



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record George Duffield-Thomas

Client D.O.B: 20/05/2016

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/10/2020 14:22

Appointment Date: 24/10/2020 10:20

Contact

Email or text

Hi Mark

I forgot to write this on your handout for George.

The spots look to be molluscum contagiosum. Very harmless and common but tends to irritate kids and does spread, so best to deal with it rather than wait 1-2 years for it to clear itself.

Most popular remedy is to dab olive leaf extract on it daily, or as often as you can. It tends to clear the spots very rapidly when used alongside a zinc supplement.

Ruth



Record George Duffield-Thomas

Client D.O.B: 20/05/2016

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/10/2020 10:27

Appointment Date: 24/10/2020 10:20

Core symptoms

MOOD

meltdown- about twice a day- might only last 5 mins but they are intense
can't transition well/ follow instructions for change
generally lots of challenges over the years
on the whole a happy kid
can be a bit moody eg grumpy

BOWEL

CONSIDER SALS?

SLEEP

most days sleep through to 4.30am / 5am
this is an improvement though
needed to be held eg when he woke a lot in the night when younger

ENERGY

PAIN

some itchiness due to a rash- sometimes armpit- mainly on his trunk
doesn't get worse with heat or exercise

OTHER

school happy with him- happy, smart- just too restless/ doesn't listen/ sometimes frustration with sharing
might be starting to favour working on his own
plays well with his big sister

WANTING TO PREPARE HIM FOR SCHOOL

lots of self soothing needed- hands in mouth or pants all the time

Diet

eats a lot of fruit
likes veggies
maybe when in a mood he won't eat/ or if he is busy & restless
games will help him to eat
happy to eat protein varieties
fussy eating is not a concern

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

BODY SIGNS

Nails

good

Palmar

Eyes

pale mucosa

Tongue

some coating, dotted

Skin/ hair

molluscum contagusm

