



CLIENT FOLLOW UP FORM

Client Name: Anika Donnelly

Date: 14/11/25

Email:

Practitioner: Leigh Gibbs

PATHOLOGY FINDINGS	Bloodwork/Stool
	Bloodwork improved. Still stomach function probs. Low platelets - zn, protein, b12, b9. Autoimmune? Low potassium HCL? Low ferritin High chloride - adrenal hyper function Bp? Increase potassium
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Haven't been eating great. Lots of alcohol Period better. Last cycle was 30 days. No pain.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Had urgency after bread and burrata.
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?
	Enduracell 1 - 2 daily. Not been consistent.
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?
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Mood more stable.
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?
	All good .
SLEEP	Better, worse?
	No probs.



DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	<p>Going 2/day and 1 every day. Alternating.</p> <p>A bit random. Cramping gone. No burping. No urgency.</p> <p>More gas now.</p> <p>2 x day. Eating meat 6/week.</p> <p>Red meat 3 x wk</p> <p>Plant protein.</p>
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?
	Pizza the other night. Eating everything. Gluten is an issue.
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?
	Going to Fiji 5th
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.
	<p>Adrenal herbs.</p> <p>Anemia. Iron 1 every 2 day.</p> <p>Mediterranean style diet - more plant protein.</p> <p>Zinc. Potassium. And zinc. Pumpkin seeds. Folate foods.</p> <p>Magnesium rich foods - Mag sulphate bath.</p> <p>Enduracell 1 cap for a week. Then 2 caps for 2 weeks. Check in. Start Gemmune IB.</p> <p>Herbs for nervous system.</p>
FOLLOW UP APPT:	Check in before 5th December.

