

## Follow Up Consultation Record Iridology Cases

**Patient's Number:** \_\_\_\_\_

**Consultation Date:** \_\_\_\_\_

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**Development in symptom picture/healing crisis:**

Ask the patient how they are feeling and whether there has been any improvement. Record details.

**Changes in medication (under doctors supervision):** Record details/ dosage

**Medical interventions/tests:** Events since last consultation

**Changes in Bowel situation? Record details**

**Changes in menstruation/contraception:**

Changes stress and emotions: Life changes/stress since last consultation.

### Lifestyle changes implemented

Record specifics of which of the following the patient has done since the last consultation. Increased exercise ( type) yoga, meditation, tai chi / chi kung, rest, creativity activity, other habits.

# Follow up Consultation Record Diet Changes

## Breakfast: Details

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## Mid-morning: Details

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## Lunch: Details

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## Mid-afternoon Snack: Details

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## Evening Meal: Details

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## Other Snacks: Details

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Meat: times per week \_\_\_\_\_

Chicken: times per week \_\_\_\_\_

Fish: times per week \_\_\_\_\_

Cheese: times per week \_\_\_\_\_

Butter: none/little/lots (state which) \_\_\_\_\_

Eggs: number per week \_\_\_\_\_

Milk: pints per week \_\_\_\_\_

Yogurt: times per week \_\_\_\_\_

Sugar: none/little/lots \_\_\_\_\_ Honey: none/little/lots \_\_\_\_\_

Biscuits: none/little/lots \_\_\_\_\_

Cakes: none/little/lots \_\_\_\_\_

Chocolate: none/little/lots \_\_\_\_\_

Bread: white or brown and none/little/lots \_\_\_\_\_

Rice: white or brown and times per week \_\_\_\_\_

Pasta/Noodles: white or brown and times per week \_\_\_\_\_

Salt: which type? none/little/lots \_\_\_\_\_

Tea: times per day \_\_\_\_\_ (milk yes/no) \_\_\_\_\_ (sugar spoons) \_\_\_\_\_

Coffee: times per day \_\_\_\_\_ (milk yes/no) \_\_\_\_\_ (sugar spoons) \_\_\_\_\_

Cigarettes: amount per day \_\_\_\_\_ smoker in past? \_\_\_\_\_

Alcohol: kind and units per week \_\_\_\_\_

Recreational Drugs: reasons for question? (optional) \_\_\_\_\_

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Water: litres per day \_\_\_\_\_ filtered (yes/no) \_\_\_\_\_

Herbal teas: cups per day/week \_\_\_\_\_

Fruit: pieces per day \_\_\_\_\_

Juices: type and litres per day \_\_\_\_\_

Sprouts: kind and litres per week \_\_\_\_\_

Green Salads: times per week \_\_\_\_\_

Raw Garlic: times per week \_\_\_\_\_

Supergreens (Shop): yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Cayenne: yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Spiriluna: yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Chlorella: yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Engevita Yeast: yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Kelp: yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Wheatgrass juice: yes/no \_\_\_\_\_ amt taken \_\_\_\_\_

Other organic food supplements: state kind and  
amt taken \_\_\_\_\_

Other Notes: use this space to record any other  
important dietary information given by the patient

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This information to be recorded by the student after the patient has left

**Foods/substances to be eliminated:** short list of foods/substances the patient agreed to eliminate completely. Bullet points!

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**Foods/substances to be decreased:** short list of foods/substances of which the patient agreed to decrease intake and by how much. Bullet points!

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**Foods/substances to be increased:** short list of foods/substances of which the patient agreed to increase intake and by how much. Bullet points!

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**Specific superfoods recommended:** List only those the patient will need to buy i.e. not included in the clinic nutritional powder

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**Lifestyle changes suggested review:**

Increased exercise(which type?) yoga, meditation, tai chi/chi kung, rest, creativity activity, other habits.

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**Patients enthusiasm this time?** Report on the general understanding of the patient of the need for specific lifestyle changes.

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## Follow up Consultation Record Reflections

This information to be recorded by the student after the patient has left

**Patient progress:**

Report on how the patient is progressing as a result of his/her iridology consultation

**Plans for future:** Describe plans for possible future consultations if patient commits to follow advice given

### Lessons learned by the student iridologist!:

Describe what you have learned as a result of these two consultations. Give examples of how you would improve your approach to a case like this in the future.