



# Report of Findings and Nutrition & Lifestyle Plan

**Amy Parsons**

D.O.B.03/07/1986

35 years

**Date of Consultation:** Tuesday, 19 October 2021

**Date of Report:** Wednesday, 27 October 2021

**Reason for Visit:** Support with weight management and making sustainable food and lifestyle changes

**Julie Landon**

Julie Landon Nutrition

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## Report of Findings

At the initial consultation, your intake form was reviewed. Your current health concerns, your past health history and family health history were discussed, as were your current food choices, lifestyle choices and exposure to toxins. Any medications/supplements currently taken were noted. You were asked complete a 4-day food/symptom diary and obtain blood tests. The food diary has been reviewed and forms part of this report.

### Current Health Findings

- ❖ Weight increase of 20kg in 6 years
- ❖ Worsening premenstrual symptoms: low energy, hot flushes, headaches, abdomen pain, thirst, low moods/motivation, pimples, cravings (sugar), nausea and breast tenderness
- ❖ Heavy periods
- ❖ Bloating, reflux. Diagnosed with hiatus hernia
- ❖ History of depression/anxiety, Caesarian surgeries, tonsillitis, sinusitis, nasal stuffiness
- ❖ Current stress: 5/10
- ❖ Current Energy: 5/10
- ❖ Currently seeing a psychologist

### Current Medication/Supplements

- ❖ None at present
- ❖ Previously prescribed antidepressant for low premenstrual moods. Unsure if helped.

### Current Food/Drink Choices

- ❖ Alcohol one/week
- ❖ Average 4 teas/day
- ❖ Breakfast: Egg & Wholegrain Toast
- ❖ Lunch: leftovers, sushi, quiche, takeaways
- ❖ Dinners: meat, salad, white rice, pizza (some convenience foods), takeaway 2x/week
- ❖ Low in veg, fruit, healthy fats, fibre,

### Current Exercise

- ❖ 30-60 min walking most days
- ❖ Enjoys bushwalking

### Current Work/Life Balance

- ❖ Works 8.30am-5pm, 4 days/week
- ❖ Mostly sedentary.
- ❖ Studying (in evenings)
- ❖ Mum of two young boys (aged 4 & 6) - one in daycare; other at primary school
- ❖ Busy and full social/kids sports events at weekends.

### Current Sleep

- ❖ Approx. 8 hours. Sleeps 10.30-12. Awakes 6-8am

### Possible Toxin Exposure

- ❖ Past exposure to mould (in home)

### Family Health History

- ❖ Not provided

### Review of Pathology (collected)

- ❖ Not provided

### Basic Body Measurements

- ❖ Height: 163cm (self reported)
- ❖ Weight: 75kg (self reported)

## Health Goals

During the initial consultation, your health goals were discussed. The following goals were established.

Goal	Why?
1 <b>To lose weight sustainably</b>	To feel more comfortable in your body. Scared that the weight increase will continue. Don't want to get to point where you can no longer do the things with your kids that you want to do. To reduce the snoring, to improve sleep.
2 <b>To reduce PMS symptoms (fatigue, lack of motivation)</b>	To have more energy to do activities with kids. To improve day to day motivation.
3 <b>To eat healthy and be good role model for the children</b>	Want the best for the kids and to educate them for their health now and in the future.



ANON  
"A Goal  
without  
a Plan is  
just a  
Wish"



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## Your Nutrition & Lifestyle Plan

For each of the goals above, I have made some recommendations. Further modifications may be added in due course based on the blood test results when received.

Goal	Recommendations
1 To lose weight sustainably	<ul style="list-style-type: none"><li>❖ Eat 4-5 serves of vegetables throughout the day - for fibre</li><li>❖ Eat healthy fats e.g. avocado, olive oil, nuts, seeds</li><li>❖ Eat 3 well, balanced meals per day. Limit snacking.</li><li>❖ Swap refined, white carbohydrates e.g. white rice, white bread, sugary foods for wholegrain and complex carbohydrates</li></ul>
2 To reduce PMS symptoms	<ul style="list-style-type: none"><li>❖ Eat adequate fibre (gradually increase if not eating much at the moment) e.g vegetables, legumes, seeds</li></ul>
3 To eat healthy and be a good role model for the children	<ul style="list-style-type: none"><li>❖ Eat balanced meals (as above)</li><li>❖ Regular exercise</li></ul>

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## Supplement Recommendations

Supplements are often prescribed to support the food / nutrition recommendations. This is my current recommendation based upon the information I currently have; it may be necessary to add something else in later.

Not at this stage

## Further Recommendations

In addition to the above nutrition and lifestyle recommendations, I recommend the following

<b>Meal Planning</b>	7day (\$90) or 28 day (\$255) customised meal plans can be provided at additional cost to consultations
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## Recommended Package

With all the information set out in the nutrition and lifestyle plan it can be quite overwhelming to know where to start and how long it will all take to achieve the goals. It is my job to guide you through this and break these goals and recommendations down into easy, smaller steps. I, therefore, encourage you to work with me over the next 3-6 months. Here is my recommended package options to get you started:

**New (Pilot) 12 week 1:1 Personalised Health Program - \$510 (Normal Price >\$800)**

1:1 for 12 week programme\*. Includes 6x 1:1 sessions (spaced weekly for first month, then at monthly intervals). Full HealthType Assessment. Access to ph360 platform and Shae app for 12 months which includes personalised food lists, recipes, meal planning, fitness, mind, social and other lifestyle tips.

\*timings may need to be adjusted to accommodate for upcoming Christmas/Summer holiday period

**New (Pilot) 6 week Group Personalised Health Program - \$300 (Normal Price >\$500)**

Small group sessions for 6 weeks, starting Wednesday 3 November, 7pm. Will only run if have minimum 2 participants. Includes 6x weekly group sessions, approx. 45-60 mins duration. Full HealthType Assessment. Access to ph360 platform and Shae app for 12 months which includes personalised food lists, recipes, meal planning, fitness, mind, social and other lifestyle tips. Individual support will be within group sessions, where possible.