

INITIAL CONSULTATION NOTES



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CLIENT: Mark Hodge	DATE: 28/4/25
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PRESENTING COMPLAINT: How long? Better Worse? Origin?

Lethargy, lack of energy. Moods - depression. A lot of the time. Mitochondria, iron? B12?

Rare are the days when he's happy. Mix of dissatisfaction of work. Drinking more. GABA, low B12 Zinc.

Neck strain. Upper thoracic. Relief from physio.

Libido zero.

Ongoing 12 - 18 months ago. Business stress. Lost best friend in July last year. Grief remedy?

In a spate of 3 or 4 months of 5 people pass away. Very close to him. Psychologist. Xmas time better.

FAMILY HISTORY

MOTHER	Alcoholic. Passed away 2002 71yrs. Aneurism. Smoker.
FATHER	Alcoholic - depressive. Performer. A lot of regret. 88yrs old. Stroke. 2016 Alzheimers Dx easy 80s.
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	HIV in 1999. Dx.
SURGERY	
VACCINATIONS	Covid Vax 2 Pfizer - chest pain.
OVERSEAS TRAVEL	None.
TRAUMA	Hit by a car 2016. Hit n run. Broke ribs, scapula, fractured L3, compression L2. Back brace 6 months.

CURRENT MEDICATIONS

MEDICATIONS	Biktarvy - 5 years ago started. No side effects.
SUPPLEMENTS	N/A
ANTIBIOTICS?	N/A

PHYSICAL SIGNS

BLOOD PRESSURE	Sometimes high.	BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Good clean. Scalloping.		
NAILS	Strong. Longitudinal Ridges.		
TEETH/GUMS/ORAL	Gums receded a little.		

LIFESTYLE

EXERCISE	Gym 5-6 x week. 1hr. Weights little cardio.		
STRESS / 1-10	6 work mainly. Deaths of friends.		
ENERGY LEVELS / 1-10	6	SLUMPS:	Mid afternoon. 3pm.
ALCOHOL	10-15/week. Scotch/ gin	SMOKING/DRUGS	
COFFEE/TEA	2 long blacks. 4 shots	SUGAR	

ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM	
SLEEP	
Time, waking, quality?	Bed 10:30pm. Up at 6:30am. Waking at 3:30 wired but tired.
Refreshed on waking?	Sluggish.
Dreams? Recall?	Lately remember dreams.
Sleep walking?	Not lately.
Oedema on waking?	Yes, stiff joints.
EMOTIONAL HEALTH	
Depression? Anxiety?	Depressed .
Fear, anger?	Reactive - snappy.

Dwell?	
ADHD?	Can be hyper focused. OCD.
Brain Fog? Forgetful?	Yes sometimes. Can be indecisive.
GASTROINTESTINAL	
Pain? Bloating? Gas?	No
Burping? Reflux?	No
Bad Breath?	Nope.
Intolerances?	Cheese. Can constipate. Don't have much dairy anymore.
STOOL	
How often? Type?	Daily. Loose. Little pieces.
Form? Sticky?	Sticky.
Blood/Mucous?	No
Haemorrhoids? Itchy?	No
Parasites?	Years ago, but treated with herbs. Cant remember which.
CARDIOVASCULAR	
Chest pain? Palpitations?	Yes off and on. Weird feeling last week - squeezing pain LHS. Shortness of breath.
Cholesterol	Normal.
Cold hands/feet	Yes. Tend towards being cold. Feet notably. Pins and needles
Varicose veins/ swelling?	Back of left calf. Vein. Haematoma when he hit it.
Bleeding issues?	No.
Anemia? Cyanosis?	No.
Franks Sign?	Yes.
MUSCULAR SKELETAL	
Cramps? Pain? Where?	NO
Restless Legs?	No
Numbness/Tingling?	Yes some in hands.
RESPIRATORY	
Congestion? Cough?	Dry sickly cough comes and goes. When its humid. MOULD??
Sinus issues? Smell?	Sinus. Post nasal drip. When changed diet - got better.
Mouth ulcers?	

Glands? Nose bleeds?	No.
Headaches? Dizziness?	
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	
Colour/odour?	
Flow? Clotting?	
Ovulation mucus?	
PMS Sx?	
Breast pain? Cysts?	
Libido?	
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	Zero libido.
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	
Colour/odour?	
Pain / burning? UTIs?	
Enuresis?	
INTEGUMENTARY	
Texture/type?	
Itchy/burning?	Dry flaky skin around nose. Seborrheic dermatitis. Uses selsun gold.
Eczema/Psoriasis?	Flares up with stress.
Bruising? Skin tags?	Bruise easily.
Slow wound healing?	Good
Dark patches?	No.
Sweating?	Sweater. Very clammy.
ENDOCRINE	
Thyroid?	
Insulin resistance?	
Blood sugar? Cravings?	Salty foods. Adrenals.

IMMUNE	
Colds/Flu? Recovery?	Not frequently. Get over quickly. Thailand a cold - long time to leave.
Allergies?	Nothing.
	Lived in mould in Sydney, for 5 years.

DIET

BREAKFAST
Coffee waking. Eat scrambled eggs, salmon, tomato, bacon. No fruit.
SNACKS
Berries. Nuts, protein bar/cookie.
LUNCH
Chicken burger, subway. Loads of salad. Thai food.
DINNER
Eat out a lot. Recently carnivore diet. Broccoli. Spinach. Carrots 3-4 weekly. Salmon 1 week.
DRINKS

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
Coronary Calcium Score.			Recommended
Vein on left calf.			Recommended
Bloodwork			Pathology to come.
Iron?? Hcy?			

GOALS

SHORT TERM
Improve mood and energy.

LONG TERM

Increase libido. Test for heavy metals. Liver/adrenal work. Detox eventually?

TREATMENT NOTES

GRIEF!!

Nutrient deficient.

Not a great diet.

Water??

Decrease alcohol

Family Hx of depression.

MagTaur

Saffron

Dandelion Tea

No coffee on rising.

More nutrients in diet.

Increase healthy fats.

Possibly iron deficient. Increase lean red meat 2-3x week.

Vitamin D.

Include 1 white fish per week, or sardines.

For next appt: Herbs for nervous system & libido.

Look at HTMA