



A holistic approach to your health



Private consultations tailored to your health goals.

Holistic approach addressing the underlying cause of illness.

Giving you the power to take health care into your own hands.

What is lifestyle medicine and why is it important?

70% of all presentations to general practice are thought to be related to personal lifestyle choice with, around 80% of premature deaths attributed to these lifestyle related factors - poor diet, inactivity and tobacco. Identical twin studies have shown that 10% of chronic medical problems can be contributed to genetics. This is great news as it gives us the power to modify our health destiny.

WWW.THEHEALTHYELDOCTOR.COM

Lifestyle Medicine focuses on the six main pillars of personal health

SIX PILLARS OF HEALTH

1. Healthful eating- whole foods, mostly plants
2. Increased physical activity
3. Restorative sleep
4. Strategies to manage stress
5. Avoidance of risky substances
6. Enhanced social connections

Lifestyle medicine uses a holistic approach to health incorporating health promotion, disease prevention and chronic disease management. It is used to help individuals and families adopt and sustain healthy behaviors that affect health and quality of life. It is an evidence based approach, incorporating the best scientific information available.



FROM THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE

PATIENTS I OFTEN SEE ARE THOSE THAT:

1. Would like support with fatigue, gut health or hormone imbalance
2. Have a goal to make long lasting, sustainable improvements with their weight
3. Would prefer to use lifestyle changes first, instead of medication (where safe)
4. Have long term goals of reducing or stopping medication for chronic disease
5. Have a strong family history of heart disease stroke or cancer and want to take control of their health destiny
6. Are on a plant based or vegan diet and would like more support to ensure they are reaching their full potential
7. Have elevated risk factors for disease such as high blood pressure, sugar levels or cholesterol and want to learn skills to naturally improve these
8. Have a new health condition and are seeking more support about what the latest lifestyle evidence is for their condition



INTERESTED IN KNOWING MORE

I offer lifestyle support in the form of private consultations both in person or via video call. With a holistic approach, we will review the key pillars of health and explore your health goals. Together we will look at using the latest scientific evidence to optimize your health and happiness. My goal is to work with you to create a personalized lifestyle self-care plan, empowering you to confidently implement and sustain positive change. Let's take the first steps together, to help you look, feel and live your best life.

WHAT CAN I EXPECT AT A LIFESTYLE CONSULT?

Initial wellness assesment \$250 (1 hour)

- a detailed personal, family and medical history
- assessment of your health concerns and evaluation of your symptoms
- tailored, achievable and easy to follow lifestyle plan
- up to date resources to help you implement and sustain change
- follow-up plan options to provide you with ongoing support, accountability and assistance in problem solving any challenges

Follow-up \$130 (30min)

Follow-up is lead by you and will vary depending on your needs. Lifestyle Medicine works to support sustainable healthy change, provide a clear path to implement life long healthy habits as well as providing accountability. Generally 2 – 4 sessions are recommended to get you started on your wellness journey.

Packages and courses

Wellness packages and courses are available: go to www.thehealthstyledoctor.com for more information

*If you have health insurance please check with your provider or feel free to contact me for support around this.

INVEST IN YOUR HEALTH NOW

To book online scan the QR code or go to www.thehealthstyledoctor.com/book-online

or

Ask your GP for a referral

