

Ella Smith

Naturopathy Return Case Record

Date of birth 9 Nov 1999

Practitioner Tiana Quaife

Appointment 24 Apr 2024, 4:00PM

Created 24 Apr 2024, 3:34PM

Last updated 24 Apr 2024, 5:46PM

Return Case Record

Risks update

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

Diagnosed medical conditions update

NA

Medications/supplements update

MH Euphrasia spp. 1:2 15-30 30
HE Passiflora incarnata 1:2 20-40 40
MH Avena sativa (seed) 1:2 15-40 40
MH Rosemarianus officinalis 1:2 15-30 30
MH Centella asiatica 2:1 15-40 30
HE Taraxacum officinale 1:1 20-170 40
Total: 210ml

Needs vitex

Taking beef liver

Current presentation of main complaint(s)

Chronic cough - hasnt changed. Feels as though only does it with people.

Acne - Broke out after ovulation. Some cysts near chin/mouth, scattered up cheek. Doesnt notice a difference with using the thursday plantation stick.

Changed face wash to unknown.

Ovulation - Bloating and "bleh", not as bad. Feels like shes running a fever. Feels run down. Worse in the past year.

Cycle (should be near menstruation) - got period today. bloated and heavy today, weight retention. Tired - has been getting up early though.
need to get on top of this fluid retention.
Thinking of going on the pill. Up and down moods, low motivation, wants to go back to bed.

Systems review

Psoriasis in scalp has come back - itchy when leaves hair unwashed. Always in hair or eyebrows. Always there. FHx

Additional systems to follow up

Ferrograd C and gentian and ginger - has been compliant mostly, feels as though bowel movements are less. Started taking ethical nutrients iron 1 every second day.

Diet

Healthy fats in diet - has been eating cod, avo, nuts, butter.

**Physical Examinations
(Biomedical/Holistic)**

Doesnt notice a difference with using the thursday plantation stick on pimples.

Follow up notes

Thyroid testing for hormonal imbalances

Body charts

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Supervisor's name

Diana Bowman NHAA

Date

24 Apr 2024