5. Day 1/2 had brain fog. Bloating. Butter chicken had diarrhoea an hour later. Garam Masala. So bloated after. Naan. Hasn't been able to stomach fish. 2 or 3 serves of red meat. Neck and back pain - worse after. Gym / sitting. 4 years. Had X-rays subluxation in neck. High up in cranial part. Lower back flare ups around period.
<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>
	Mag Taur everyday. Drop to every 2nd day.
<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>
	Stable.



<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>
	Levels.
<b>SLEEP</b>	<b>Better, worse?</b>
<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>
	Quinoa good for digestion. Stool was softer during menstrual. Hasn't been able to stomach fish. 2 or 3 serves of red meat. Gas not as frequent. Not as smelly.
<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>
	Ate alot of calcium rich foods. Cut down on red meat. Lentil dhal. Quinoa good for digestion. Lenti Hasn't been able to stomach fish. 2 or 3 serves of red meat. Cut down a week.
<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>
	Yes all great. Just help with sore back/neck.
<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>
	All good.
<b>TREATMENT</b>	<b>Aims and suggestions for this appointment.</b>
	Liver and gall bladder tonic. Dandelion, ginger, gentian, fennel, Drop dose. 20 drops. Cal:Mag for Muscles. Reduce histamine foods in luteal phase?? For back pain?
<b>FOLLOW UP APPT:</b>	

