

INITIAL CONSULTATION NOTES



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PRESENTING COMPLAINT: How long? Better Worse? Origin?

Married in Feb, Honeymoon unwell. Rash came up. Not dengue. Joints swollen. Arthritic. Fingers and toes like sausages. Blood rash petechia on legs. Infectious disease dept couldn't find anything. Unwell for 8 weeks. A little less severe each time. Very similar to dengue. Triggered perimenopause.

Not sleeping well for 6months prior. Had fevers. Virus insomnia. Stomach upset. Loose stool. MAST CELL.

Month later fell pregnant and miscarried. Stop breastfeeding 2 months ago.

Mild hot flashes. Periods starting to shorten. Feeling I need to get healthier not just for my body and how I feel about it but for my mental health.

Struggling with very intense start to peri after contracting a mosquito borne virus on honeymoon in April 2025.

Mould in house now. But less than previous house. Mould everywhere - on clothes furniture.

Overwhelmed. Mental health is a mess. Burning out. HRT working.

Saw GP again. No progesterone until 14days after bleed - luteal. Makes her ANGRY. Had PMS previously.

Magnesium - not really muscle fatigue.

Tried Melatonin for sleep. didn't work.

Vivanse makes her a little anxious. Want to gradually get off the stimulants.

Period due Wednesday.

Better for eating well, getting better sleep (very hard for me at the moment), exercise

FAMILY HISTORY

MOTHER	
FATHER	
SIBLINGS	

MEDICAL HISTORY

ILLNESSES	EBV - 19yrs.
SURGERY	Breast implants, nose job.
VACCINATIONS	Covid Pfizer x 2. Headaches. Covid 1 month ago. Sleeping suffered.
OVERSEAS TRAVEL	Vanuatu
TRAUMA	Body image.

CURRENT MEDICATIONS

MEDICATIONS	HRT - Estrogen, progesterone 2 pills at night. Estrogel 2 pumps in morning. and testosterone (peri) 2 months, and 3 weeks for testosterone. Vyvanse 40-50mg ADHD Guanfacine 4mg ADHD (negate stimulant effect of anxiety and impacted sleep)
SUPPLEMENTS	Pure collagen peptides (powder) NMN Vit D
ANTIBIOTICS?	Yes. KEFLEX - every now and then. 1 or 2 times per week. GUT BACTERIA.

PHYSICAL SIGNS

BLOOD PRESSURE	Good.	BLOOD TYPE:	
WEIGHT:	HEIGHT:	BMI:	GOAL WEIGHT:
TONGUE			
NAILS			
TEETH/GUMS/ORAL			

LIFESTYLE

EXERCISE	5 days a week - mix of spin (I teach class), HIIT, weights and run class		
STRESS / 1-10			
ENERGY LEVELS / 1-10	7	SLUMPS:	
ALCOHOL		SMOKING/DRUGS	

COFFEE/TEA	1 almond cap.	SUGAR	
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ANATOMICAL SYSTEMS REVIEW

NERVOUS SYSTEM

SLEEP

Time, waking, quality?	Around 9:30pm. Falling asleep quickly. Guafacine is helping. Wakes up 1, 3, 5am. Always need to pee. Urgency - small amount coming. INSULIN?
Refreshed on waking?	Sometimes ok. Alot better now. Guanfacine.
Dreams? Recall?	
Sleep walking?	
Oedema on waking?	Yes

EMOTIONAL HEALTH

Depression? Anxiety?	Mood 3. Very low, teary. Trauma around body image.
Fear, anger?	Explosive on progesterone.
Dwell? OCD?	
ADHD?	
Brain Fog? Forgetful?	

EPIGENETICS

COMT? Warrior/worry		OVER- Methylation	UNDER - Methylation
	ALLERGIES/CHEMICAL	Seasonal, hayfever	Chemical
	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
GASTROINTESTINAL			
Pain? Bloating? Gas?	Sore stomach. Gassy, gripey. Bloating all the time. Sometimes waking bloated. After food. Half hour after food. Might take de-gas. Barley grain. Unulled tahini can't have. Cause pain. Wheat. Caeliac?? Diagnosed IBS.		
Burping? Refulx?	No		
Bad Breath?	Yes.		
Intolerances?	Wheat. Eat from time to time. Dairy Free. Occasionally parmesan soft. cheese. Lactose intolerant. Can't tolerate cabbage, pulses, Brussels, cauliflower sometimes		
STOOL			
How often? Type?	Constipated Most of her life. Chronic. 2 -3times per week. Vyvanse - helped. Stopped working now.		
Form? Sticky?	Loose type 6 loose and fluffy When contipated pellets. Not sticky. Both.		
Blood/Mucous?	Sometimes blood - bright. and mucous.		
Haemorrhoids? Itchy?			

Parasites?	
CARDIOVASCULAR	
Chest pain? Palpitations?	Palpitations. Worse during peri
Cholesterol	All good.
Cold hands/feet	Yes all the time. Thyroid?? Ok.
Varicose veins/ swelling?	I on back of leg. Swelling so bad in pregnancy.
Bleeding issues?	No
Anemia? Cyanosis?	Low Ferritin.
Franks Sign?	
MUSCULAR SKELETAL	
Cramps? Pain? Where?	Neck and shoulders Teach body pump. Arthritis in neck. Stiffness.
Restless Legs?	Sever when pregnant.
Numbness/Tingling?	Yes. In feet and arms.
Pain Tolerance?	High pain.
RESPIRATORY	
Congestion? Cough?	
Sinus issues? Smell?	4 months lack of smell. Taste.
Mouth ulcers?	
Glands? Nose bleeds?	
Headaches? Dizziness?	Always had dizziness.
REPRODUCTIVE - WOMEN	
Cycle length? Bleed?	Still regular. 26 days before son. 23-28days.
Colour/odour?	Varied. Was really heavy after son. Short bleeds now.
Flow? Clotting?	Some clots. Can be very heavy now. Better for HRT less blood.
Ovulation mucus?	
PMS Sx?	Low mood. Irritable.
Breast pain? Cysts?	No.
Libido?	Non existant.
REPRODUCTIVE - MEN	
Libido? Erectile DysFx?	

Flow? Pain?	
Prostate? Swelling?	
URINARY	
How often?	UTIs pain debilitating - comes on at night. Sensitive to Abx. OXALATES
Colour/odour?	Yellow. Strong smell.
Pain / burning? UTIs?	
Enuresis?	
INTEGUMENTARY	
Texture/type?	Dry - EFA's
Itchy/burning? Hives?	Flare on mosquito. B2
Eczema/Psoriasis?	
Bruising? Skin tags?	Bruise easily.
Slow wound healing?	
Dark patches?	
Sweating?	Yes. Drenched on exercise.
ENDOCRINE	
Thyroid?	
Insulin resistance?	Fast don't eat until midday.
Blood sugar? Cravings?	YES all the time. Vice is sugar.
IMMUNE	
Colds/Flu? Recovery?	Good.
Allergies?	Nope.

DIET

BREAKFAST

Water then coffee. Almond capuccino.

SNACKS

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LUNCH
Paleo bread eggs avocado Salad and fish or chicken. Brocoli, pre packed salads. W dressing.
DINNER
Protein brocoli, cauliflower rice, salads. Tomato, No sweet potato or potato. Carrots time to time.
DRINKS - H2O, Soft Drink, Juice etc
1 litre - sometimes 500ml. Tap water. Switch to filtered.
CRAVINGS - ice? Salt? Etc
Sugar!!
OTHER
Apple pie icecream sometimes. Fruit apples and oranges. Coconut yoghurt, almonds, pzpitas, berries.

LABORATORY INVESTIGATIONS

INVESTIGATION:	DATE:	RESULT	COMMENTS
Bloods		Low ferritin	
		V low D @ 35	
		TSH 2	

GOALS

SHORT TERM
Improve constipation Support mood & energy Increase iron Increase nutrients.
LONG TERM
Improve sleep Mould Gut dysbiosis SIBO

FINDINGS and DDx

Mould infection.

Very teary.

TREATMENT NOTES

BComplex

ZymeGest

Alkalising minerals

Enteromend

Iron

Apple cider vinegar

Adrenal cocktail in morning

Peppermint tea

Dandelion root tea??

Constipation.. slippery elm, Aloe vera juice, kiwi fruit x 2. More fibre. More fat.