

# Prescription for Lifestyle Education & Health Coaching

- Lifestyle Risk Factors
  - Dietary Concerns
  - Physical Inactivity
  - High Stress
  - Smoking
- Healthy Aging
  - The Art of Aging
  - Mindfulness
- Food/Eating Modification
  - PURE: Plant-based Course
  - KETO: 21-Day Challenge Course
  - First Line Therapy Program
  - Elimination Program
  - Detox Program
  - Specialized (AIP,GAPS,eetc)
- Massage & Bodywork
  - Cranio-Sacral Work
  - Myofascial/NeuroMuscular
  - Neck/Shoulders
  - Hips/Back
  - Knee/ankle/feet
  - Other
- Cognitive Decline
  - Bredesen Protocol
- Altered Body Composition
  - Overweight (BMI 25-29.9)
  - Obesity (BMI 30-39.9)
  - Waist-to-Hip Ratio (m >1, f >.08)
  - Run a BIA
- Blood Sugar Management
  - Insulin Resistance
  - Metabolic Syndrome
  - Family History of Diabetes
- Cardiovascular Risk Factors
  - Hyperlipidemia/Dyslipidemia
  - C-RP/Homocysteine (elevated)
  - Family History CHD
  - Cardiovascular Disease
  - Hypertension
  - Atherosclerosis
- Gastrointestinal Issues
  - Indigestion
  - Food Sensitivity Concerns
  - GERD/Heartburn
  - IBD/IBS
- Chronic Pain & Fatigue
  - Arthritis
  - Chronic Fatigue Syndrome (CFS)
  - Fibromyalgia (FM)
- Sleep Dysfunctions
  - Sleep Apnea
  - Insomnia
- Other:  
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Follow-up with:

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Practitioner Name/Stamp

