

LONGEVITY



MEDICAL CLINIC™

Feel Younger · Live Better

PATIENT PLAN

Name: Carolyn Michels

Age: 73

M/F

Physician: Dr. Hooker

Date: 12/20/2018

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

1. Lower dementia risk
2. Lower cancer risk
3. Increase strength/muscle

Your **CURRENT CONDITION:**

Average blood sugar above goal at 5.5% (goal is <5.2%).

Low/unbalanced hormones. Can negatively impact mood/memory/cognition, energy/strength/stamina, overall feeling of wellbeing and quality of sleep.

Your **PLAN MOVING FORWARD:**

Nutrition:

Continue to eat meals made mostly from scratch. Fast for 3 hours between dinner and bedtime.

Exercise:

Keep up the good work with your exercise.

Supplementation:

Increase vitamin D to 8,000IU/day. Stop oral b12.

Hormone Therapy:

Testosterone, DHEA, Estradiol, Progesterone, Pregnenolone.