

# LONGEVITY MEDICAL CLINIC™ | PATIENT PLAN

## Health Membership

*Linda Shelton*

Goals	Risks
Increase Strength Energy	
Improve Mental Function	
Balance Hormones	

Life Style	
Book 1: Fitness Self Test and Exercise Plan	
Book 2: Exercise Instructions and Tracking	
Intermittent Fasting	

Nutrition	
Book 3: Healthy Eating Plan	
Book 4: Healthy Recipe Guide	
Strict Paleo/Whole 30 diet	

Prescription	\$	\$
Armour Thyroid	<i>Varies on pharmacy/Insurance</i>	
Estrogen		
Progesterone		
Testosterone		

Supplementation	\$	\$
Chromium		Relief Factor
DHEA		
NAC		
Pregnenolone		<i>Platinum Autoship ~ \$170/12mo</i>
Red Yeast Rice with CoQ10		<i>Premier Autoship ~ \$180/12mo</i>

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