

# INITIAL CONSULTATION NOTES



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<b>CLIENT:</b> Anika Donnelly	<b>DATE:</b> 1/5/25
<b>DOB:</b>	<b>Phone:</b>
<b>Email:</b>	<b>Address:</b>

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

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Diarrhea for 2 years. 1 or 2 times per day. Run to the toilet. Type 6. Went to Europe Jan 2024.  
Gastro bug. November Covid for 2nd time very sick.

Urgency half way through eating a meal and have to go.

Grumbles and gurgles. No too much gas.

Bad period pain. Coming every 40days. Day 23 ovulate.

In bed always cold. Cold shoulders.

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## FAMILY HISTORY

MOTHER	
FATHER	
SIBLINGS	

## MEDICAL HISTORY

ILLNESSES	Covid in November. Very sick. Then frequent sicknesses since.
SURGERY	
VACCINATIONS	
OVERSEAS TRAVEL	
TRAUMA	

## CURRENT MEDICATIONS

MEDICATIONS	
SUPPLEMENTS	Iberogast.
ANTIBIOTICS?	

## PHYSICAL SIGNS

BLOOD PRESSURE	Low.	BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Clean. Trembling.		
NAILS	No marks. Grow fine.		
TEETH/GUMS/ORAL	Bleed sometimes.		

## LIFESTYLE

EXERCISE	Heaps, training 2x week, 2 games. 4 x gym.		
STRESS / 1-10			
ENERGY LEVELS / 1-10	Fairly good.	SLUMPS:	
ALCOHOL		SMOKING/DRUGS	
COFFEE/TEA		SUGAR	

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## ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM	
SLEEP	
Time, waking, quality?	7:30am school days. Sleep all the way through.
Refreshed on waking?	Yes.
Dreams? Recall?	Randomly.
Sleep walking?	Nope. Sleep talk. Restless in bed.
Oedema on waking?	
EMOTIONAL HEALTH	
Depression? Anxiety?	Nope.
Fear, anger?	
Dwell?	
ADHD?	Procrastinator. Can flit between tasks.

Brain Fog? Forgetful?	
<b>GASTROINTESTINAL</b>	
Pain? Bloating? Gas?	Occasionally bloating.
Burping? Reflux?	No
Bad Breath?	Nope
Intolerances?	Dairy??
<b>STOOL</b>	
How often? Type?	2/day
Form? Sticky?	Loose, fluffy, type 6.
Blood/Mucous?	No.
Haemorrhoids? Itchy?	
Parasites?	
<b>CARDIOVASCULAR</b>	
Chest pain? Palpitations?	No
Cholesterol	Low.
Cold hands/feet	Wears a hoodie to bed.
Varicose veins/ swelling?	
Bleeding issues?	No.
Anemia? Cyanosis?	Pale-ish conjunctiva.
Franks Sign?	
<b>MUSCULAR SKELETAL</b>	
Cramps? Pain? Where?	
Restless Legs?	No.
Numbness/Tingling?	No
<b>RESPIRATORY</b>	
Congestion? Cough?	
Sinus issues? Smell?	Nothing.
Mouth ulcers?	Nope.
Glands? Nose bleeds?	
Headaches? Dizziness?	

REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	7 days. Roughly 40 day cycle.
Colour/odour?	
Flow? Clotting?	Not too heavy.
Ovulation mucus?	Yes
PMS Sx?	Pain for first 2 days. Bleed for 7 days. Teary a week before.
Breast pain? Cysts?	Mild before period
Libido?	
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	4 / 5 day.
Colour/odour?	Normal sometimes dark.
Pain / burning? UTIs?	Bladder hurts to pee sometimes. Stinging pain in stomach when she has to pee.
Enuresis?	
INTEGUMENTARY	
Texture/type?	Normal. Acne. Spotty. Hairline. Everywhere.
Itchy/burning? Hives?	
Eczema/Psoriasis?	
Bruising? Skin tags?	No.
Slow wound healing?	
Dark patches?	
Sweating?	Not sweaty. Less than friends.
ENDOCRINE	
Thyroid?	2.7 - creeping up.
Insulin resistance?	
Blood sugar? Cravings?	
IMMUNE	

Colds/Flu? Recovery?	Sick frequently. Last week. 2 or 3 times this year. Head cold. Cough.
Allergies?	Itchy eyes not so bad lately.

## DIET

BREAKFAST
Smoothie with banana, protein powder, almond milk, coconut water. Blueberries. Cacao sometimes. Scrambled eggs. Overnight oats, chia pudding. Maple syrup.
SNACKS
No nuts and seeds. Ham & cheese toasty.
LUNCH
Chicken pasta salad. Half a cup. Buddha bowl. Sandwich. Rice/tuna/tofu, edamame.
DINNER
Pasta, fish & veg. Cucumber, potatoes, carrot, capsicum, sweet potato. Not much red meat. Mince occasionally.
DRINKS
1 litre water.
CRAVINGS - ice? Salt? Etc

## LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
Pathology		Anemic, high TSH Low WBC Macrocytic RBC Low potassium Low Ca Low Hcy - oxidation	
Redo Pathology	19.6.25		

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## GOALS

### SHORT TERM

Slow bowel movements  
Increase nutrient absorption  
Improve anaemia.  
Reduce GIT inflammation

### LONG TERM

Repair gut lining  
Balance hormone cycle.  
Improve immune fx  
Antioxidants

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## TREATMENT NOTES

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Immune system depleted. Frequent infections - VIT A? WBC were low.

Remove Dairy.

Less Gluten.

Increase healthy fats.

Increase calcium

Increase potassium

Increase ellagic foods - cranberries, pomegranates, blueberries, walnuts.

More vegetables - mediteranean style diet.

Kelp for iodine?

Iron + Multi

SB??

Raspberry leaf tea.

Herbs Gastro

Chamomile 40

Lemon Balm 20

Meadowsweet 40

Marshmallow 30

Astragalus 40

Pomegranate 40

Ginger 10

Tissue salts?

Considerations for next appt: Iodine/selenium SIBO? Hormones PCOS? Immune Fx Glucomanan