



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Allison Russ

Client D.O.B: 27/07/1979

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/04/2021 21:49

Appointment Date: 06/04/2021 11:30

### Core symptoms

#### MOOD

#### BOWEL

discussion about Hair 600 food test

test was ordered because:

can't do broccoli, bananas- gets headaches very quickly after eating- needs to avoid these despite what the list says

uses Barrington bread- its not on the list but I suggest she could still keep eating it because it's high quality ingredients

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

### Diet

### Herbals & Supplements

#### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair