

## Jayla Douglas

## Naturopathy Return Case Record

Date of birth 27 Jan 2008

Practitioner Tiana Quaife

Appointment 16 Apr 2024, 4:00PM

Created 16 Apr 2024, 3:48PM

Last updated 16 Apr 2024, 5:04PM

### Return Case Record

#### Risks update

- ☐ Allergies/Intolerances
- ☐ Pregnancy
- ☐ Lactation
- ☐ Medical Devices

#### Diagnosed medical conditions update

#### Medications/supplements update

Fish oil

Zinc - felt sick the first time taking (with food). Felt lightheaded once, lasted 5 minutes.

Herbal - 1/4 bottle left

*mullein*

*Centella asiatica (Gotu Kola) 2:1 15-40 40*

*Scutellaria lateriflora (Skullcap) 1:2 15-30 40*

*Peonia lateriflora (Peony) 1:2 10-30 30*

*Rosemarianus officianalis (Rosemary) 1:2 15-30 40*

*Serenona repens (Saw Palmetto) 1:2 15-30 40*

#### Current presentation of main complaint(s)

Skin - Feels as though skin is clearing. Scarring is starting to fade. Only a couple of new pimples - surface level. Healing quicker.

Cycle/PMS - Around day 21. Finished period 21st March.

Cough - When taking herbal and tablets still coughs. Not stuck in throat anymore, "smoother" cough. Not coughing as much.

Anxiety - Hasnt noticed a difference. Dad thinks its from being stuck around the house.

Started going to the oval doing extra cardio/strength training once a week.

Sleep - Went to bed at 1 last night.

Usually bed at 10, wakes 7:30.

Energy - Tired in the mornings, less tired throughout the day.

Protein - greek yogurt and museli 3-4x week breakfast with smoothies.

Took chicken pasta bake for lunch.

Still doesnt get hungry through the day.

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#### Systems review

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#### Additional systems to follow up

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#### Diet

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#### Physical Examinations (Biomedical/Holistic)

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#### Follow up notes

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#### Body charts

### OFFICE USE ONLY

Supervisor's name

Tina Taylor ANTA

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Date

16 Apr 2024