



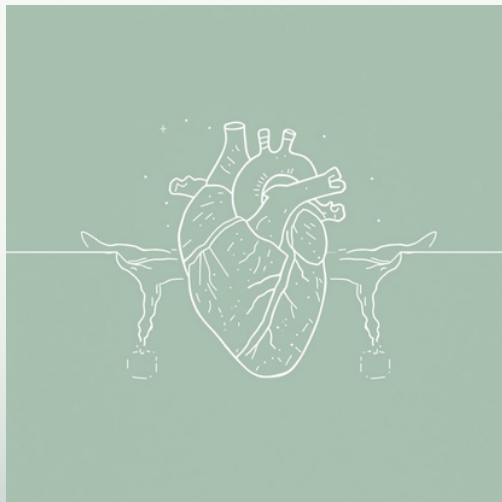
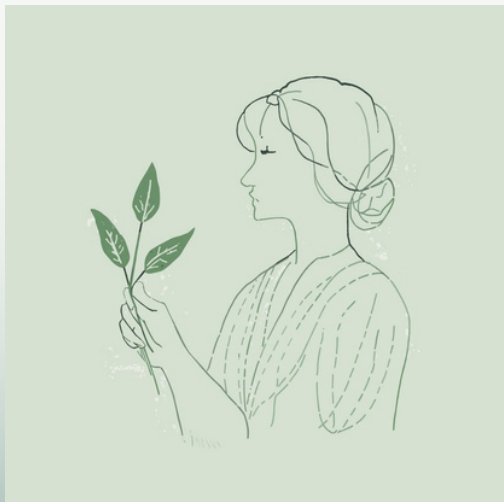
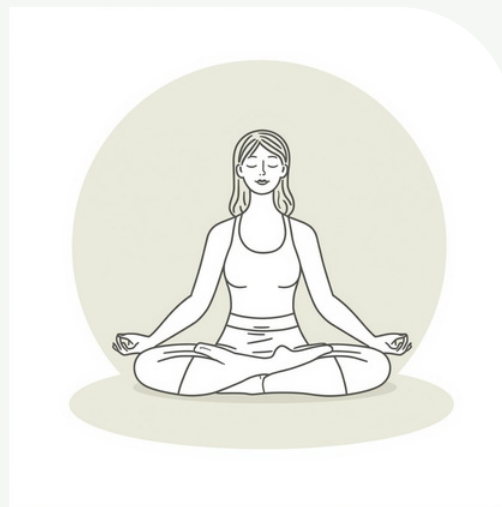
# THE MID-LIFE CENTER

*Redefining Menopause Care for  
the Modern Woman*

Dr. Christina Roberts

MBBS, MRCOG, MS

Nutritional Guidance & Hormone Balance  
Expert



Menopause is not a decline, it is a powerful transition.

With specialized guidance, women can regain:

- ✦ emotional stability
- ✦ metabolic balance
- ✦ mental clarity
- ✦ sexual wellbeing
- ✦ confidence in their bodies

At The Mid-Life Center, Dr. Christina offers a science-driven, compassionate, personalised approach that supports a woman through every phase of hormonal change.

# HOW DR. CHRISTINA WORKS

## A Comprehensive & Personalised Approach

Every woman's journey is unique — which is why her care model includes:

### 1. Detailed Hormonal Assessment

- 🩺 Medical history
- 🩸 Hormone testing
- 🌙 Symptom mapping
- 🧬 Risk profiling

### 2. Tailored Treatment Planning

- ✓ Bioidentical / regulated HRT
- ✓ Non-hormonal strategies
- ✓ Stepwise dose titration
- ✓ Evidence-based decision making

### 3. Nutritional & Metabolic Guidance

- 🥬 Anti-inflammatory dietary frameworks
- 💪 Weight & metabolism recalibration
- 🦴 Bone & muscle preservation protocols

### 4. Emotional & Cognitive Support

- 🧠 brain fog
- 💤 sleep
- ❤️ mood balance
- 🌸 sexual wellness

### 5. Ongoing Monitoring

- ✓ adjustments based on response
- ✓ follow-ups at defined intervals
- ✓ safety and long-term protection

This is care that evolves — because your hormones do.

# WHAT SHE OFFERS AT THE MID-LIFE CENTER

## Programs & Services Available

### Menopause Consultation Packages

- Perimenopause symptom management
- Surgical or early menopause support
- Post-menopause health optimisation

### HRT Guidance & Implementation

- ✓ Safe protocols
- ✓ Personalised dosing
- ✓ Monitoring & follow-up

### Nutrition for Hormonal Health

- 🥗 metabolic reset
- 🥑 gut balance
- ☕ caffeine & stimulant optimisation

### Mid-Life Vitality Programs

- ✨ energy restoration
- ✨ confidence renewal
- ✨ graceful ageing strategies

### Why Specialised Menopause Care Matters

Untreated symptoms can lead to:

- ⚠️ osteoporosis
- ⚠️ cardiovascular risk
- ⚠️ weight gain & insulin resistance
- ⚠️ emotional strain
- ⚠️ reduced quality of life

Specialised care protects your long-term health — not just today.