



Diet & Lifestyle Consultation Form

Name	Rajesh Bhasin	Contact	9811077486
Email	r.bhasin@yandex.com	Age	54
Height	5.7	Weight	Hi 68

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	Coral Solcon Verandas	
Other Remarks		
Client Remark	Its only letting me upload a single PDF file. Whereas I have to upload 5 PDF Files. So I am sending you these on Whatsapp and I will also carry them with me when I come to see you today morning.	

Nutritionist Remark	2024 March 7 Liver Fibrosis median 5.5 2018-4.3 median july 23- test 8th march 2024- Vitamin D- 18.5 Vitamin B12- 374 Glucose fasting - 103 Total cholesterol- 214 LDL- 160 (>100-129 normal) Non HDL Cholesterol- 163 High Liver enzyme) GGT- 7 (low- 10-71) Bun creatinine ratio-22.7 Sodium-132 Low (136-145) Hba1c-5.9 Mean Plasma Glucose- 122.63 H (0-116) BP Cholesterol Sugar Steroids Medication painkiller underactive thyroid
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