

**Client Name:** Dorina Basurto**DOB:** 20/11/72

30 March 2023

HEALTH GOALS

1. To improve gut health
2. To know best foods to eat to improve digestive symptoms
3. To improve brain fog and clarity

RECOMMENDATIONS

Overview



Food

- ☐ Compatibility Test - to identify foods that are best for your body now and which ones to avoid

Lifestyle

- ☐ Walk for 30 minutes 5x/week
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