



1 December 2022

Client Name: Laura Calleja DOB: 20/07/84

REPORT OF FINDINGS

A brief summary of all that was discussed in your initial consultation

Current Health Findings

- ❖ New onset: night sweats, increased tiredness, changes to menstrual cycle pattern (heaviness, bleeding pattern)
- ❖ Gut: BSC 4, occasional bloating (no obvious trigger), new onset of reflux
- ❖ History of post nasal drip
- ❖ Headaches (stress/tension?)
- ❖ Past surgeries of cholecystectomy, tonsillectomy,
- ❖ Two pregnancies (complications with delivery of first)
- ❖ Current Levels: Energy 8/10; Mood: 6/10

Current Medication/Supplements

- ❖ None reported

Current Food/Drink Choices

- ❖ Breakfast: Porridge/seeds/honey/lite milk
- ❖ Lunch: Tinned baked beans/wholemeal toast/margarine
- ❖ Dinner: Chicken/focaccia/roasted veg Protein bar
- ❖ Snacks: coffee, banana, lollies, biscuits, fruit,
- ❖ Herbal teas, water

Current Exercise

- ❖ Active - gym 2-3/week (HIIT, weights), running (in training), Oz tag 1x/week

Current Work/Life Balance

- ❖ Works 4 days/week plus extra shifts/month. Balances home duties & family needs equally with husband. Some help from in-laws
- ❖ Stress (2/10)

Current Sleep

- ❖ Sleep: 10.30pm; Wakes 3.30-5.00am (3/week disturbed from 3.30am by night sweat)
- ❖ Sleep Quality 5/10

Possible Toxin Exposure

- ❖ Possible past exposure from X-rays at work

Family Health History

- ❖ Heart disease, cancer

Review of Pathology (collected)

- ❖ None provided

Basic Body Measurements

- ❖ Height: 171cm (self reported)
 - ❖ Weight: 80kg (self reported)
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HEALTH GOALS

- To lose weight
- To understand the best way to optimise personalised health through food/lifestyle choices
- To reduce bloating/reflux.

MY AIMS

1. Modify your food choices and habits to be in alignment with your body's natural needs, reducing inflammation, and stress within and ensuring you are fuelled with a range of nutrients. The aim is to create more balance within so that weight loss can happen.
2. Promote a healthy gut by using a four step approach that promotes digestion and nutrient absorption, a healthy microbiome, calms any irritated gut linings and supports the liver function too. The aim here is to reduce bloating, reduce cravings for sugary foods and to aid liver detoxification of excess hormones, sugars and more.

START WITH THIS

Food/Drink Choices:

- Begin your day with glass of warm water with 1 teaspoon of Apple Cider Vinegar (with the mother) or juice of 1/2 a lemon.
- Aim for three well balanced meals per day:
 - fill your plate mostly with a variety of vegetables, ensure you include green leafy vegetables e.g. rocket, baby spinach, silverbeet
 - Add palm-sized portion of protein e.g. chicken, fish/shellfish, red meat pulses, cheese/yoghurt, tofu
 - Add some (<1/4 plate) complex carbohydrates e.g. wholegrain bread, wholegrain pasta, brown rice, quinoa, potato - this can be adjusted depending upon training needs.
 - Add some healthy fat e.g. olive oil, avocado, fatty fish
- Try a larger lunch than dinner
- Replace margarine, vegetable oils with butter, olive oil/coconut oil/macadamia oil
- Drink 2L water; no caffeine after 12pm

Supplement Recommendations:

- BioMedica Enterocare - probiotics with glutamine & slippery elm for soothing gut and promoting healthy microbiome. Dose: 1 teaspoon/day in water, yoghurt, Duration: 6 weeks
- BioMedica PhytoZyme - Digestive enzymes to support digestion and nutrient absorption reducing reflux/bloating. Dose: 1 capsule 3x/day (with meals) Duration: 3 months

Supplements can be purchased directly from Vital.ly, an online dispensary, once a patient account has been set up for you.

THE NEXT STEPS

To get the greatest understanding of the best foods, exercise and lifestyle that your unique body needs, I suggest you consider a **Precision Health Assessment**.

Precision Health utilises an incredible and insightful technology to provide precise food, exercise and lifestyle recommendations that are based on your own genetic make up. The initial assessment (to determine your

genetic makeup and HealthType) is simple to assess by taking body measurements which I will talk you through to ensure accuracy. All you need is a tape measure and some scales. You will then receive access to your recommendations in a handy app.

It is highly recommended that, at least to begin with, you have support and guidance in understanding your precision health recommendations - there is a lot of information so it is very easy to become overwhelmed and not know where to start. I also find that clients that are committed and work with me over a longer period of time are more successful at achieving their goals than those that do not fully commit or only see me once or twice. I, therefore, offer the Precision Health Assessment in one of two ways:

1. As part of a **three-month 1:1 support package** which currently costs \$847 and includes:
 - 1 x 60-90 min initial session to set up and conduct the Precision Health Assessment. (Valued at \$140)
 - 6 x 30-45 min follow up sessions (delivered fortnightly) (Valued at \$90 per session)
 - Identification of HealthType™
 - Access to Shae™ app for 12 months (Valued at \$300)
 - Step by Step guidebook
 - Unlimited email support for duration of program

The only additional costs that may be required are supplements and any further functional testing if required.

OR

2. As part of my **'The INSYNC Method'** group program for perimenopausal women. A new 6 week program coming in February 2023. The cost has not been finalised yet but it will be approximately \$400. There is more information and a VIP Waitlist sign up page here:
<https://www.julielandonnutrition.com/in-sync>

If you have any further questions on any of the above recommendations or next steps, please get in touch.