

Medical Warning

Reminders/Notifications

Current Prescription Medications:

Effexor: 150mg; +75mg since June 2021;
Rabeprazole Sodium (Sandoz) (Pariet)
Irbesartan (Angiotensin receptor blocker)

Current Supplements:

Vitamin D, Fish oil, Zn, Vitamin C;
Mg (Nutra Life); also uses Mag Taur Xcell 29/07 - 1 scoop /daily PRN
Caltrate - occasional

Past prescriptions:

Propanolol
Fe, Biotin, Vit B, NeuroCalm

Jasmine Langlands - Canning Healthcare

Thu, 17 Jul 2025 10:15 am

Subjective:

Funny day yesterday; woke with light-headed, weird stomach; unsure if going to vomit; thought may pass out a few times.
Afterwards had breakfast, came good; didn't
Unsure if low blood sugar; stir fry night before.
Tension through shoulders; felt painful - like going up spine as well.
Thought neck may have been out; dog sleeps between bed head and pillow.

D: C7 R, C6 L; T1-3 right - tender.

Neoclassical

Element: Wood

- mixed alarms -> left Ht family
- Ht-7 L

Legs: clear

Left the room. Provided buzzer.
