



CLIENT FOLLOW UP FORM

Client Name: Lisa Bennett

Date: 16/10/25

Email:

Practitioner: Leigh Gibbs

PATHOLOGY FINDINGS	Bloodwork/Stool
	High bilirubin High ALP - bone disorder. STOOL: Low IPA, Low Butyrate, High propionate Dysbiosis low diversity and richness.
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Taking anti inflams. Fri/Sat/Sun. Some relief on the Monday-Wed. Gets progressively worse by Thursday. By Thursday maximum stiffness and soreness in knees, elbows, shoulders and hips. No Gluten & Dairy - no difference. Joint Intensive Care taking for 2 weeks no difference. Last 2 days stopped all supps except GFD. GFD - 10 days ago. Biome Iron probiotic. Cod liver oil 1 x day. Stopped Bs and minerals.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Constipated. Better for movement. Runs for about a week. After breakfast. Not sure why. Better stools the last few days.
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?
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?
	Takes 2 Panadol at 4am.
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?
SLEEP	Better, worse?
	Waking up. Peeing. Celtic sea salt. Tiny pinch.
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
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?
	Not great this last week. Water easy, fruit easy. Lunch Sourdough chicken carrot, avocado, rocket. Slack this week - fish last night no greens. Diet Coke 2 x day.
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.
	1/2 tsp of PHGG. - increase to 1 tsp. GFD for 4 days. 1 more bottle GFD. Then increase to 2 a day - Then for a week 4 a day. Collagen. Increase ellagic foods - berries, dark grapes, raspberries, pomegranate juice. Walnuts to increase IPA. Reduce saturated fat. Continue Fish Oil.
FOLLOW UP APPT:	Nov 7 or 8



