

Ms Amanda Stocki  
DOB 19 Nov 1986

Appointments

Date	Time	Type	Practitioner
8 May 2024	3:00PM – 4:00PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
30 Jan 2024	12:00PM – 1:00PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
19 Dec 2023	2:30PM – 3:30PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
31 Aug 2023	3:30PM – 4:30PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
5 Jul 2023	3:45PM – 4:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
17 May 2023	3:45PM – 4:30PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
28 Mar 2023	3:30PM – 4:15PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
1 Mar 2023	3:30PM – 4:15PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
25 Jan 2023	4:00PM – 4:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
5 Jan 2023	2:00PM – 3:00PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
22 Dec 2022	11:30AM – 12:45PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation	
<p><b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 8 May 2024, 3:00PM <b>Created:</b> 8 May 2024, 2:59PM <b>Last updated:</b> 10 May 2024, 7:57AM</p>	
<b>NDRV</b>	
<b>PROGRESS</b>	<p>so sick last few days, need my herbs asap</p> <p>Had the shakes, head cold, fever, body aching, sneezing, always seem to get sick during</p>

ovulation

I need to get my body right again, all the drugs, since January  
progesterone post fertilisation - feel horrible afterwards, they use to keep the baby, so  
sick on this hormone

best mentally ive been but physically feel horrible

been frustrating as IVF specialist, saying everything opposite to you,

telling me to Eat all the that stuff, fattest ive ever been

This run didn't work, miscalculated the date. they have been imcompitant on so many  
levels.

Just wanted to use the 3rd vial sperm, and going elsewhere next time

July - 1st appointment Dr Keong

cycle is 31 days , ovulation day 17. this is pretty much clockwork even after giving all the  
hormones, my body bounced back.

not on neurocalm as dont feel stressed in job anymore, have a such a good team, dont  
care about my job so much either

walking because of my back, but cant walk for long

Found on progesterone- could eat anything, when stopped progesterone ate gluten and  
dairy , got stomach cramps again

some gassiness, more bloating. actually shit myself when taking progesterone tablets.  
dot know what happened. dont feel eliminating completely

**want to get on track again and focus on weightloss**

excited about fasting and low CHO mediterranean. like eating early dinner. eat by 5pm.

Pathology	none recent
Medication - Supplements	
Current Diet - Fluid Intake	
Sleep - Vitality	
Exercise - Relax	walking, yoga. am going to start with PT twice weekly

Signs - Markers	
FINDINGS - ASSESSMENT	main drivers for weight gain - hormone imbalance (higher oestrogen, androgens), fatty liver, insulin resistance, hashimotos. BIG does of synthetic hormones elimination needs improvement
Pathology Requested	
Rx - PROTOCOL	Herbal 540mls Chaste 40 Echinacea 90 Bladderwrack 70 Paeonia 100 Licorice 60 Coleus 90 Schisandra 90 10mls bd \$135  Alkamin Calm - 1 scoop Silymarin - 1 bd Gluko complex - 1 bd Globe artichoke - 1 bd Neurocalm 1 bd Prebiotica regenex - 2-3 scoops nocte 9add next time if dont have)
DIET - LIFESTYLE PLAN	low CHO mediterranean diet FASTING 14/10, 4/7 days a week rules of reversing insulin resistance GF increase calcium-rich foods, sunshine daily for D whey protein shakes track cycle and ovulation
Record - Complete	<div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	reassess in 4-5 weeks lipids? bring tresos natal and withania back in

Herbal/Supplement repeat
Practitioner: Nicole Chester

**Created:** 27 Feb 2024, 9:24AM  
**Last updated:** 27 Feb 2024, 11:01AM

<b>Herbal/Supplement</b>	Herbal 540mls
	Chaste 40
	Withania 80
	Bladderwrack 70
	Paeonia 100
	Licorice 70
	Echinacea 90
	St John Wort 90g
	7.5mls bd
	\$132
must gradually phase off 5 -7 days prior to the procedure , then stop 1 day before	
	Neuro calm 1 bd-tds
	\$47
	Freight \$15

Research Notes

**Practitioner:** Nicole Chester  
**Created:** 7 Feb 2024, 7:18PM  
**Last updated:** 7 Feb 2024, 7:30PM

Notes

<b>Notes/Q for further Ix/assessment</b>	Amanda sent through recent bloods.
	Cholesterol 7.9 H
	TG 3.9H
	HDL 1.4
	LDL 4.7H
	TC/HDL 5.6H
	lipids seem to have risen since having to cease statins. However, in particular, TG has risen, indicating metabolic syndrome driving most of this.
	Have reinforced this with Amanda, that following all my recommendations for reversing insulin resistance including low GI is crucial and feel this is not being adhered to as well, along with excessive stress driving cortisol
	see the revised protocol attached

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 30 Jan 2024, 12:00PM  
**Created:** 30 Jan 2024, 11:58AM  
**Last updated:** 15 Feb 2024, 3:30PM

NDRV

PROGRESS

Was feeling really good the other week, but just had 12 stitches in the head, hair follicle cut out,, had helium, needles, scans, not being able to work out. so gone down again. stitches in head-- lump in lymph nodes. healing

coming up to big process with insemination this week, US and blood every day. not doing any of the hormones, just using natural cycle.. blood test, testing every day or two. been meant to be flying out Sunday. postponed as waiting for the oestrogen shoot up over 24 hours, harder to pinpoint tracking natural cycle. no stimulants or anything.

May use progesterone post-conception for up to 4 weeks.

supplement-wise, gone off everything, and the Tresos Natal. Didn't phase off herbs as suggested.

maybe Saturday will be ovulating and then a procedure that may not happen, want more more than one follicle. but didn't develop,, 2mm each day, 9mm, on Monday. they say it's not happening fast enough

My back has been hurting again.

Pathology

reverse T3 and cholesterol pending results

Medication - Supplements

currently only Tresos natal and clinical Lipids

Current Diet - Fluid Intake

not seen any diet record sheets but feel need to start this again

Sleep - Vitality

on and off

Exercise - Relax

no exercise with stitches in head

Signs - Markers

FINDINGS - ASSESSMENT

Amanda needs to follow the principles for reversing insulin resistance more and use practises to reduce high cortisol.

Amanda always seems to be in fight and flight mode. Her work place is consistently high-stress.

The high lipids are being driven mostly by triglycerides, high BG and likely fatty liver. in order to manage cholesterol body composition, liver and BG function and follow a

	low CHO diet. increase bile and fibres to reduce the recycling of cholesterol
	Now limited to natural safe options to manage cholesterol as unable to take statins through pregnancy.
Pathology Requested	check lipids again in 2- 3 months
Rx - PROTOCOL	Tresos natal - 1 od Clinical lipids- 1 bd Silymarin - 1 bd Glucose complex - 1 bd Globe artichoke - 1 bd Prebiotica regenex - 2-3 scoops
DIET - LIFESTYLE PLAN	low GI, follow all rules to reverse insulin resistance GF increase calcium-rich foods, dandelion Root sunshine daily for D
Record - Complete	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	may need to start recording diet again to ensure following principles

Research Notes	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 18 Jan 2024, 8:49AM <b>Last updated:</b> 18 Jan 2024, 8:50AM	
Notes	
Notes/Q for further Ix/assessment	<b>Email from the 17.01.23</b>  Heya  Yeah, I feel more awake and alert. I didn't need a coffee this morning. Plus I am better at my workouts and don't wake up exhausted and drained. Since I got off the cholesterol medication specifically I have been ache and terrible but it's counteracting it and I feel great. Losing weight quickly again and not hungry at all.  I am doing the pregnancy thing in 2 weeks. So I probably need an appointment next week. To see what I will be taking when pregnant. I leave the Gold Coast on the 1st Feb  On 17 Jan 2024, at 8:27 pm, Nicole Chester < <a href="mailto:nicole@herbbar.com.au">nicole@herbbar.com.au</a> > wrote: Oh really? That's great!

This is the formula

- Herbal 540mls
- Chaste
- Withania
- Bladderwrack
- Paeonia
- Globe Artichoke
- Gynostemma
- Coleus

You have mentioned before that you felt good on one of previous formulas and it also contained coleus, so im thinking this plus overall thyroid support is helping

In what way do you feel Incredible? Energy or ?

Nicole x

*From: Amanda <[amstocki@hotmail.com](mailto:amstocki@hotmail.com)>  
Date: Wednesday, 17 January 2024 at 8:27 am  
To: Nicole Chester <[nicole@herbbar.com.au](mailto:nicole@herbbar.com.au)>  
Subject: Update  
Hey  
That new formula is amazing. I feel incredible*

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 9 Jan 2024, 12:02PM <b>Last updated:</b> 9 Jan 2024, 12:32PM	
Herbal/Supplement	Herbal 540mls Chaste 20 Withania 80 Bladderwrack 70 Paeonia 90 Globe Artichoke 100 Gynostemma 90 Coleus 90 12.5mls bd \$128 reduce dose 7 days prior.

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 19 Dec 2023, 2:30PM  
**Created:** 19 Dec 2023, 2:36PM  
**Last updated:** 22 Dec 2023, 2:26PM

**NDRV**

**PROGRESS**

having the first 3 weeks off school in term 1 to have sperm donor procedure, then will do one term, 7 -8 weeks. should be better this time as the ones causing most of the stress, are finished there.

I'm not thinking too much about it, as will have 9 months to plan

My period started last 2 months - was on the 19th, not the 17th.

had acupuncture, and massage when got back and the period came that afternoon.

still, no migraines, boobs got a bit tender, and get a bit end of the world feeling, but other than that, no PMS like used to

feel like getting the flu a lot atm, but doesn't eventuate, feel inflamed, and very run down

took herbs today, but will run out tomorrow

have forgotten to take meta choline and clinical lipids

**Pathology**

**platelets 163**  
**Vit D 61**  
B12 490  
folate 46.4  
iron 25  
ferritin 81  
**cal cor 2.19**  
**GGT 38**  
**ALT 24**  
**AST 24**  
**BG 5.3**  
Cholesterol 4.5  
**triglycerides 1.8**  
**TSH 3.0 (jumped from 2.2)**  
**T4 18**  
**T3 4.1**  
  
**\*\*Reverse T3 938**



Medication - Supplements	stopped cholesterol meds, but felt worse, so started again, but need to get off them pre pregnancy.
Current Diet - Fluid Intake	craving sugar, carbs
Sleep - Vitality	energy super low - tired all the time, period was off, knew i was stressed as memory loss was bad again  much hungrier than normal again.
Exercise - Relax	
Signs - Markers	saw at shops. looking tired and run down
FINDINGS - ASSESSMENT	feel stress levels have been extreme for too long. Blood markers overall are better than when Amanda first started treatment, but I am seeing some negative shifts again with my thyroid. Markers of Insulin resistance still need improvement. Reverse T3 is the highest it's ever been. Absolutely an urgent need to reduce life/work stress. Amanda likes to be on the go and busy at all times. The Body seems inflamed and acidic, with more demand for calcium and minerals.  A more direct approach is needed to maintain cholesterol so Amanda feels comfortable this is being supported. but will recheck lipids without cholesterol meds in 4 weeks  a strong need for glutathione/NAC , as GGT levels remain above optimal levels. signs of oxidative stress.  WBC and platelets always seem sub- optimal. the immune system struggles at times.
Pathology Requested	get lipids, triglycerides, fasting BG and insulin, Vitamin D repeated in 4 weeks pre-conception plan.
Rx - PROTOCOL	Herbal 540mls Chaste 20 Withania 80 Licorice 50 Paeonia 100 Globe Artichoke 100 Gynostemma 100 Coleus 90 12.5mls bd \$128 reduce dose 7 days prior.  see the protocol attached to phase out prior to conception-

sleep X, resist X, Inflation intensive care, liposomal vit Cb

To continue through pregnancy..

NAC (add vitamin C) , Tresos natal, , meta choline, clinical lipids

Consider adding cholestrienol (**To check suitability in pregnancy**)if lipids do not table after stopping statins. feel this may not be necessary with the use of choline

DIET - LIFESTYLE PLAN

Follow measures to reverse insulin resistance\*

Must be strictly Gluten -free\*\*

Record - Complete

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☐ Diet & Symptoms

☐ HAQ

☐ Basal Body Temperature

☐ Mood Appraisal

☐ Blood Presuure

Review - Next Visit

4 weeks post blood work and prior to conception

\*set a plan for cholesterol maintenance

Herbal/Supplement repeat

Practitioner: Nicole Chester

Created: 3 Nov 2023, 4:00PM

Last updated: 3 Nov 2023, 4:02PM

Herbal/Supplement

merge to herbal formulas in preparation to wei off most herbs and supps, leading into December.

Herbal 540mls

Chaste 20

Echinacea 80

St Johns Wort 80

Licorice 50

Paeonia 80

Globe Artichoke 80

Nigella 80

Cinnamon 70

12.5mls bd

\$122

Herbal/Supplement repeat

Practitioner: Nicole Chester

Created: 28 Sep 2023, 4:22PM

Last updated: 28 Sep 2023, 5:06PM

Herbal/Supplement

repeat herbals to take back to Hamilton Island

**Herbal 540mls**

Chaste 20,  
Globe Artichoke 100  
Paeonia 90  
Withania 80  
Nigella 90  
Gynostemma 90  
Ginkgo 70  
9mls BD  
\$120

**antiviral 520mls**

astragalus 120  
st johns wort 90  
echinacea 90  
cats claw 90  
liquorice 70  
aniseed 60  
5mls bd - tds  
\$129 --> \$124

Herbal/Supplement repeat	
<p><b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 31 Aug 2023, 3:30PM <b>Created:</b> 15 Sep 2023, 3:04PM <b>Last updated:</b> 22 Sep 2023, 8:37AM</p>	
Herbal/Supplement	<p><b>Herbal 540mls</b></p> <p>Chaste 20, Globe Artichoke 120 Paeonia 100 Withania 80 Nigella 100 Gymnema 100 Maritime Pine 20 9mls BD \$117 +\$14 freight</p> <p><b>antiviral 520mls</b></p> <p>astragalus 110 st johns wort 100 echinacea 90 cats claw 80, liquorice 70</p>

aniseed 60  
5mls bd - tds  
\$118

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 31 Aug 2023, 3:30PM  
**Created:** 31 Aug 2023, 3:38PM  
**Last updated:** 5 Sep 2023, 4:31PM

NDRV

PROGRESS

good, amazing.

went to the specialist - you no longer have Hashimoto's, didn't even know I had Hashimoto went to her when 30 yrs. 2019 she must have tested for it then. , no polycystic either. GP happy with hormones etc., Based on last bloods with Dr Lee.

just need to have Rubella shot when get home, and need genetic testing

In September -appt at a fertility clinic  
Then in December, I go for insemination, and they mentioned I needed to start folic acid now.

The stress is another level atm in this job. feeling sore, and brain fog. anxiety attacks at times. mostly coming from another staff member who is leaving in December.

haven't been doing Yoga, but meditations and morning walks, going to start at the gym as well

the community is good, but the stress coming from this one girl.

the period was late last cycle.

was eating this chicken dish and adding the teriyaki sauce, didn't realise it had gluten, I was getting stomach pains - bowel, feels incomplete, don't feel empty, feel bloated again, think it was the Poke bowls

have been getting some back pain, and needing to end walks early some days

have lost quite a bit of weight

**Pathology** none

Medication - Supplements

Current Diet - Fluid Intake	
Sleep - Vitality	
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>need to start tailoring down supplements in preparing for Insemination. to then move to minimal supplements once established what lipids look like post coming off cholesterol meds.</p> <p>feel the insulin resistance is starting to improve and seeing improvements in body composition.</p>
Pathology Requested	lipids, folate, B12, zinc
Rx - PROTOCOL	<p>tailor dosing.</p> <p>replace mag taur xcell with natal multi to ensure adequate folate</p>
DIET - LIFESTYLE PLAN	<p>as previous,</p> <p>need to be very strictly GF</p>
Record - Complete	<div><input type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	post fertility appointment and blood work results

Herbal/Supplement repeat	
<p>Practitioner: Nicole Chester</p> <p>Created: 8 Aug 2023, 10:25AM</p> <p>Last updated: 8 Aug 2023, 10:42AM</p>	
Herbal/Supplement	<p>Herbal 540mls</p> <p>Chaste 20,</p> <p>Globe Artichoke 120</p> <p>Paeonia 100</p> <p>Withania 80</p> <p>Nigella 100</p> <p>Gynostemma 100</p> <p>Maritime Pine 20</p> <p>9mls BD</p> <p>\$117 +\$14 freight</p>

Follow Up Consultation
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**Practitioner:** Nicole Chester  
**Appointment:** 5 Jul 2023, 3:45PM  
**Created:** 5 Jul 2023, 3:50PM  
**Last updated:** 20 Jul 2023, 11:12AM

NDRV

PROGRESS

sick with a chest infection atm  
had weakness, thought it was covid, but tested negative.

trying to get baby ready. want to be ready by the end of this year/ has an appointment in April next year with specialist

had bloods done.

Don't go in the sun much as sun damage to forehead.

Pathology

**vitamin D LOW - 58**  
**bi-carb 23 low**  
BG - 5.4 (improving)  
**ESR 13, want to see less than 10.**  
**GGT is highish along with most other liver enzymes all higher end**  
lipids are ok, but being managed with statins/ triglycerides are down to 1.5 now.  
**platelets 130 LOW**, last year were 165, trending lower side  
neutrophils on low side  
iron seems ok.  
TSH 2.2 (improving), should be 3:1  
T4 19 high side  
**T4:T3 is approx 4:1**

luteal phase hormones (taken day21) FSH:LH ration is 1:1 (6 + 6)  
**progesterone is 19, should be 20-100**

Reverse T3 pending

was back from hamilton island but still felt stressed when had these bloods done and possibly on the verge of a virus?

Medication - Supplements

taking statins and AB currently for chest infection.

Current Diet - Fluid Intake

as previous

Sleep - Vitality

Exercise - Relax

walking, yoga

	avoid the sun as sun damage on forehead
Signs - Markers	
FINDINGS - ASSESSMENT	<p>seeing an overall improvement in hormones, thyroid, and iron, but need further support to further control metabolic syndrome and hence lipids, as cant continue to take statins during pregnancy.</p> <p>add fish oil to reduce systemic inflammations and reduce lipids</p> <p>add paw vit C, D, K2 (platelets) increase NAC ( glutathione) + liver repair</p> <p>add nigella, globe artichoke for lipids</p> <p>restore gut pot AB - SB + probiotics</p> <p>more liver repair!</p>
Pathology Requested	recheck - ELFTs, fasting BG, platelets, lipids, vitamin D, zinc, thyroid (including Reverse T3
Rx - PROTOCOL	<p><b>Herbal 540mls</b></p> <p>Chaste 10,</p> <p>Globe Artichoke 90</p> <p>Paw Paw 90</p> <p>Paeonia 90</p> <p>Withania 70</p> <p>Nigella 90</p> <p>Gynostemma 90</p> <p>Maritime Pine 10</p> <p>10mls BD</p> <p>\$122 --&gt; \$118</p> <p><b>antiviral 520mls</b></p> <p>astragalus 100,</p> <p>st johns wort 100,</p> <p>echinacea 100,</p> <p>cats claw 80,</p> <p>liquorice 80,</p> <p>aniseed 50</p> <p>5mls bd - tds</p> <p>\$118</p> <p>LivCo - 2 mane</p> <p>Clinical Lipids - 1 bd</p> <p>resist X advanced 1 bd</p> <p>NAC - 1 scoop bd (continue for egg quality)</p> <p>Liposomal ultra C 1/4 scoop bd</p>

	<div>Liposomal D3 + K2</div> <div>Neurocalm - use with high stress.</div> <div>mag taur cell - 1/2 scoop od</div> <div>Sleep X - 1 scoop 15- 30 mins before bed</div> <div></div> <div>post AB</div> <div>s.bifido biotic - 1 bd</div> <div>probiotica clinical - 1 od</div>
DIET - LIFESTYLE PLAN	need sun exposure to build D naturally
Record - Complete	<div><input type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<div>add MH metabol to allow more room in herbal</div> <div>alternate arjuna with globe artichoke for lipids</div>

Herbal/Supplement repeat	
<div>Practitioner: Nicole Chester</div> <div>Created: 22 Jun 2023, 4:00PM</div> <div>Last updated: 22 Jun 2023, 8:21PM</div>	
Herbal/Supplement	<div>back on GC for 2 weeks, want to protect from picking up a virus.</div> <div></div> <div>Herbal 540mls</div> <div>chaste 10</div> <div>Paeonia 80</div> <div>Schisandra 80</div> <div>Withania 70</div> <div>Gynostemma 80</div> <div>Bacopa 90</div> <div>Ginkgo 50</div> <div>Coleus 80</div> <div></div> <div>10mls BD</div> <div>\$125 --&gt; \$122</div> <div></div> <div>antiviral 520mls</div> <div>astragalus 100,</div> <div>st johns wort 100,</div> <div>echinacea 100,</div> <div>cats claw 90</div> <div>liquorice 70</div> <div>aniseed 50</div> <div>5 - 7.5mls bd- tds</div>



\$123--> 120

acute AV herbal 210mls  
Andrographis 40  
pomegranate 40  
echinacea 40  
Thyme 25  
Qing Hao 25  
Ribwort 40  
5mls 2-5 x daily  
\$59

a repeat of mag Taur, resist X advanced, NAC, sleepX, Neurocalm.

Follow Up Consultation	
<p><b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 17 May 2023, 3:45PM <b>Created:</b> 17 May 2023, 3:48PM <b>Last updated:</b> 21 May 2023, 8:24PM</p>	
NDRV	
PROGRESS	<p>been fine, always alot of stress here</p> <p>applying for other roles. planning to leave permanently want permanency, came from Benowa school, is a permeant school</p> <p>wanted to get another notch on my belt, principle head of curriculum.</p> <p>looking at getting a sperm donor in December. will require a month of jabs. meeting to see what i need do soon. this is why ive been preparing my body</p> <p>next school holidays, pre check up. month of hormone injections.</p> <p>feeling fine, but sometimes by 3pm feel like I'm dying, having said that am going to dinner tonight</p> <p>feel thyroid is out, feeling hot all the time, exhausted, memory loss, got scary, i do have alot thrown at me. extreme stress, but went to heat up food in microwave and then went did something else, and completely forgot that I did it. so memory been terrible</p> <p>been GF, DF, walking everyday, doing yoga,</p> <p>it's a toxic environment its absolutely daily, they are muppets, extreme stress! Its time to</p>

get out  
they are so aggressive, attacking, was holiday leave. usually people that cant function in society go come to work here . creating own eco system.  
know I'm leaving, ok they are crazy. this is not life.

craving salt,

getting up and walking, back hasn't been hurting.

just had period, quite chilled, not tired at all

run out of herbs,

still 1/2 bottle antiviral .

gut health, no bloating, no tummy pains, period has come with no waring which is great

today had a headache. and really hungry. worry when my appetite gets high

over think without the sleep X, its working really well

getting 10,000  
usually rest after work

lost a lot of weight actually.

Pathology	none
Medication - Supplements	
Current Diet - Fluid Intake	been sticking to GF, DF
Sleep - Vitality	not as much energy at times ,but getting up 5-6am, bed at 8-9am
Exercise - Relax	yoga and walking
Signs - Markers	
FINDINGS - ASSESSMENT	Have had great improvements. most areas stabilised, including metabolism and insulin resistance starting to budge now. . feel stress levels still far to high for body to stay completely in homeostasis . Suspect higher cortisol increasing reverse T3, and upsetting thyroid balance.  health no doubt will improve alot out of the toxic stressful environment
Pathology Requested	

<b>Rx - PROTOCOL</b>	<b>Herbal 540mls</b>  chaste 10, Paeonia 70 Schisandra 80 Withania 70 Gymnema 80 Bacopa 90 Ginkgo 60 Coleus 80  10mls BD \$125 --> \$119  <b>antiviral 520mls</b> astragalus 100, st johns wort 100, echinacea 100, cats claw 80, liquorice 80, aniseed 50 7.5mls bd \$118  resist X advanced 1 bd  NAC - 1 scoop (continue for egg quality)  Neurocalm - use with high stress.  mag taur xcell - 1 scoop od  probiotica clinical - 1 od  Sleep X - 1 scoop 15- 30 mins before bed
<b>DIET - LIFESTYLE PLAN</b>	continue as previous
<b>Record - Complete</b>	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
<b>Review - Next Visit</b>	suggest more detoxification leading up to conception next visit as needed

Herbal/Supplement repeat

<b>Practitioner:</b> Nicole Chester <b>Created:</b> 5 Apr 2023, 12:41PM <b>Last updated:</b> 5 Apr 2023, 12:48PM	
<b>Herbal/Supplement</b>	acute flu, cold. negative to covid  Herbal 210mls Andrographis 40 echinacea 40 elderflower 40 pomegranate 40 thyme 30 Calendula 20 5mls 5 x daily \$56

<b>Follow Up Consultation</b>	
<b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 28 Mar 2023, 3:30PM <b>Created:</b> 28 Mar 2023, 3:13PM <b>Last updated:</b> 31 Mar 2023, 7:13PM	
<b>NDRV</b>	
<b>PROGRESS</b>	<p>been really sick, the worst food poisoning from the chicken made me sick. My gut is cramping. use to have stomach pains like this all the time. when eating gluten etc.Only since food poisoning.</p> <p>My throat has flared up today, the internal part of my nose feels inflamed, eyes are burning.</p> <p><b>stress has been astronomical lately too, working with a psychologist</b></p> <p>energy been great, just exhausted from food poisoning</p> <p>feel like getting some new hair growth but might be growing hair on my chin?</p> <p>appetite is not bad at all. GF DF the majority of the time. but really need me 11 am meal and carbs</p> <p><b>all my clothes are fitting. less fluid, fitting in smaller clothes, wearing shorts and skirts now and feel skinny.</b></p> <p><b>week 10 and usually wanting to die, feeling best ever felt, while doing this job, feel</b></p>

	immune is struggling though.
Pathology	none, might leave getting until end of term 2
Medication - Supplements	been taking Voltaren for my back
Current Diet - Fluid Intake	lunch can be spaghetti bolognese, rice rolls, lasagne  been eating just meat and salad after 5 pm
Sleep - Vitality	Sleep - last week was not as good, as stress had increased with the end of term and Naplan etc but otherwise has been good, and even ran out of the redormin
Exercise - Relax	exercise/yoga- getting up to go for a walk, then walking again 6 pm but nothing since getting sick
Signs - Markers	feel holding less fluid and clothes are fitting looser. don't like to focus on diets and weight loss, as used to starve myself when younger,
FINDINGS - ASSESSMENT	great progress. want to tailor dosing down now, particularly on herbs and liposomal C, focus more on reversing insulin resistance/metabolic syndrome. as feel this although blood sugar has improved, is still driving the PCOS picture and driving inflammation, facial hair and hormone imbalance  suggested try a natural anti-inflammatory to reduce back pain, so may be able to avoid Voltaren.
Pathology Requested	full bloods end of term 2
Rx - PROTOCOL	<b>antiviral 520mls</b> astragalus 100, st johns wort 100, echinacea 100, cats claw 80, liquorice 80, aniseed 50 7.5mls bd \$118  <b>Herbal 540mls</b> chaste 10, Paeonia 80 Schisandra 80 Withania 70

	<p>Gymnema 80</p> <p>Nigella 90</p> <p>Coleus 90</p> <p>Bladderwrack 40</p> <p>10mls BD</p> <p>\$122 --&gt; \$119</p> <p>Metibol xcell --&gt; resist X advanced 1 bd</p> <p>liposomal C - 1/2 scoop</p> <p>NAC - 1 scoop (phase out)</p> <p>Neurocalm - use with high stress.</p> <p><b>hate the Mito xcell --&gt; mag taur xcell</b></p> <p>probiotica clinical - 1 od</p> <p>Inflavonoid intensive care - only use when needed for back pain - 2 tablets 3 x daily</p> <p>Sleep X - 1 scoop 15- 30 mins before bed</p> <p>SB floractiv - 1 course only needed (pharmacist sold to me when got sic</p> <p>1 bd</p>
<b>DIET - LIFESTYLE PLAN</b>	<p>have no carbs after 5 pm</p> <p>wants to binge home potato chips, crave pizza.</p> <p>don't crave sugar, crave salt,</p> <p>4 pm crave sugar</p>
<b>Record - Complete</b>	<div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
<b>Review - Next Visit</b>	4 weeks

<b>Follow Up Consultation</b>	
<p><b>Practitioner:</b> Nicole Chester</p> <p><b>Appointment:</b> 1 Mar 2023, 3:30PM</p> <p><b>Created:</b> 11 Feb 2023, 2:27PM</p> <p><b>Last updated:</b> 8 Mar 2023, 8:44PM</p>	
<b>NDRV</b>	
<b>PROGRESS</b>	<p>Notes for Wed appointment. Had my period come a week early. Had a 27-day cycle. It lasted for 6 days. The day before I had sharp pains below my belly button. but the good</p>

thing was I didn't even realise was getting it, no headaches etc  
for 10 years, tummy would hurt, with a sometimes sharp stabbing pain in the middle of  
the cycle

I'm loving these calming tablets (Neurocalm)

but also had extreme stress yesterday, cortisol shooting heart pumping. was so terrible.  
dealing with other people's crap. two teachers screaming at each other  
while doing meditation classes

week 6 and not feeling sick or exhausted, as I would have previously.

yesterday after a massive stressful dayi ate everything I could  
onion rings, bruschetta, had ice cream.

had coffee first. then had breakfast, but otherwise have been eating as good as can

had Italian food, was gf and df.. started having two beers and felt so sick, so stopped.  
feel gluten and dairy really mess me up

I'm not starving now. finding have more energy.

bit more work-life balance.

hair falling out still, so annoying

Pathology	
Medication - Supplements	been constant need both herbs again
Current Diet - Fluid Intake	have been quite consistent
Sleep - Vitality	still not great. feel need two different sleep tabs, i remember magnesium made me ready for sleep.
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>maintaining good progress, with a few mishaps given the nature of living on Hamilton island.</p> <p>want to get the body right to conceive. planning to have a baby on my own at the end of</p>

the year

Pathology Requested

Rx - PROTOCOL

antiviral 520mls

astragalus 100,  
st johns wort 100,  
echinacea 100,  
cats claw 80,  
liquorice 80,  
aniseed 50  
7.5mls bd-qds  
\$118

Herbal 540mls

chaste 20,  
Paeonia 90  
Schisandra 90  
St Mary's thistle 90  
Withania 70  
Gymnema 80  
Rehmannia 50  
Bladderwrack 50  
7.5mls TDS  
\$115

DIET - LIFESTYLE PLAN

Record - Complete

☐ Blood Glucose    ☐ PH    ☐ Symptothermal Charting    ☐ Diet & Symptoms    ☐ Basal Body Temperature    ☐ Blood Presuure    ☐ HAQ    ☐ Mood Appraisal

Review - Next Visit

more iodine?  
look at reversing insulin resistance. stabilising blood sugar  
streamline treatment now, reduce herbal dosing  
add magnesium to sleep regime

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 25 Jan 2023, 4:00PM

Created: 25 Jan 2023, 4:00PM

Last updated: 30 Jan 2023, 12:24PM

NDRV

PROGRESS

frigging nightmare  
had to move in the rain. stress all-time high, feel like the stress levels are not gonna go



anywhere

doing yoga,

by 1 pm- onwards, so tired  
9-3 pm don't stop

today I'm having, on duty at 11 am  
didn't get a break at all

6.30-7 am Bf - avocado, egg on toast,  
I'm so 11 am  
logging off at 4-5 pm

was never hungry before

tired but, physically can be bothered.

back in a lot more pain, affecting sleep

difficult to maintain GF eating as cant leave kids unattended and microwave over other side of school

Pathology	none
Medication - Supplements	
Current Diet - Fluid Intake	trying but the stress has been high and struggling to stay on track
Sleep - Vitality	sleep terrible, ever since arrived on island
Exercise - Relax	doing yoga
Signs - Markers	
FINDINGS - ASSESSMENT	<p>Seemed very flustered, overwhelmed and frustrated.</p> <p>keeping stress/cortisol levels will be difficult, and needs the most focus. feel this is triggering dysglycaemia . Fell gluten slipping in could also be reactivating viruses and affecting blood sugar control/appetite</p> <p>needs further support for snack ideas that can be done on the island with what is available that are GF. will send through some suggestions, ie, zucchini slice, protein combo snacks</p>
Pathology Requested	

<b>Rx - PROTOCOL</b>	<p>keep as previous,</p> <p>to make easier to post products to the island, made a few brand/product changes.</p> <p>Metabol, switched to <b>Metibol Xcell</b></p> <p>MH NAC, switched to <b>orthoplex white label NAC</b></p> <p>Neurosom, switch to <b>Redormin</b></p> <p>mag taur, switch to <b>Mito Xcell</b> as desnt like taste of mag taur xcell</p> <p>add <b>Neurocalm</b> 1 bd with days of high stress and anxiety</p> <p><b>antiviral 520mls</b></p> <p>astragalus 100,</p> <p>st johns wort 100,</p> <p>echinacea 100,</p> <p>cats claw 80,</p> <p>liquorice 80,</p> <p>aniseed 50</p> <p>7.5mls bd-qds</p> <p>\$108</p> <p><b>Herbal 540mls</b></p> <p>chaste 20,</p> <p>Paeonia 90</p> <p>Schisandra 90</p> <p>St Mary's thistle 90</p> <p>Withania 70</p> <p>Gymnema 80</p> <p>Rehmannia 50</p> <p>Bladderwrack 50</p> <p>7.5mls TDS</p> <p>\$115</p> <p>add whey protein mid morning/arvo, repetra of zinc and C too</p>
<b>DIET - LIFESTYLE PLAN</b>	<p>as previous, need to try best with adhering to GF!</p>
<b>Record - Complete</b>	<div><div><input type="checkbox"/> Blood Glucose</div><div><input type="checkbox"/> PH</div><div><input type="checkbox"/> Symptothermal Charting</div></div> <div><input type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>

Herbal/Supplement repeat	
<b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 5 Jan 2023, 2:00PM <b>Created:</b> 11 Jan 2023, 3:35PM <b>Last updated:</b> 11 Jan 2023, 5:09PM	
Herbal/Supplement	need small bottle of delay herbal to tie over until leave for hamilton Herbal 110mls chaste 10 Paeonia 20 Schisandra 20 St Mary's thistle 20 Withania 15 Rehmannia 15 Bladderwrack 10 7.5mls TDS \$27

Follow Up Consultation	
<b>Practitioner:</b> Nicole Chester <b>Created:</b> 5 Jan 2023, 1:56PM <b>Last updated:</b> 8 Jan 2023, 8:51AM	
NDRV	
PROGRESS	feeling more refreshed.  have had no anxiety  not finding it hard to make decisions, not feeling so mentally fatigued feel happy and chilled.  The herbs are amazing, i haven't felt this good in years. I feel like me again. I'm able to go out more and socialise  had a big emotional release. cried for like an hour!  since running out of anti-viral -- feeling fatigued again, yawning a lot  haven't slept. last 2-3 nights getting to sleep is mostly the issue.  feel energised, waking with more motivation and drive for the day.. doing walks, pilates and self-care again.

everything ate was GF and DF except  
yesterday had pizza with cheese. felt the effects of that today  
Had no issues with gut, otherwise

not due for period, so haven't had a cycle since last appointment.

would starve self when younger.

don't feel hungry, eat cause feel need to

no cravings. use to crave chocolate

have had hair loss. shedding a lot lately

Pathology	none
Medication - Supplements	been consistent with supps, except forgetting the zinc sometimes
Current Diet - Fluid Intake	have BF, then coffee as morning tea , lunch, afternoon and dinner. aim for 5 meals/snacks  been doing no carbs after 4 pm 5/7 days
Sleep - Vitality	energy 4 or 5 - 8/10 .. 8 in morning
Exercise - Relax	exercising more, walking, pilates
Signs - Markers	looking happier
FINDINGS - ASSESSMENT	great progress. feel resonating well with anti-viral herbs. feel GF-free helping to reduce viral activation. need to monitor hair loss to establish the cause here? continue all as previous, add support to reduce Glycaemic load.
Pathology Requested	none
Rx - PROTOCOL	antiviral 520 astragalus 100, st johns wort 100, echinacea 100, cats claw 80, liquorice 80,

	<div>aniseed 50</div> <div>7.5mls bd-qds</div> <div>\$108</div> <div></div> <div>continue all supps as previous</div> <div><b>to organise all supps to take to Hamilton island.</b></div> <div><b>leaving on 13th</b></div> <div>Herbal 540mls</div> <div>chaste 20,</div> <div>Paeonia 90</div> <div>Schisandra 90</div> <div>St Mary's thistle 90</div> <div>Withania 70</div> <div>Gymnema 80</div> <div>Rehmannia 50</div> <div>Bladderwrack 50</div> <div>7.5mls TDS</div> <div></div> <div>Mag taur xcell/Mito Xceill</div> <div>Metabol - 1 bd after BF and D</div> <div>zinc pic - 1 od after D</div> <div>liposomal ultra C - 1 scoops/tsp</div> <div>NAC - 1 scoop</div> <div>Neurosom - 2 nocte + extra 2 if wake</div> <div>some Melatonin to try for sleep as alternative to neurosom</div>
<b>DIET - LIFESTYLE PLAN</b>	<div>continue as previously.</div> <div>suggested adding mid-morning protein with coffee</div>
<b>Record - Complete</b>	<div><div><input type="checkbox"/> Blood Glucose</div><div><input type="checkbox"/> PH</div><div><input type="checkbox"/> Symptothermal Charting</div><div><input checked="" type="checkbox"/> Diet &amp; Symptoms</div><div><input type="checkbox"/> Basal Body Temperature</div><div><input type="checkbox"/> Blood Presuure</div><div><input type="checkbox"/> HAQ</div><div><input type="checkbox"/> Mood Appraisal</div></div>
<b>Review - Next Visit</b>	<div>2 weeks after leave for Hamilton</div>

Initial Consultation	
<div><b>Practitioner:</b> Nicole Chester</div> <div><b>Created:</b> 14 Dec 2022, 3:06PM</div> <div><b>Last updated:</b> 25 Dec 2022, 3:43PM</div>	
<b>NDFV</b>	
<b>Age</b>	<div>36 yrs</div>
<b>Status</b>	<div>single?</div>
<b>Emergency contact</b>	

Children	no
Occupation Past - present	teacher - been working on islands. got a promotion for Hamilton island. leaving in 3 weeks.
Pregnant - Breast-feeding	no
Height - Weight	
PRESENT COMPLAINT	<p>thyroid, high RT3 and rising. been seeing a naturopath for a while. was on 19 different supplements and not manageable. wanting to get a new view.</p> <p>feel like everything has stopped working now.</p> <p>been on a wellness journey for 6mths.</p> <p>stress levels, work-related stress, high-pressure job, and having to make decisions quickly.</p> <p>8 months - every month whole set of new plans</p> <p>was consistent with supps, but not getting results in the end</p> <p>working a lot of hours per week. trying to find more work-life balance. I'm passionate about my work so want to try to make it work. wasn't feeling great, everyone quit. but want to do it my way.</p> <p>have reduced dairy to minimal.</p> <p>I can't lose weight anymore, exhausted, and cold all the time. i would wear jumpers in summer, and people think i was weird.</p> <p>sick again, anxiety attacks, exhaustion all the time. wearing a jacket</p> <p>started Hayman island, heart palpitations. left in December this year.</p> <p>took 8 mths off, and was eating clean. but started to run out of money, so offered a new position on Hamilton island.</p> <p>been back at work 8 weeks - promotion, fly out again in a few weeks. have all school holidays off and come back to the coast</p> <p>it's hard with food in Hamilton, but doing the best I can.</p> <p>felt good on iodine</p> <p>took the pill when lost 23 kilos in a month, and started getting migraines, so had to go off it.</p>

i believe it was progesterone based mostly. one suitable for polycystic

in fight and flight a lot of time, not heightened, just exhausted, waking tired, clouding my mentally tired, can't think straight,

taking longer to make decisions.

yes do get a scratchy throat with the fatigue at times

when younger, would starve myself, would lose weight. started binge eating, emotionally eating my whole life

periods like clockwork currently - 32 days.

pre menses --migraine, nausea feeling like vomiting, then cold sore outbreak on the lip often, then get the flu

has been the pattern - the last 2 years, since COVID vaccine

had covid - June/July 2022

bloods were fine pre-vaccine, but now I have diabetes, and thyroid issues and doctors say bloods are fine, but I don't feel finee

put on 50kgs in the last 8 years. emotional eating, stress levels increased

bowel - bad stomach pains,

thought had a parasite, did parastrike supplement for 14 days. and never felt better. I've got IBS but gut a lot better than was

Leave for hamilton on 13th January, will be back again in April

#### Other care - GP - Specialist

previous care prescription - see attached

the focus was on inflammation, anti-ox, and blood sugar regulation.

no definitive plan to support stress response or improve stress adaption or hormone regulation. no liver repair that could see

diet was dairy-free only, and a big focus on stabilising blood sugar.

there was suggestion of fatty liver and metabolic syndrome

#### Pathology

bloods 26.04.22

**RT3 595 (170-539)TSH 2.7 (was as high as 4.3, started rising beginning 2022)**

**free T4 16 )10-20)**

**free T3 5.4 (2.8-6.8)**

thyroid AbII <1.3 (<4.6)  
thy, peroxidase Ab 46 (,60)

recent bloods

**RT3 762**

**TSH 2.4, free t4 15 (10-20), free T3 5.1 (2.8-6.8)**

**platelets 165 (150-450)**

**triglycerides - 2.4 (below 2.0)**

**sodium 135 L**

**bicarb 26 (25-33)**

**fasting glucose 5.8 (previously 7.0-7.4)**

**alk.phos lower end --> low mineral, high copper? coeliac?**

**GGT 50 (0-45) liver damage?**

**ALT 45 (0-45) liver damage?**

**vit D 59**

Past Complaints	bad back -- didn't want to do surgery
Medical Hx	<p>suggested fatty liver by natural therapies clinic</p> <p>diagnosed pre-diabetic, polycystic, periods getting better and more regular, surgery - shoulder reconstruction, two discs degenerated and burst</p>
Family Hx	got it all- cardiovascular, angina, high bP, stroke, cancer
Current symptoms - HAQ	<p><b>gut</b> - low Hcl, gas, loose bowel, incomplete empty, nausea/vomit, red blood when passing stools, rectal pain, anal itching,</p> <p>liver - pain under ribs, yellow cast to skin/urine, dry skin/hair,</p> <p><b>thyroid/adrenals</b> - fatigue **, intolerance to cold**, low mood/libido, weakness in limbs, light infrequent periods, nervousness/irritability. all signs of adrenal definition***, feeling stressed and overwhelmed, needing stimulants, fatigue after a stressful day, difficulty getting up in the morning, hard to stay awake through the day, nausea, dizziness, palpitations/chest pain? poor concentration.</p> <p><b>Hormones</b> - PMS*** tender breast, anger, fluid retention, weight gain, bloat, migraines/headaches, occasional irregular periods, period pain, nausea/vomiting, increased facial hair</p> <p><b>dysglycaemia***</b> all symptoms of blood sugar dysregulation, diagnosed pre-diabetic/diabetic</p> <p><b>musculoskeletal</b> -muscle cramps, lower back pain,</p> <p>anaemia - low exercise tolerance</p> <p><b>immune</b> - cold sores, frequent colds/flu, scratchy throat, wounds take a long time to heal</p> <p><b>skin</b> - pigmentation, tinea/fungal infections</p>



Medication	Statin, have been ON/Off for 15yrs no other medications
Supplements	none currently
Current Diet - Fluid Intake	dairy and gluten free.
Toxic Burden - Alcohol - Drug Use	
Stress - Trauma	
Sleep - Vitality	terrible, difficult sleep ignition and sleep quality, waking
Exercise - Relax	
Signs - Markers	
Allergies	feel intolerant to NSAIDS - get breathless
FINDINGS - ASSESSMENT	need multiple areas of focus- <b>metabolic syndrome, pre-diabetic, high triglycerides, liver damage, phase II liver --&gt; improve endocrine/ thyroid/ hormone ratios, stress adaption/RT3, adrenal tonics, address retroviral reactivation, inflammation, cholesterol, gall bladder reduce androgens and proliferative oestrogen</b>
Pathology Requested	consider copper: zinc, DUTCH, viral reactivation.
Rx - PROTOCOL	<b>Don't like taste of Ginger</b>  Herbal 520mls chaste 20, Paeonia 90 Schisandra 90 St Mary's thistle 90 Withania 80 Rehmannia 80 Bladderwrack 70 7.5mls TDS  antiviral 210mls astragalus 40, st johns wort 50, echinacea 40, cats claw 30, liquorice 30, aniseed 20 - 5mls 5 x day  Mito Excell - 1 scoop Zinc Picolinate - 1 after BF Bio-vitamin C 100gms - 1 tsp bd

<b>DIET - LIFESTYLE PLAN</b>	GF, DF (email support sheets) blood sugar friendly eating, reg smaller meals always including protein and good fats. No CHO after 4pm
<b>Record - Complete</b>	<input checked="" type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
<b>Review - Next Visit</b>	add Silymarin/livCo separately look at testing for copper, zinc, functional DUTCH test  add Gymnema/ metobol?  low platelets?

Patient Forms

There are no patient forms for Ms Amanda Stocki.