

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

Thu, 31 Jul 2025 10:15 am

Subjective:

Poor sleep recently; onset difficult - feeling like sleeping but mind still going; not sleeping properly.
Pain in shoulders; pain down lateral aspect left lower leg; unsure if affecting sleep; debilitating.
"Feels like muscles tight, squeezing nerves." Physiocrema gives some relief; to try using theragun.
Previously taking sleeping tablets from chemist; up until this week, hadn't been a problem. A lot happening this week (busy); shingles injection this morning.
Dr. has advised Mark to increase/start walking - BSL regulation poor. Soon to increase exercise.

D: C7 R, L2 R, L-4/5 L.

Neoclassical

Element: none
Alternate obstacle point:

- Lr-3 L

Legs: clear
Heat lamp to left foot.

Pain down lateral aspect right leg not persistent, comes and goes; no pain/discomfort currently.

Left the room. Provided buzzer.

Press tacks to both ears - Ear Shenmen (for sleep); future - consider Sleepatonin.
Retain press tacks up to 7 days; remove with any discomfort or in event of MRI.

Obstacles

Ovaries/Testicles unilateral - Fuke (opp. most tender)
