



HEALTH CARE PLAN

FIRST 4 - 8 WEEKS

IMPROVE SLEEP/ADRENAL FUNCTION

1. Probiotic to reduce anxiety
2. Supplements to support menopause symptoms
3. EVIA app to reduce anxiety, hot flushes and improve sleep

NEXT 6 TO 12 WEEKS

IMPROVE GUT HEALTH

1. Focus on increasing vegetable intake to improve gut function
2. Fibre to improve gut function

NEXT 3 MONTHS

IMPROVE METABOLIC FUNCTION

1. Focus on dietary changes to support weight loss
2. Focus on exercise for support muscle building

TREATMENT PLAN

NAME Lisa Wallis

DATE 1 July 2024

NEXT CONSULT 15 July 2024

ACTION STEPS

- Track perimenopause symptoms
- Trial EVIA App for improving mood and sleep (Recommend doing before bed)

DIETARY RECOMMENDATIONS

1. Have a source of protein with breakfast daily to stabilise blood sugar - eggs, yoghurt, 1 tablespoon of flaxseed powder in a smoothie or with porridge

LIFESTYLE RECOMMENDATIONS

1. 15 minutes of yoga exercises to mobilise joints in the morning - <https://www.youtube.com/watch?v=c2TCLPkSvU4>

SUPPLEMENTS/HERBS

NAME	MORNING	MIDDAY	EVENING	BEFORE BED
BioMedica Minerva for Menopause symptoms	1 cap			
BioActivated Probiotics for mood support			1 capsule	
MagRegulate for sleep/nervous system support				1 scoop