

## CREATED



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## IP ADDRESS



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## \* Name

Sandi Glover

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## \* Accidents / Trauma / Surgery / Illness /Injuries AND muscular / Skeletal/ TMJ problems/ Dental

Car Accident 1986, LSCS 1986, Cholecystectomy 2023, ongoing issues with fractured teeth

## \* Sleep Pattern (Hours per night and quality) AND Medications / supplements:

Sleep and calm to help sleep when required (not often) 6-8 hours per night. Take magnesium, calcium and Vit D

## \* Immune system and Allergies / sensitivities / Skin Issues ( eg eczema) :

Hey fever/sinus issues slight contact dermatitis

## \* Birth &amp; Childhood History PMS &amp; Reproductive/hormonal

bowel habits - every couple of days, Nil as been through menopause

## \* Bowel Habits: Frequency, time(s) &amp; consistency or Dietary: ie avoided food groups Bladder: Litres of water per day, Alcohol/coffee

Water 6 galsses per day, 3-4 coffee, and social drinker

## \* Relevant family history: Mental illness, physical illness, trauma

Nil known

## \* Respiratory / Heart: ie Asthma, heart palpitations AND Neurological: ie epilepsy, headaches (eye sight, smell, hearing) etc

Nil known