

INITIAL CONSULTATION NOTES



Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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CLIENT: Elissa Zarzour	DATE: 19/5/25
DOB: 16/8/2005 - 19yrs old.	Phone: 0452433091
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PRESENTING COMPLAINT: How long? Better Worse? Origin?

Chronic OCD. Started primary school. "God forbids" 9yrs old. When 11, Negative thoughts. Stressful thoughts. "What if I never.. and then.. " General anxiety.

Year 8, Pyrolle disorder Dx by Naturopath. Fear of the dark. Zinc and B6 helped a little.

Year 12 compulsion to find religious pictures. PERFECTIONIST. Set very high standards.

Anxiety changes on topics. Tight chest. Anxiety Around health. Am I ok? (FATHER??)

Oral surgery November 2022. 17yrs old. General Anaesthetic. Felt ok. Remembered her dream. Mersendol after. Antibiotics.

CRAZY MEMORY CAPACITY.

Tolerate medications.

Washing of the hands COVID. 14- 15yrs old.

2023 March. University - heightened anxiety. Compulsions. Repetitive actions.

1st panic attack between HSC and Uni.

Compulsions change. Blink with 2 eyes then singularly.

Leave the bathroom, click and clap L to right on the tiles. Then leave. Tap feet 14x on tiles. Random and changes. Prayers "please make nothing bad happen" Say it to stop compulsions.

Sign of the cross 11x when stressed. Leave and enter 14 x, tuck chair in 5 x .

14 x is the number.

Overactive mind.

Mouth breather!!!

Exercise can bring on OCD. Saturday 21st bday party - different environment. Being around different people relaxes her. Happy to go out. Very social. Extrovert.

Increases during stress.

6yrs old Adenoid surgery - saw a Homeopath, 3 drops and went. No need for surgery

Mouth breather. Sleep talk when she was little. When she was scared of the dark.

Nov 2024 - Linda Kirk. Silica 1M 7 drops for 3 days. 200c Phosphorus.

Better for being with friends.

FAMILY HISTORY

MOTHER	Antibiotics during birth with Elissa. Mother autoimmune Graves disease during covid.
FATHER	Dad and 2 sisters, anxious. Overprotective. Dads parents are cousins. Prostate. High blood pressure. Arthritis. Beta blockers.
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	Cough when she was in year 6. Wouldn't stop. Spongia. Dry barking cough. Regularly until year 11. October 2010 - Hospitalised. E-Coli. At 6yrs had gastro in 2011. Then anaphalaxis dx 6yrs . 1 bit of salmon. Allergist dx nuts, sesame seeds. Eczema as a child, dermatitis now. Cetaphil works. Influenza A in year 9- 2019.
SURGERY	Wisdom teeth end 2022. Under General. Abx after.
VACCINATIONS	Childhood vax. 2016 Tetanus/Rabies. Grade 6 end of year. Just usual Panadol to treat.
OVERSEAS TRAVEL	Philippines, Singapore.
TRAUMA	2018 had a fear of dark. Sleep in parents room. Health anxiety. Given Stramonium

CURRENT MEDICATIONS

MEDICATIONS	
SUPPLEMENTS	Metagen Methyl active. Metacholine. 1 or 2 per week. With milk. Mega Mag Night. GABA. Every night. Transdermal SAME every night. If she doesn't take it - anxious the next day. Puts on at midnight. Pulstilla Inner health Plus at night. FlaxSeed Oil.
ANTIBIOTICS?	

PHYSICAL SIGNS

BLOOD PRESSURE	92/68 Pulse 79. Friday	BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE	Scalloped. Badly.		
NAILS	White spots. 2 years ago. 1 nail comes off the bed a little.		
TEETH/GUMS/ORAL	Soft teeth. Weaker.		

LIFESTYLE

EXERCISE - VIT/D	Better for exercise. Can if she has an anxious. No much sun.		
STRESS / 1-10	8/10		
ENERGY LEVELS / 1-10		SLUMPS:	
ALCOHOL		SMOKING/DRUGS	
COFFEE/TEA	1 cup. Some decaf	SUGAR	

ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM			
SLEEP			
Time, waking, quality?	Bed at midnight. Sleep late 2am. Woke up at 8:30. Energised for not studying. Sluggish if she sleep late.		
Refreshed on waking?	Usually good. Sometimes puffiness.		
Dreams? Recall?	Doesn't dream a lot. Remembers them.		
Sleep walking?			
Oedema on waking?	Sometimes.		
EMOTIONAL HEALTH			
Depression? Anxiety?			
Fear, anger?			
Dwell? OCD?			
ADHD?	Can get distracted when she looking forward to something. Procrastinatory.		
Brain Fog? Forgetful?	Clear.		
EPIGENETICS			
COMT? Warrior/worry	Worrier - SLOW	OVER- Methylation	UNDER - Methylation

	ALLERGIES/CHEMICAL	Seasonal, hayfever	Chemical soaps perf.
	HIVES	Yes	
	SALIVA/TEAR FLOW	high	Low
	DRY EYES	never	Often
	PAIN TOLERANCE	Low	High
	EASE OF ORGASM	High	Low
	LIBIDO	High	Low
	BODY HAIR	Sparse	Thick
	ANXIETY	Internally	Outwardly
	PHOBIAS	Yes	
	OCD/PERFECTIONIST	Yes	
	HYPERACTIVE		Yes
	RESTLESS LEGS		Yes
	COMPETITIVENESS	Yes	
	MOTIVATION	High	Low
	ACADEMIA	High	Low
	ARTISTIC/MUSICAL		Very High
	RELIGIOUS		Yes
	Additional personality traits/ psychiatric tendencies	Oppositional/defiant	Grandiose
		Social isolation	Panick attacks
		Anorexia / Bulimia	Learning disabilities
		Gambling/Shopping	Suspicion/paranoia
		Catatonic	Self mutilation
		Delusional thinking	Auditory hallucinations
	TOLERANCE TO B's	Negative	Positive
	ANTI HISTAMINE REAC	Postive	Negative
	SSRI REACTION	Positive	Negative
	VALLIUM/XANAX	None, or negative	Positive
	BENZO's REACTION	Negative	Positive
	SAMe REACTION	Positive	Negative
ASSESSMENT	High NorEpi, Low serotonin, low GABA, low histamine.		
GASTROINTESTINAL			

Pain? Bloating? Gas?	No bloating. Usual amount of gas. Eat regularly - smaller meals.
Burping? Reflux?	Yes when full.
Bad Breath?	
Intolerances?	
STOOL	
How often? Type?	2 per day.
Form? Sticky?	Sticky. Formed. Eggplant makes it worse. Undigested carrots in stool. Digestive enzymes
Blood/Mucous?	Yes.
Haemorrhoids? Itchy?	From Constipation in 2023. Used to have. Lot of carbs. Bleeds. Dull orange.
Parasites?	No.
CARDIOVASCULAR	
Chest pain? Palpitations?	Waking up anxious tachycardia. POTS. Low Bp.
Cholesterol	
Cold hands/feet	YES. Always cold constitution. - THYROID.
Varicose veins/ swelling?	
Bleeding issues?	Normal.
Anemia? Cyanosis?	Nails go blue in arcon.
Franks Sign?	
MUSCULAR SKELETAL	
Cramps? Pain? Where?	Back pain from standing for along Time.
Restless Legs?	
Numbness/Tingling?	Nope.
Pain Tolerance?	HIGH.
RESPIRATORY	
Congestion? Cough?	
Sinus issues? Smell?	
Mouth ulcers?	sometimes. Every couple of months.
Glands? Nose bleeds?	Nope
Headaches? Dizziness?	No

REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	Regular
Colour/odour?	CANDIDA. 2018 canestan. 2020. Never fully gone. Showering makes it works. Itch.
Flow? Clotting?	Heavy first day. Wear a pad every day. Clots.
Ovulation mucus?	Can't tell. Thicker clear.
PMS Sx?	Pain and throw up sometimes. Nausea. Pain begins 5 days before it starts. Dense, heavy. 1st day a lot more pain. Tired and nausea. 7/10. Increases with stress. Cramp bark / Cham/ lemon balm. Take a few days before. Fear of first blood.
Breast pain? Cysts?	Sore. Swollen water pressure.
	2019 PCOS?? High estrogen. Pain. Gaining weight.
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	
Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	
Colour/odour?	Sometimes.
Pain / burning? UTIs?	nope.
Enuresis?	
INTEGUMENTARY	
Texture/type?	Small bumps. Oily face. Dry skin.
Itchy/burning? Hives?	
Eczema/Psoriasis?	Dermatitis. Worse in the Cold. Use cetaphil.
Bruising? Skin tags?	Easily - iron.
Slow wound healing?	Quickly.
Dark patches?	
Sweating?	Armpits. Bad smelling. - dysbiosis.
ENDOCRINE	
Thyroid?	HYPO?? Scalloped tongue.
Insulin resistance?	

Blood sugar? Cravings?	A little weak if she doesn't eat. Vision gets blurry. Blood sugar dysregulation.
IMMUNE	
Colds/Flu? Recovery?	Recovery is good. Not many.
Allergies?	ANAPHYLAXIS - all nuts, seafood, sesame seeds, pumpkin seeds and pepitas

DIET

BREAKFAST	
1 hour after risng. Eggs with tomato onion, bread sandwich. 2 minute noodles with egg and cheese. Black tea. 1 weetbix, dip in tea. Full cream dairy. With sugar. Have tea with meal.	
SNACKS	
Eat less but regularly.	
LUNCH	
Pizza - pepperoni, subway. Taco beef & veg. Avo sour cream.	
DINNER	
Lamb cutlets. Bolognese. Spaghetti, pastas. Pizza. Lots of takeaway. Salad. Soup carrots celery broccoli. Asparagus. Left over pizza.	
DRINKS - H2O, Soft Drink, Juice etc	
900ml water. Popper juice. Soft drink 2 /week.	
CRAVINGS - ice? Salt? Etc	
2 minute noodles with egg and cheese. Maggi noodles. Snacking takes the sweets.	
OTHER	
Banana, grapes. Taking Flax Seed.	

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
Stool Test TBO			
Pathology.			

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GOALS

SHORT TERM

Testing - gut/ pathology
 Increase nutrients.
 Increase Vit D.
 Increase serotonin
 Modulate glutamate
 Support adrenal health/liver
 Normalising gut brain axis.

LONG TERM

Gut healing
 Candida
 PMS
 HTMA??

TREATMENT NOTES

Reduce supps
 Increase fibre to balance estrogen
 Anti inflammatory foods
 Tea after breakfast
 Increase protein
 NAC to decrease glutamate

THYROID??? Can contribute to OCD.

Symptoms worse with hormones??

Stool test
 Asses mouth breathing. - Myofacial Orotherapist.

BLOODS:
 IRon, CRP, Vit D, RC Zn/Cu, B12, Folate, Full thyroid. Antibodies. Homocysteine.
 Coeliac
 Urinary Iodine - low - allergy to seafood.

June 17 - finish exams. F/U