



CLIENT FOLLOW UP FORM

Client Name: Alison Denman

Date: 21/3/25

Email: ally@innerwarriorawakened.com.au

Practitioner: Leigh Gibbs

PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Much better than December. Managing sleep. Stress is much better.
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Increase in Perimenopausal symptoms. Night time very hot. Mood is ok for the most part. Can disassociate. Didn't feel like she would be missed. Getting headaches. Situational and emotional. More at night. Stomach area Cycle is way off. 3 or 4 weeks late. Feels premenstrual for longer. Bloating, carrying a lot of water. 2 sizes bigger than usual. Mid section weight. Sore nipples.
PROTOCOL	Have you been following the treatment plan and recommendations discussed in our previous session? Are you taking the prescribed supplements, herbal remedies, or following dietary and lifestyle modifications?
	Gone off the magnesium. Off all supps.
MEDICATIONS/Supps	Have you started or stopped any medications, supplements, or other therapies since our last session? Are you experiencing any side effects or interactions?
	Off Vyvanse for 1 month. Long acting Ritalin - horrible sleep. 1hr after taking meds can fall asleep one hour after taking tho, but wired at night. Adrenaline?? Cortisol.
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Living with low grade chronic stress. Normalised it.
ENERGY	Have you noticed any changes in your energy levels, fatigue, or sleep patterns? Are there specific times of the day when you feel better or worse?
	So chronically tired all the time. Training sort of consistently. Pins and needles and numbness - has a bulging disc.
DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	Normal consistency. IBS. Not of major concern atm. Digestive enzymes??
DIET	How has your diet been lately? Have you been able to incorporate any recommended dietary changes? Do you have any challenges or concerns regarding your nutritional plan?
	Trying hard to have berries protein yoghurt and cashews. No coffee before meals.



GOALS	Progress Towards Goals: Are you satisfied with the progress you've made so far? Are there any goals or outcomes that you would like to achieve or discuss further?
	Wants more energy.
SUPPORT	Additional Support: Is there anything else you would like to address or any specific questions or concerns you have regarding your health or treatment plan?
	Antidepressants don't agree with her. MAO snp?? Wants nervous system support and energy ramp up.
TREATMENT	Aims and suggestions for this appointment.
	<p>Vitex. MagTaur. Probiotic.</p> <p>HERBS: N/S mix 200ml</p> <p>Shisandra</p> <p>Black Cohosh</p> <p>Codonopsis</p> <p>Rhodiola</p> <p>Liquorice</p> <p>Siberian Ginseng</p> <p>NIGHT MIX - 1hour before bed. 100ml</p> <p>Skullcap</p> <p>St marys</p> <p>Hops</p> <p>Passionflower</p> <p>Magnolia</p>
FOLLOW UP APPT:	3 weeks time. Assess bloodwork. Start to work on gu health and weight management

