



Diet & Lifestyle Consultation Form

Name	Sunita Agarwal	Contact	9564421000
Email	sunitaag860@gmail.com	Age	52
Height	5.2	Weight	80

Blood Work

SL	Marker	Date	Date	Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	
	Activities	
	Breakfast	
Afternoon	Activities	
	Lunch	
	Activities	
Evening	Snack	
Night	Dinner	
	Night Routine	
	Sleep	

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Do & Dont

Do	Dont

Diet Advice

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

Supplements

Name	Dosage	Timing
Address	Deoki Kunj SF Road Siliguri 734005	
Other Remarks		
Client Remark		

Nutritionist Remark

Esr- 27

Azoran- suppressing immune

Pr

Tickling in leg very important and have not been sleeping last week, wake up at 3 am sleep at 12 night

Review with Ruhi : 29th August, 23

Initial- 82

Weight drop-80.5

Body feeling light

Acidity- is reducing

Avipattikar churna to be taken only if required

BP med

Pre biotic & Probiotic- pending

Bcomplex - pending

Iron folic after breakfast

After Lunch - Azoran, amalaki rasayan

Evening - Pramipex, CLOpitab

At night- aswagandha, zinc magnesium

Vitamin D- 2 doses

Berberine- pending

Gotukula- pending

Chasteberry - not delivered, chamomile tea

Exercise- physiotherapy exercise, pranayam,

Walk recommended

3 weeks and feeling lighter, acidity has reduced and tingling sensation has gone down.

don't give prunes and figs

water- 2.5 litres

Azoran- it suppresses her immunity to stop auto immune attacking her liver . But improving her gut health and give her relieve so need to check with doc about this

Pramipex - rest less leg syndrome is better . So can we stop it

Pregagid for nerve damage

Daflon -stopped

Nucoxia - stopped

Zenoxa - this can increase anxiety and depression, so check about seizure is it because of nerve damage

16th Oct 23, Review by Ruhi

Initial weight -82

Weight-75.2

Blood work comparison

July 5th, 2023. 11th Oct 23

HB- 11.2 (low) 13.7 , Iron- 55

ESR-27 (High)

Hepatitis B infection 70 % liver damage, infiltrate hepatitis and moderate fibroids

Fasting Glucose -120 (high) 129 (High), HbA1c - 5.8

Vitamin D-28.9 (Low) 51

Vitamin B12-712 486

Neuro report- Right side distal axonal motor personal neuropathy

Bilateral S1 Radiculopathy

Hystectomy Uterus and ovaries removed

Acidity happens when late food

Calcium test pending

Magnesium zinc

Gotukula

Berberine

BP

Azoran

tropicap

Pramipax

Vitamin D- to be taken for 1 month

Iron for 1 month more

12th dec, 2023

Weight- 73.3

Vitamin D- Start again

B12-Morning

B6-Morning

Berberine-1

Gotukula- 1

Awagandha-2

omega 3-

Zinc Magnesium

BP

Azoran

tropicap

Pramipax-0.25 mg , make it half

Sugar-109

BP check up for 1 week morning, evening and get it checked by doc

Liver scan and ortho check up for back

