

Zoe Roberston

Naturopathy Return Case Record

Date of birth 12 Mar 2004

Practitioner Tiana Quaife

Appointment 13 Mar 2024, 1:30PM

Created 13 Mar 2024, 12:18PM

Last updated 13 Mar 2024, 2:44PM

Return Case Record

Risks update

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

Diagnosed medical conditions update

Medications/supplements update

Consistently been taking NAC and AlkaMin Calm

about to run out of alkamin calm.

Current presentation of main complaint(s)

working 3 x week, graduation ceremony, concerts
Had blood test and thyroid levels were stable.

Sleep - sleeping longer on weekends to make up from it
Bed at 12-1am on worknights, up at 7:15-7:30.

Immune - got sick this weekend, first time since november.
Will get a cold sore or mouth ulcer. 2 x ulcers in feb.
Has been doing pretty well, took brother to doctor (big stress) feels like that got her sick.
Currently getting stomach pains with sickness - taking charcoal.

Mood - stressful few weeks. mum went on cruise on her birthday. Been keeping busy. Still
seeing counsellor. Currently having diarrhoea with stress.

Vitiligo - phototherapy 3 x week. Dermatologist sees results. Not sure if she is seeing
results.

B12 (acv/lemon before meals)- didnt get test. Hasnt been taking acv - not in her ability.

Systems review

Additional systems to follow up

Diet

**Physical Examinations
(Biomedical/Holistic)**

Follow up notes

Body charts

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Supervisor's name David Casteleijn NHAA 156343

Date 13 Mar 2024