



Diet & Lifestyle Consultation Form

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|--------|------------------------|---------|------------|
| Name | Renuka | Contact | 9999423765 |
| Email | renuka.aiyar@gmail.com | Age | 31 |
| Height | 5'2" | Weight | 48 |

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

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|------------------|-----------------|------------------|--------------|------------|-----------------------|
| LPD | Period Cycle | Bleeding Profile | | | Nutritionist Analysis |
| Condition | Location | Symptoms | Scans | Gut | |
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Current Medication

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| | | |

Do & Dont

| Do | Dont |
|-----------|-------------|
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Diet Advice

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|-------------|--|
| Post Wakeup | |
| Breakfast | |
| Mid Meal | |
| Lunch | |
| Evening | |
| Dinner | |
| Post Dinner | |

Supplements

| Name | Dosage | Timing |
|---------------|-------------------------|---------------|
| Address | Espace, Nirvana Country | |
| Other Remarks | | |
| Client Remark | | |

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|---------------------|--|
| Nutritionist Remark | <p>Consultation with Ruhi, 8th May. 2024 weight-48, height-5.2, Age-31</p> <p>ANA- 105 (<50) High urinary Leukocytes- 15 (0-5) Low Vitamin D- 16.1 (30-100) CA125 Ovarian cancer range is normal 20 , value less than 30 no headache Digestion- constipation, gas bloating rashes around mouth surface sugary - hypothyroid- 5.4, not taking medication skin issues- face has tiny red bumps on face</p> <p>routine 1 coffee fruit sandwich lunch- 2 chapati and sabzi evening - coffee dinner- rice curry or chapati periods test done in day 3, cycle- flow is lesser, 26 days Prolactin - 56 (2.8-29.2) workout- no Chronic fatigue Sleep- disturbed sleep, 6-7 hours, inconsistent Water- 1 bottle, a litre CA- demanding work emotional stressor- not really stays with family</p> |
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