

soma

holistic health



Record Tanya Taber

Client D.O.B:

Created By: Rachel Dutton

Business: Soma Holistic Health

Created On: 20/02/2024 4:05 pm

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Intake Form

Record of Additional Notes taken from Intake Form

Ageing podcast with Shelley Craft

1 day a week in the office at Southbank

Addicted to sugar

Stressful job for the past 10 years. Have quit that job and start a new job in 3 years

Vodka every night (2 or 3) numbing just shuts off the brain

Waking during the night around 3am. Waking for the day at 6-6.30am

Put on weight at 40 - diet bad all the time and struggling to get rid of the weight

Castor oil helping with knees - sister also has arthritis in knee (53kgs)

Cinacalcin has suppressed appetite

Eat when hungry 10am and 4.30pm (2 meals and then a shake)

1 slice of rye a day

Water intake 3 litres a day

Stressful job 7/10

Raising kids and having a small business 10/10 previously

No stress outside of work

Credit card debt

Estranged from husband - separated for 2 years - married about 24 years (weight started creeping on)

16 year old son can be stressful

Initial Balance Record

Record of Balance

I gently and easily resolve and release the stress in my brain.

Fear of Abandonment

Fear of not being enough

Thalamus

Hypothalamus

Overarching emotions of flight and fear caused the biggest response in the body

Home Practice

Record of Home Practice Activities

Become aware of the negative self talk and the situations where it arises