

## Medical Warning

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### Reminders/Notifications

#### Current Prescription Medications:

Effexor: 150mg; +75mg since June 2021;  
Rabeprazole Sodium (Sandoz) (Pariet)  
Irbesartan (Angiotensin receptor blocker)

#### Current Supplements:

Vitamin D, Fish oil, Zn, Vitamin C;  
Mg (Nutra Life); also uses Mag Taur Xcell 29/07 - 1 scoop /daily PRN  
Caltrate - occasional

#### Past prescriptions:

Propanolol  
Fe, Biotin, Vit B, NeuroCalm

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### Jasmine Langlands - Canning Healthcare

Thu, 28 Aug 2025 10:15 am

#### **Subjective:**

Pain across shoulders - all the way down back; no energy.  
Episode of giddiness, felt nausea; last saw GP few weeks ago for rash - candida;  
Cream - to put on; not as bad. Infection (?) around nails - recent manicure (home set up); advised MediHoney; monitor - consider strep/staph if worsens.  
Pain down lateral aspect right calf; can come on in night - causing to wake up.

Sleep: 42mins REM sleep, 4hrs deep sleep;  
Energy: very low. Discussed link to candida.

D: T3-8 L; L4 R.

#### Neoclassical

Element: Wood  
• Ht-7 L

Legs: clear

*Left the room. Provided buzzer.*

Prescribed: Adv Probiotics Biome Her 1 bid for first week, then 1/day.

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