



A clinical framework by Rowena Chua, MD · melioramed.com

FIVE PILLARS · ONE INTEGRATED PLAN

Every Meliora patient is evaluated across all five pillars at initial assessment. These are not separate programs — they are five lenses we apply simultaneously to understand what is driving symptoms and how to restore balance. Care is sequenced, not scattered.

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| <p>01 Hormone Rebalancing</p> <p>Estrogen, progesterone, testosterone, thyroid (full panel including free T3), DHEA, cortisol pattern, IGF-1 — interpreted against optimal ranges. BHRT, pellets, micronized progesterone, topical compounds.</p> | <p>02 Nutrient Repletion</p> <p>Ferritin, B12, folate, vitamin D, magnesium — the deficiencies most often missed. Medical-grade supplementation, B12 IM injections, IV nutritional therapy when absorption is compromised.</p> |
| <p>03 Gut and Detox Optimization</p> <p>Motility, dysbiosis, and the body's clearance pathways. Probiotics, magnesium, dietary fiber, targeted detoxification support — because nutrients absorbed and hormones cleared are how every other system works.</p> | <p>04 Stress and Adrenal Regulation</p> <p>The adrenal–thyroid–ovary axis. DHEA support, sleep optimization, adrenal protocols, lifestyle strategy. Informed by Dr. Chua's neurology background.</p> |
| <p>05 Metabolic and Mitochondrial Support</p> <p>Insulin resistance, blood sugar regulation, mitochondrial efficiency. Tirzepatide (GLP-1/GIP) integrated with hormonal and metabolic support — never as a standalone fix. Anchored by DEXA + RMR.</p> | |

CARE THAT IS SEQUENCED
Three tiers, layered in order.

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| Tier 1 · Foundations | Hormone Rebalancing + Nutrient Repletion | Every patient, from day one. |
| Tier 2 · Support Systems | Gut and Detox + Stress and Adrenal Regulation | Added early when indicated by symptoms or labs. |
| Tier 3 · Optimization | Metabolic and Mitochondrial Support | Once foundational systems are stable. |

WHAT TO EXPECT
Healing is iterative.

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| Week 0 Labs drawn, intake completed. | ~Day 10 Initial consult with Dr. Chua. Plan built. | Week 5 First follow-up — patients notice real change. | Month 6 Significant optimization. | Ongoing Quarterly monitoring, refinement. |
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