



CLIENT FOLLOW UP FORM

Client Name: Dianna Dolman

Date: 24/10/25

Email:

Practitioner: Leigh Gibbs

PATHOLOGY FINDINGS	Bloodwork/Stool
	High iron markers - haemachromatosis? Taking beef liver? High liver and surrogate insulin markers. High TGL TSH elevated RATIOS: AGR - 2.17 mild inflam. PLR - 84 Bp?? - High DHEAs.
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Feeling really good. Have a great amount of energy. Feel happy positive. Snappy still. Not very consistent with herbs. No saffron. Maybe 3 times when she's had out of body experience in the last couple of months. Smoking - None. Mood - Very good.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Cycle? Period? Nothing. Dizziness still gone.
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?
	Anti depressants? Took herself off the night dose. 3 weeks ago. Didn't wean. Rage only twice since spoke last. Still take 50mg in morning. Saffron - Morning meds.all ok.
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?
	Energy excellent.
SLEEP	Better, worse?
	Sleep great.
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	Stool? Needing laxatives - none. Struggle to have breakfast. Passing daily - 2-3 times.
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?
	Drinking - more on holidays. Cutting 4/5 days a week. Sunday cutting down to 3 days. Smoothies. Big pots of chickpeas and lentils - w sourdough break. Lunch tuna veggies raw, avo sunflower LSA - No bloating. Bloating and sluggish after lentils and chickpeas. Garlic?? Onion?? Not sure. Stay off them. Eggs. Tofu. Nuts stay away from peanuts. Overnight oats chia - Good no sx. Chicken and fish.
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?
	Main thing is feeling better. Back to exercising 4 sessions a week. Walking also.
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.
	HFE Gene. Insulin Fasting & glucose. DHEA and cortisol. Bp Low saturated fat diet. No sugar. Low carb diet. Prefer tablet for liver. 2 fish oil a day. Calcium rich foods. Sesame tofu bok choy. Protein ideas. Add tofu to dinners/breakfasts. Bone broth. Can have for breakfast. Feta, cottage cheese. Increase coloured veg. Iodine. For thyroid.
FOLLOW UP APPT:	



