



CLIENT FOLLOW UP FORM

Client Name: Tamara Stanley

Date: 13/11/25

Email:

Practitioner: Leigh Gibbs

PATHOLOGY FINDINGS	Bloodwork/Stool
	Low iron & ferritin High potassium - adrenals! Kidney function? Holds alot of water -
PROGRESS	How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?
	Really good. A few days late with period. Moved house overtime at work. Adrenals -
SYMPTOMS	Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.
	Bloating - no upper bloating. Only noticed last week - getting periods. Gut Pain gone. Headaches/dizziness? None. No dizziness. Bleeding - really heavy today. Pain quite bad. Took pain relief. Energy - Good better. So tired - had coffee switched to Macha
PROTOCOL	Have you been following the treatment plan and recommendations discussed in our previous session? Are you taking the prescribed supplements, herbal remedies, or following dietary and lifestyle modifications?
	Lapsed a little with the herbs.
MEDICATIONS/ Supps	Have you started or stopped any medications, supplements, or other therapies since our last session? Are you experiencing any side effects or interactions?
EMOTIONS	How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?
	Ok up and down - engagement.
ENERGY	Have you noticed any changes in your energy levels, fatigue, or sleep patterns? Are there specific times of the day when you feel better or worse?
	Was 5/10 - good. Now 7/10.
SLEEP	Better, worse?
	7/10? Occasionally waking - 2am.



DIGESTION	Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?
	Bloating? Tonic - herbs are great. Feeling the difference.
DIET	How has your diet been lately? Have you been able to incorporate any recommended dietary changes? Do you have any challenges or concerns regarding your nutritional plan?
	Diet diary? Eggs salmon - no pain or bloating. A little extra gas. Not excessively. A little burping. Worse for wine.
GOALS	Progress Towards Goals: Are you satisfied with the progress you've made so far? Are there any goals or outcomes that you would like to achieve or discuss further?
	Yes made great progress.
SUPPORT	Additional Support: Is there anything else you would like to address or any specific questions or concerns you have regarding your health or treatment plan?
	Cycle 28-30.
TREATMENT	Aims and suggestions for this appointment.
	Adrenal cocktail - not now. No extra potassium. Redo Herbal medicine Thyroid - support - Oysters - Seaweed. Iron support - Metagenics Iron Maintain Work on stomach acid. Herbal tea - calendula, horsetail, skullcap, dandelion leaf, marshmallow. Consider sulphoraphane next appt. Kidney support? Codonopsis, rehmannai?
FOLLOW UP APPT:	Thursday 4th Dec 1pm

