

Jayla Douglas

Naturopathy Return Case Record

Date of birth 27 Jan 2008

Practitioner Tiana Quaife

Appointment 30 Apr 2024, 4:00PM

Created 30 Apr 2024, 12:02PM

Last updated 30 Apr 2024, 4:49PM

Return Case Record

Risks update

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

Diagnosed medical conditions update

Medications/supplements update

Gentian / ginger

Centella asiatica (Gotu Kola) 2:1 20-40 **50**

Scutellaria lateriflora (Skullcap) 1:2 15-30 **20**

Peonia lateriflora (Peony) 1:2 30-60 **70**

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

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

Zinc - can reduce dose now **finished**

Omega 3 - still has plenty

Current presentation of main complaint(s)

Noticed more breakouts after stopping zinc (4-5 days ago).

Skin - scarring is still there, main thing she wants to get rid of. Slowly starting to fade.
Redness and inflammation has gone down.
Using jojoba at night - still oily when she wakes up, unsure whether thats from jojoba or sebum.

Cycle/PMS - Last cycle was 30 days.
Previous cycle finished 28th
Got period on 20th - 7 days.

First 3 days super light bleed. Didnt need to change pad "50c size bleed"
Stringy clots. Red brown, normally light normal red.
Couldve been watery, dont know for sure.
No pain.

Leg pains PMS - stabbing "growing pains". Mostly right outer calves and thighs, pain occurred in both. For the week leading up to, went away when bleed began.

Systems review

Cough -

Additional systems to follow up

Appetite - Didnt take them. Only took them twice. Doesn't mind taste.

Sleep - going to bed at 11-12pm.

Diet

Protein -

Has only been eating 2 breakfasts between mon-fri. Either museli and granola or toast with honey.

Consistently having egg and lettuce sandwiches for school lunches.

Doesnt eat because of time

**Physical Examinations
(Biomedical/Holistic)**

Follow up notes

Body charts

OFFICE USE ONLY

Supervisor's name

Date