

# LONGEVITY



# MEDICAL CLINIC™

Feel Younger · Live Better

## PATIENT PLAN

Name: Kathy Wilson

Age: 44

☐ Male  
☒ Female

Physician: Radio listener

Date: 10/4/20

Your **GOALS:** (Top 3 areas you want to see improvement in)

1. Treat Depression → Anxiety/OCD.
2. Decrease Pain → Migraines
3. Improve Sleep

Long time  
Seminar w/ friend  
~4 yrs. ago  
★ ↑ d Migraines

Your **CURRENT CONDITION:**

Osteoporosis - compression fractures  
Back Pain  
Rosacea

★ going back & forth w/  
Naturopath Dr.  
Re: Hormones

Prolia  
Metronidazole  
Cloxacillin Propionate  
Rizatriptan  
Ibuprofen  
Hormones - Test. Estrogen,  
Prog.

↓ MD  
H's.

Your **PLAN MOVING FORWARD:**

**Nutrition:**

Really into Health & Nutrition

**Exercise:**

Having MRI soon on neck  
& ? to see if  
impacting Migraines

**Supplementation:**

**Hormone Therapy:**