



HEALTH CARE PLAN

FIRST 4 - 8 WEEKS

IMPROVE MOOD

1. Probiotic to reduce anxiety
2. Supplements to support perimenopause symptoms
3. CLARIA app to manage anxiety and improve sleep

NEXT 6 TO 12 WEEKS

IMPROVE HORMONE BALANCE

1. Focus on helping to balance hormones
2. Reduce heavy menstrual bleeding

NEXT 3 to 6 MONTHS

MANAGE PERIMENOPAUSE SYMPTOMS

1. Focus on dietary changes to support hormonal changes
2. Focus on mental health function
3. Focus on support for transitioning through menopause

TREATMENT PLAN

NAME Janke Weige

DATE 1 July 2024

NEXT CONSULT Tuesday 30 July at 9am

ACTION STEPS

- Track perimenopause symptoms
- Organise blood test with GP
- Trial CLARIA App for improving mood and sleep (Recommend doing before bed)

DIETARY RECOMMENDATIONS

1. Following a diet balanced with protein, carbs and fats - having protein with every meal
2. Eating brassica vegetables such as broccoli, cauliflower, broccoli sprouts, cabbage at least 4 times a week to support estrogen detoxification

LIFESTYLE RECOMMENDATIONS

1. Completing the CLARIA hypnotherapy/CBT program over the next 6 weeks for managing mental chatter and mood

SUPPLEMENTS/HERBS

NAME	MORNING	MIDDAY	EVENING	BEFORE BED
BioMedica BioActivated Magnesium	1 capsule		1 capsule	
Designs for Health ProBioCalm	1 capsule		1 capsule	
Liquid Herbal for reducing heavy menstrual bleeding	7.5ml		7.5ml	