

# Dr Keshinie Selvarajah

## Service offered



### Weight Management

Holistic approach to Weight Management tailored to the individual patient with lifestyle coaching, medication options and referral for surgery if needed



### Insomnia Management

Five structured sessions breaking down the barriers to a good night's sleep with practical tools to combat insomnia



### Menopause Management

Management of difficult menopause symptoms, including weight gain in menopause, using lifestyle changes as well as medications if needed



### Lifestyle Medicine and Health Coaching

Use of the Health Coaching approach for prevention and management of chronic diseases, with the power of evidence-based lifestyle changes, in conjunction with your current healthcare team.



**Dr Keshinie Selvarajah**

**Book an appointment**



Dr Keshinie consults in Donvale and Boronia. For more information visit [drkeshinie.com.au](http://drkeshinie.com.au)

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