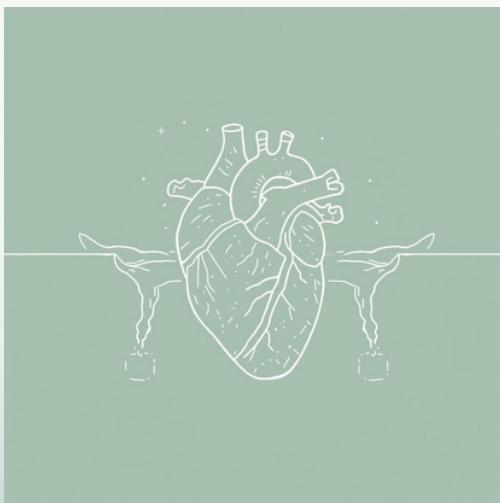


THE MID-LIFE CENTER

*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.