

Medical Warning

Reminders/Notifications

Current Prescription Medications:

Effexor: 150mg; +75mg since June 2021;
Rabeprazole Sodium (Sandoz) (Pariet)
Irbesartin (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

Sat, 28 Jun 2025 9:10 am

Subjective:

Arrived late - pets recovering from surgery.

Sore back today; LHS and shoulders. In garden yesterday - cut all roses back, weeding.

LAST technique to right foot for plantar fasciitis.

Left shoulder and lower back.

D: L3-5 L; L5 focus.

Neoclassical

Element: Water

- mixed alarms -> right Ht family
- Ht-7 R

Legs: cleared after stimulating Ht-7 R

Left the room. Provided buzzer.
