

Medical Warning

Reminders/Notifications

Clonac (diclofenac sodium) - 2/day; doesn't need during day, so doesn't take
Palexia tapentadol - for sleep

Jasmine Langlands - Canning Healthcare
Thu, 16 Oct 2025 10:30 am

Priority:

Night time is worse.

Chiro (Sonia Tassell) - hip worked on; agony - became worse; last treatment excruciating.

Has seen GP - CT scan, U/S - GP said sciatic nerve.

Bowen previously helped.

Lifting/moving/gardening may have triggered. Almost 1wk at a time.

Clonac (diclofenac sodium) - 2/day; doesn't need during day, so doesn't take. Takes Palexia at night.

No pain down legs. Knee operation in 5 weeks - replacement.

Traumeel topically. 3-4x/day.

Kalbarri tomorrow - comfortable in car; home next Wednesday.

Palexia (night) takes edge off pain. Sleeping sitting up currently.

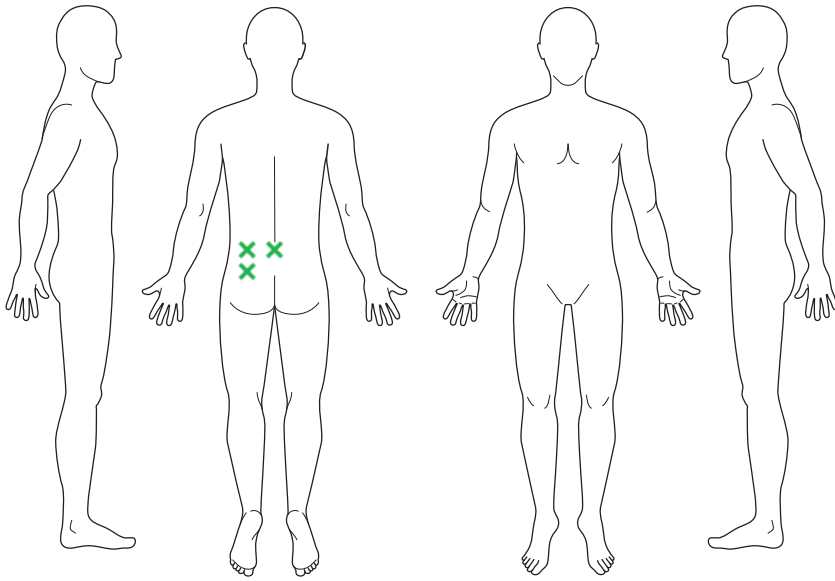
Hardly sleeping, nausea, felt like zombie during day - led to going to GP.

No osteoporosis, no previous surgeries.

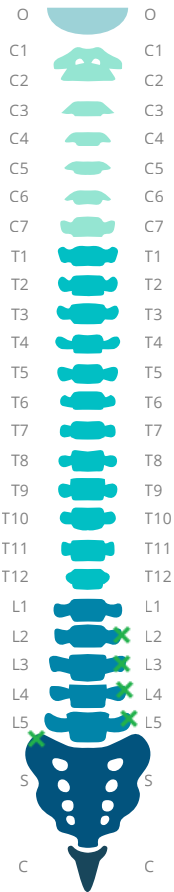
Supplements:

- Remifem
- Mg
- Fish oil
- vitamin D and E

Prescribed: increase Traumeel to 3-4x/day; PEA 600: 1-2caps/day - monitor GIT.



Dorn Spinal Therapy



Bowen Therapy Procedures
BRM 1, BRM 2, Sacral Extra, BRM 3, Kidney, Pelvic, Upper Respiratory, TMJ, Headache, North, Hamstring, Other - standing sacral.