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TREATMENT PLAN FOR: Elisa Sharifah Date: 20/6/25

Health Goals

1. Reduce Stress and Improve Sleep Quality

- Implement magnesium supplementation (glycinate form) daily.
- Use herbal tonic for sleep (California poppy, skullcap, passion flower) to promote relaxation and improve sleep quality.

2. Manage Perimenopausal Symptoms

- Monitor and address irregular menstruation, muscle loss, and increased heat sensitivity.
- Encourage intuitive eating, focusing on pure foods like fruits and vegetables.
- Utilise magnesium to help manage perimenopausal symptoms
- If symptoms persist we can discuss further management strategies when I see you in Oct (ways to maintain and increase strength)

3. Enhance Gut Health

- Use Partially Hydrolysed Guar Gum (PHGG) daily to reduce inflammation, promote good bacteria, and manage diarrhoea.
- Incorporate GI Revive powder for broad-spectrum gut healing.
- Avoid trigger foods such as carbohydrates, sugar.

4. Support Adrenal/lymph Health

- Administer adrenal/lymph tonic (Withania/Ashwagandha) to reduce cortisol levels and nourish adrenals.

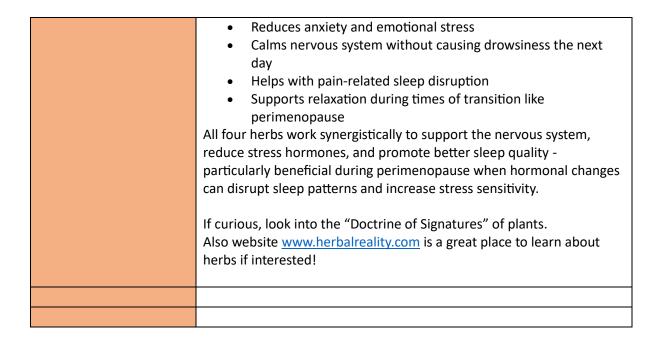
5. Address Tinnitus and EMF Sensitivity

- Consider EMF shielding
- Magnesium can help with EMF sensitivity
- Spend time in nature to buffer against the effects on EMF sensitivity
- Nourishing the body for more robust health helps combat EMF effects.

6. Maintain Overall Health Balance

- Continue lifestyle modifications: daily walks, mindful eating, and stress reduction techniques.
- Regular follow-up appointments to assess progress and adjust

od for you – veg, fruit, high fibre. protein sources (small amounts of gumes to maintain protein intake)
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ail for prescription and ordering ania herbal mixture n Poppy, skullcap, passionflower)
d stress response d reduces time to fall asleep and helps manage chronic stress mood during perimenopause silience educes nervous tension and maintaining sleep d racing thoughts essness ecovery from stress d reduces sleep disturbances motes calmness eep issues and hot flashes s hormone activity worry
I helps with insomnia



NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for quidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.