



16 November 2022

Client Name: Louise Hampson **DOB:** 07/06/78

REPORT OF FINDINGS

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

Current Health Findings

- ❖ Perimenopausal-type symptoms including weight gain (increase of 15-20kg in 18mths), low mood (3/10), low energy (2/10), night sweats/hot flush, irregular periods, heavy/light/spotting periods, painful periods, Onset 18 months ago.
- ❖ Irritated bowel symptoms including bloating (possibly aggravated by bread, sugars, takeaways, water, stress), Alternating diarrhoea/explosive bowel movements to constipation. Onset 12 months ago.
- ❖ Recent onset of headaches - several per week with 'squiggly line'

Current Medication/Supplements

- ❖ Symbicourt (asthma).
- ❖ Ferrograd C (for low iron in Jan)
- ❖ Vitamin D (unknown brand) (for low Vit D in Jan)

Current Food/Drink Choices

- ❖ Breakfast often missed; if has, usually a smoothie (fruit, kale, skim milk)
- ❖ Lunch usually missed; if has, usually tinned salmon & salad
- ❖ Dinner - Spaghetti bolognaise, steak, pasta, chicken, broccoli stir fry
- ❖ Coffee with 3 sugars/day
- ❖ Occasional glass of wine/month

Current Exercise

- ❖ Running program (started 5 weeks ago) - 3x/week
- ❖ Weight-based gym workout - 1 x/week

Current Work/Life Balance

- ❖ Two teenage daughters (one is recovering from eating disorder); husband a shift worker/irregular routine. Supported by parents. A particularly stressful time (last 18 months). Stress (now) 8/10.
- ❖ On call 24 hrs/day for work. Time at work is stressful (managerial role).

Current Sleep

- ❖ Bed by 8.30/9pm; wakes 3.30-5am. Generally only sleeps 5-6 hours at a time. Sleep quality 5/10

Possible Toxin Exposure

- ❖ Dust at home

Family Health History

- ❖ Not discussed

Review of Pathology (collected)

- ❖ Not provided yet

Basic Body Measurements

- ❖ Height: not reported
 - ❖ Weight: 90kg (self reported)
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HEALTH GOALS

- To lose weight
- To manage perimenopausal-type symptoms as naturally as possible
- To optimise own health to be able to care for others and minimise risk of further health problems in the future.

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 in energy and hormones so that weight loss can happen, you have more energy and many of the other symptoms can be managed, or reduced.
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, improve stool consistency and to help with the removal of imbalanced hormones and so much more.

THE NEXT STEPS

As mentioned, I believe that you would benefit most from a **3 month package of support that includes the 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. My role is to then help you to navigate these recommendations, helping you to implement and keeping you accountable during the 3 months.

In addition to using the Precision Health recommendations as a basis, I would also like to suggest some supplements to improve your gut health and to monitor your iron and Vitamin D levels. I recommend getting these retested as soon as possible.

I usually 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.

The 3 month package costs \$847 which 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.