

soma

holistic health



Record Lee-Ani Winter

Client D.O.B:

Created By: Rachel Dutton

Business: Soma Holistic Health

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Note

Record of the session

Medication

- Prednisone - inflammation (arthritis, asthma, skin rashes)
- Methotrexate - immunosuppressant and to decrease inflammation
- Humira - arthritis
- Folic Acid

Vaccinations

Oral Polio Vaccine 1,2,3 (inactivated polio vaccine Nov 2005 - replace oral vaccine)

DTPH Diphtheria, Tetanus, Pertussis 1,2,3

Hep B1, B2, B3

MMR Measles, Mumps, Rubella

Symptoms

- Arthritis (self-rejection, criticism, stuckness, negativity, perfectionism. Holding onto pain, sadness, regret or guilt from the past)
- Chronic pain
- Digestive Conditions
- Eczema/ dermatitis
- Joint pain/swelling/stiffness
- Nervous system issues
- Thyroid (tired, uninspired, drained emotionally, wound up)
- Respiratory
- Fatigue
- Anxiety
- Depression
- Dissociation (the sense of self is profoundly assaulted)
- Tinnitus (stubbornness, too much going on in your life. Shutting down ability to listen)
- PTSD (Holding onto the past, stuckness, shock, guilt, regret. Creating an internal jail)
- Suicidality
- Feeling sorry for self 4-5 days a week

Birth Trauma

No problems, guilty, worried about future

Natural birth

Chord around neck

Healthy until period (fearful, anxious)

Clashes with dad, trouble feeling safe around him both physically and emotionally 8/10 now was 3/10

Struggles being dependent upon mum but maybe using illness to stay close

Diet

Gluten-free

Dairy-free

Sugar-free