



# CLIENT FOLLOW UP FORM

Client Name: Claudia Gomez

Date: 11/10/25

Email:

Practitioner: Leigh Gibbs

<b>PATHOLOGY FINDINGS</b>	Bloodwork/Stool
<b>PROGRESS</b>	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Has eosphagrus hernia Noticing sticky stool After meals dinner - burping. Take Apple Cider Vinegar.
<b>SYMPTOMS</b>	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Itchy throat nose and ears. Back at the nose. Sometimes when she wakes up. On and off for along time. Allergy type response. Hayfeverish. - check foods she has eaten the night before. Indigestion symptoms? No. Night time fullness - a little better. Peeing - alot.
<b>PROTOCOL</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?
	Stopped the MenoBalance - getting some hot flashes again.
<b>MEDICATIONS/ Supps</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>EMOTIONS</b>	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Fine.
<b>ENERGY</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?
	Good. No change.
<b>SLEEP</b>	Better, worse?



<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>
	Bloating? Night time better. Sticky stools still. Too much fat.
<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>
	Juice in the morning. Apple, celery, kiwi, ginger, spinach, kale, cucumber. Tumeric ginger lemon orange. Leftovers for lunch. Reduce starchy carbs. Wraps with veg and protein.
<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>
	Weight management. - work liver and insulin.
<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>
	Hormone herbs After specialist appt. Wants to come off the statins. Consider coQ10?
<b>TREATMENT</b>	<b>Aims and suggestions for this appointment.</b>
	Recommendations for GOLD COAST GPs. Inositol? Minerals? Magnesium?
<b>FOLLOW UP APPT:</b>	<b>Bloods, results from specialist - hormone support. Diet plan.</b>

