

# INITIAL CONSULTATION NOTES



Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

[hello@nadawellness.com.au](mailto:hello@nadawellness.com.au) | 0456619890

<b>CLIENT:</b> Hallie Cochran	<b>DATE:</b> 27/3/25
<b>DOB:</b> 11/05/1995 29yrs	<b>Phone:</b> 0451108945
<b>Email:</b> <a href="mailto:hcochran511@icloud.com">hcochran511@icloud.com</a>	<b>Address:</b> 3/1402 Gold Coast Highway

## PRESENTING COMPLAINT: How long? Better Worse? Origin?

PMDD. Off OCP for 12months. 12years on. Estrogen pill, Migraines in 2022 stopped started progesterone pill. Came off. Started when she was 15 for bad acne.

Experiencing terrible anxiety before period. Week before period feels worse, so down, anxiety. Legs ache, hips joints. Tired. 1st day of period snap. 2nd day feel fine. LOW SERATONIN Progesterone.

End of month KPI's cause stress. Making bonus.

Better for anxiety/SSRI's meds.

Strong mentally. Over thinker. Very sensitive to others energy

Reoccurring yeast infections. Vaginal thrush. Vaginal dysbiosis.

Migraines - training in high altitude brought them on. Brought on by stress.

## FAMILY HISTORY

MOTHER	Mother's mum - dementia and diabetes. Mum - melanoma
FATHER	Dad's mum - Alzheimer's Dad's dad - pulmonary fibrosis
SIBLINGS	

## MEDICAL HISTORY

ILLNESSES	Went to hospital for suspected kidney/gallstones. Inconclusive Oxalates?
SURGERY	
VACCINATIONS	Covid vaccine x 3. Pfizer.

OVERSEAS TRAVEL	
TRAUMA	

## CURRENT MEDICATIONS

MEDICATIONS	Fluoxetine only week before period. Antifungal 1 per week for 6 month.
SUPPLEMENTS	Mg when have sore muscles - Mg Carbonate
ANTIBIOTICS?	

## PHYSICAL SIGNS

BLOOD PRESSURE	Normal	BLOOD TYPE:	
WEIGHT 57kg	HEIGHT: 5'45"	BMI: 21.6	GOAL WEIGHT:
TONGUE			
NAILS			
TEETH/GUMS/ORAL			
PHYSICAL OBSERVATIONS	Sympathetic dominance. Intelligent. Worrier and warrior. High dopa, adrenaline, glutamate. Low ACh?		

## LIFESTYLE

EXERCISE	<p>Strength and conditioning exercise. Strength 3x a week. Conditioning 1-2x a week - usually 2 unless I'm close to my period.</p> <p>Long walks on weekends. Yoga on Sundays usually.</p> <p>Try to hit 10k steps a day.</p>		
STRESS / 1-10	5		
ENERGY LEVELS / 1-10	Usually good.	SLUMPS: during week before period worse.	
ALCOHOL		SMOKING/DRUGS	
COFFEE/TEA	1 coffee 2 shots/ Oat	SUGAR	Honey.

## ANATOMICAL SYSTEMS REVIEW

### NERVOUS SYSTEM

#### SLEEP

Time, waking, quality?	9pm to bed. Wake at 5:15am. The week before peiord. a little sluggish. Wired but tired. Waking 3 times when on meds.
Refreshed on waking?	Energy generally good.
Dreams? Recall?	Dream a lot. When very stressed dreams about an elevator.
Sleep walking?	No
Oedema on waking?	No
<b>EMOTIONAL HEALTH</b>	
Depression? Anxiety?	Both. Worse for period
Fear, anger?	Can have big outbursts.
Dwell?	Big dweller.
ADHD?	
Brain Fog? Forgetful?	Period brain. Migraines hinders thinking for a couple of days.
Memory?	
<b>GASTROINTESTINAL</b>	
Pain? Bloating? Gas?	None.
Burping? Reflux?	No
Bad Breath?	None
Intolerances?	None
<b>STOOL</b>	
How often? Type?	Daily usually. Situational constipation. 1 or twice per day.
Form?	Well formed. Sometime little rabbit poos.
Blood/Mucous?	No
Haemorrhoids? Itchy?	No
Parasites?	No.
<b>CARDIOVASCULAR</b>	
Chest pain? Palpitations?	
Cholesterol	
Cold hands/feet	
Varicose veins/ swelling?	
Bleeding issues?	A little thin. Squirty veins. Low platelets?
Anemia? Cyanosis?	

Franks Sign?	
<b>MUSCULAR SKELETAL</b>	
Cramps? Pain? Where?	Lower back and legs. Aching in shins knees. Lower half of body from day 21 of period.
Restless Legs?	Move a lot in bed- restless legs.
Numbness/Tingling?	Only when migraines come on.
<b>RESPIRATORY</b>	
Congestion? Cough?	
Sinus issues? Smell?	Yes all the time. High histamine. Pain in face when sick. Headache comes.
Mouth ulcers?	
Glands? Nose bleeds?	
Headaches? Dizziness?	Headaches 2 month.
<b>REPRODUCTIVE - WOMEN</b>	
Cycle length? Bleed?	28-30 days.
Colour/odour?	Normal.
Flow? Clotting?	Light not much of a period. Many tampons for 2 days.
Ovulation Mucous?	
PMS Sx?	Cramping worse for stopping the pill.
Breast pain? Cysts?	No
<b>REPRODUCTIVE - MEN</b>	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
<b>URINARY</b>	
How often?	24 peeing a lot
Colour/odour?	Normal.
Pain / burning? UTIs?	NO.
Enuresis?	Yes 1 per night.
<b>INTEGUMENTARY</b>	
Texture/type?	Tend to oily on t zone. Acne chin.
Itchy/burning?	React to mozzies.

Eczema/Psoriasis?	None
Bruising? Skin tags?	Bruise easily - cortisol.
Slow wound healing?	All good.
Dark patches?	No
Sweating?	Normal.
<b>ENDOCRINE</b>	
Thyroid?	Not checked.
Insulin resistance?	Light headed when she doesn't eat.
Blood sugar? Cravings?	Hangry. Better for protein. Less anger.
<b>IMMUNE</b>	
Colds/Flu? Recovery?	Bad. Stress related. Cold symptoms start of December. And again end of January. 3-5days.
Allergies?	None

## DIET

<b>BREAKFAST</b>
Overnight weetbix. High protein almond milk, yoghurt high protein. Bischoff spread. Strawberries. After training. Crumpet jam/banana/ sea moss every day.
<b>SNACKS</b>
Fibre bar. Scones. Fruits, baby bell cheese. Eat when bored.
<b>LUNCH</b>
Sandwiches and wraps. Sautéed chicken stirfry. 40g protein. Veg carbs.
<b>DINNER</b>
Fish?? Chicken and beef. Burger. Spinach. Lettuce.
<b>DRINKS</b>
3-4 litres. 1 hour a day workout. Filtered water. High vibe water. Alkaline.
<b>OTHER NOTES - Cravings/ Intolerances</b>

---

## LABORATORY INVESTIGATIONS

---

INVESTIGATION:	DATE:	RESULT	COMMENTS
Next time bloods.			

---

## GOALS

SHORT TERM
Pain. Anxiety.
LONG TERM
Thrush.

---

## TREATMENT NOTES

---

Low saturated fat, low sugar esp in week 3 of cycle. No gluten either.  
Increase dark leafy, greens. And Fibre. Feeds the good bacteria. Liver foods bitter greens.  
Omegas flax seed oil, sesame  
Eggs

Increase calcium rich foods. Sodium

5 deep breaths before eating.

Low histamine diet.

### HERBAL MIX

Peony 40  
Liquorice 30  
Baical Skullcap 30  
Shisandra 40  
Skullcap. 40  
Withania 40  
2.5ml 3 x day

Bassica  
Magnesium / zinc? Her products.  
Considerations for next appt: Upping hormone herbs. Separate. EPO/Omegas. Iron and Bs.