

## Medical Warning

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### 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

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### Jasmine Langlands - Canning Healthcare

Thu, 11 Sep 2025 10:15 am

#### **Subjective:**

Neck and shoulders very sore;  
Pain both knees, right heel; heel pain since right knee injury. Persevering with exercises.  
Repeat Biome Her; wanting to take for a while longer.  
Rash persists. GP next week - yet to do swab.  
Finger nails - nail hardener. Medi-honey; trying to keep cuticles moisturised with cuticle oil; lanolin hand cream; vaseline. Redness persists around nails.

D: C7 R, T3-5 R.

#### Neoclassical

Element: Metal

- mixed alarms -> right Ht family
- SI-4 L

Legs: clear

*Left the room. Provided buzzer.*

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