



Diet & Lifestyle Consultation Form

| | | | |
|--------|--------------------------|---------|----|
| Name | Astuti Singh | Contact | |
| Email | astuti.singh26@gmail.com | Age | 38 |
| Height | 155 cm | Weight | 56 |

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 | 5:30 am tea + jaggery +Methi water |
| | Activities | Read books than walks the days she feels better , yoga , dhaniya water, 1 spoon chia seeds water |
| | Breakfast | Almonds + Walnuts 9:30 am in office - cheela/poha/ eggs bread, shakes |
| Afternoon | Activities | Office work |
| | Lunch | 12 pm -millet sabzi, dal/jowar roti+ dal |
| | Activities | |
| Evening | Snack | Tea+ makhana/seeds, bread omelette/ avocado sandwich |
| Night | Dinner | Avocado apple shake/ mushroom tikka, paneer |
| | Night Routine | shower, thriphala with hot water, amla ginger turmeric juice rock salt, drink magnesium , nac plus, diffuser, pooja |
| | Sleep | Sleep at 9:30 am |

Hormone Panel

| | | | | | |
|------------------|--|------------------------------|--------------|--|--|
| LPD 22/3/28 | Period Cycle 25 | Bleeding Profile low | | | Nutritionist Analysis Surgery in July 25 and december 25, no irregular periods, bleeding was normal. Takes pain killers for first 2 days.. still pains stays for 7-8 days after surgery |
| Condition | Location | Symptoms | Scans | Gut | |
| Endimetriosis | vinal canal right & left side near the bladder | severe pain, 7-8 days before | | bloating , heaviness, no constipation, no loose stools, food irritates, difficult relationship with food | |
| Adenomyosis | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Current Medication

| | | |
|--|----------|-----------|
| Depression medication - Bupron sr 50-3 month | nac plus | primerose |
| magnesium liquid | Omega 3 | |
| | | |
| | | |

Do & Dont

| Do | Dont |
|----|------|
| | |
| | |
| | |
| | |
| | |

Diet Advice

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

Supplements

| Name | Dosage | Timing |
|---------------------|---|--------|
| Address | | |
| Other Remarks | | |
| Client Remark | | |
| Nutritionist Remark | Dad was alcholic, raising voice and talking to her it will crash her , anxiety. MARRied to an Army officer, 5 years, 3 years of divorce Divorce gave her happiness Diagnose with PTSD Married in 2023, and issues again cropped up in 2024, husband in gambling and drugs | |