

THE EMPOWER CLINIC

# Empower.



A one hour evidence based lifestyle medicine consultation with Dr Shobana Krishnamoorthy. We look at the whole picture, then build a plan that actually fits you.

## WHAT IS LIFESTYLE MEDICINE?

Lifestyle Medicine is an evidence based discipline that uses everyday habits to prevent, treat, and in many cases reverse chronic disease. It recognises that the foundations of good health - food, movement, sleep and stress management - are among the most powerful medicines available to us. The Empower Clinic was created to give you the time to understand what is really going on and know what to do about it.

## THE FOUR PILLARS OF HEALTH



### FOOD

We explore what you're eating, the habits and behaviours associated with food and impacts on long term health.



### MOVEMENT

Activity built around your body and your time, building a routine that fits into your lifestyle and improves quality of life.



### SLEEP

Understanding what is disrupting your rest and why you always feel tired, and practical ways to protect and rebuild it.



### STRESS

Simple ways to manage stress, improve mindfulness, and optimise your mental health in a busy world.

## THIS CLINIC IS A GOOD FIT IF YOU ARE:

- Always tired, but not sure why
- Getting 'normal' results but still not feeling right
- Managing stress that impacts sleep, energy and mood
- Feeling flat, unmotivated, or running on empty
- Struggling with weight, eating habits or activity
- Living with chronic disease and ready to treat the root causes

## WHY LIFESTYLE MEDICINE WORKS

So many of the health issues we see every day in general practice - fatigue, weight gain, poor sleep, mental health, diabetes and heart disease - have lifestyle at their root. Addressing these foundations, with the right support and a personalised plan can make a **profound difference to how you feel every single day.**

# Your one hour Empower consultation

Thorough, and focused entirely on you. No rushing to the next patient, no quick fix. A genuine, in-depth conversation about what is actually going on in your body and your life.

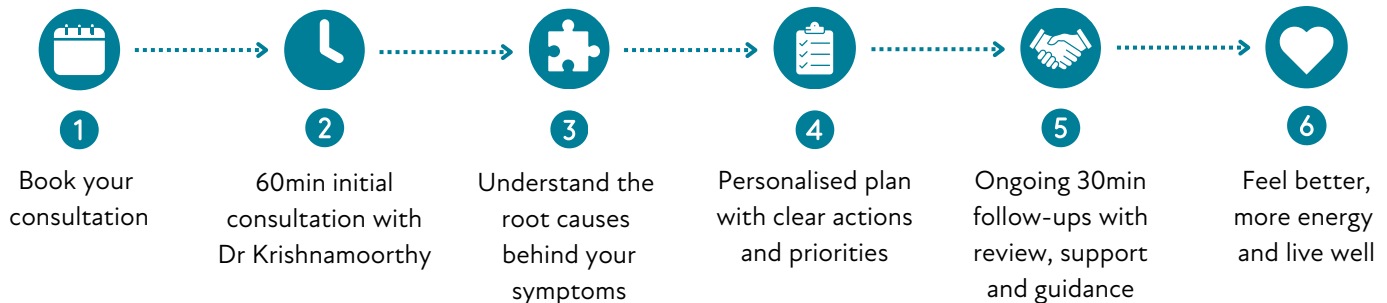
## What we explore together

- Your history, your goals, and your readiness to change
- Food and nutrition, what you actually eat and why
- Movement and exercise, what works for you and what does not
- Sleep quality, duration, and what is disrupting it
- Stress, and how it shows up physically
- Social connection, purpose, and your broader life context
- Relevant blood tests and current health markers

## What you will walk away with

- A tailored lifestyle medicine plan, specific to your situation
- Practical strategies that fit your actual life, not a generic template
- Referrals to dietitian, exercise physiologist or psychology where helpful
- A written summary with agreed priorities to work through over time
- Ongoing support and follow up through your regular GP team

## YOUR JOURNEY



### ABOUT YOUR LIFESTYLE MEDICINE GP

## Dr Shobana Krishnamoorthy

**MBBS (UniMelb), FRACGP, DipCH, DipWH, SCOPE Certified in Obesity Management, 20+ years experience**

Dr Krishnamoorthy is our dedicated Lifestyle Medicine GP, bringing a warm, deeply practical approach to every consultation. She is passionate about looking beyond the symptom to understand the whole person, and helping each patient make changes that genuinely last.



### BOOK YOUR APPOINTMENT

**Scan to book online, or call our team.**

 (08) 6186 7992  [thegardenmedical.com.au](https://thegardenmedical.com.au)

 9/170 Murdoch Drive, Murdoch

Empower Clinic appointments are privately billed, with a Medicare rebate available for eligible services. Please ask our team about fees before booking.

**No referral needed.**