Lyme Disease is a spirochete. Which lays dominant breaking out when under times of stress. Spirochetes can be sexually transmitted. Multipylies in blood and lymphatic system. Protozoa type with characters of bacteria.

Effective herbs: nettle, yerba santa, golden Rod organic tobacco, monolaurin.

Herbs not against types: Treponema or Treponema Palladium. In which cause anti-biotic may work. But you kill off the good systems in your body and have to detox and clean your system.

 However most to all of the systems are fixable with herbs.

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Traditional Medicine Says below: Lyme disease may be misdiagnosed as [multiple sclerosis](http://en.wikipedia.org/wiki/Multiple_sclerosis), [rheumatoid arthritis](http://en.wikipedia.org/wiki/Rheumatoid_arthritis), [fibromyalgia](http://en.wikipedia.org/wiki/Fibromyalgia), [chronic fatigue syndrome](http://en.wikipedia.org/wiki/Chronic_fatigue_syndrome), [lupus](http://en.wikipedia.org/wiki/Systemic_lupus_erythematosus), [Crohn's disease](http://en.wikipedia.org/wiki/Crohn%27s_disease) or other [autoimmune](http://en.wikipedia.org/wiki/Autoimmune) and [neurodegenerative](http://en.wikipedia.org/wiki/Neurodegenerative) diseases

Several forms of laboratory testing for Lyme disease are available, some of which have not been adequately validated.

Erroneous test results have been widely reported in both early and late stages of the disease, and can be caused by several factors, including antibody cross-reactions from other infections, including [Epstein-Barr virus](http://en.wikipedia.org/wiki/Epstein-Barr_virus) and [cytomegalovirus](http://en.wikipedia.org/wiki/Cytomegalovirus),[[88]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Gossens-87) as well as [herpes simplex virus](http://en.wikipedia.org/wiki/Herpes_simplex_virus).[[89]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Strasfeld-88) The overall rate of false positives is low, only about 1 to 3%, in comparison to a false negative rate of up to 36% using two-tiered testing.[[87]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Steere-86)

[Polymerase chain reaction](http://en.wikipedia.org/wiki/Polymerase_chain_reaction) (PCR) tests for Lyme disease have also been developed to detect the genetic material ([DNA](http://en.wikipedia.org/wiki/DNA)) of the Lyme disease spirochete. PCR tests are susceptible to [false positive](http://en.wikipedia.org/wiki/Type_I_and_type_II_errors) results from poor laboratory technique.[[90]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-pmid11438915-89) Even when properly performed, PCR often shows [false negative](http://en.wikipedia.org/wiki/Type_I_and_type_II_errors) results with blood and [cerebrospinal fluid](http://en.wikipedia.org/wiki/Cerebrospinal_fluid) (CSF) specimens.[[91]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-pmid16020686-90) Hence, PCR is not widely performed for diagnosis of Lyme disease, but it may have a role in diagnosis of Lyme arthritis, because it is a highly sensitive way of detecting *ospA* DNA in synovial fluid.[[92]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-pmid8272083-91)

**Alternative therapies**

A number of other alternative therapies have been suggested, though clinical trials have not been conducted, so the therapies are not known to be scientifically sound. For example, the use of [hyperbaric oxygen therapy](http://en.wikipedia.org/wiki/Hyperbaric_oxygen_therapy) has been discussed by [CAM enthusiasts](http://en.wikipedia.org/wiki/Alternative_Medicine) as an adjunct to antibiotics for Lyme.[[127]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Taylor-126) Though there are no published data from clinical trials to support its use, preliminary results using a [mouse](http://en.wikipedia.org/wiki/Murine) model suggest its effectiveness against *B. burgdorferi* both [*in vitro*](http://en.wikipedia.org/wiki/In_vitro) and [*in vivo*](http://en.wikipedia.org/wiki/In_vivo).[[128]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Pavia-127) Anecdotal clinical research has suggested antifungal [azole](http://en.wikipedia.org/wiki/Azole) medications, such as [fluconazole](http://en.wikipedia.org/wiki/Fluconazole), could be used in the treatment of Lyme, but the use of these drugs has yet to be tested in a controlled study.[[129]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-128)

[Alternative medicine](http://en.wikipedia.org/wiki/Alternative_medicine) approaches include [bee venom](http://en.wikipedia.org/wiki/Bee_venom), because it contains the peptide [melittin](http://en.wikipedia.org/wiki/Melittin), which has been shown to exert inhibitory effects on Lyme bacteria [*in vitro*](http://en.wikipedia.org/wiki/In_vitro);[[130]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-129) however, no clinical trials of this treatment have been carried out.

**Prognosis**

For early cases, prompt treatment is usually curative.[[131]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-130) However, the severity and treatment of Lyme disease may be complicated due to late diagnosis, failure of antibiotic treatment, and simultaneous infection with other tick-borne diseases (coinfections), including [ehrlichiosis](http://en.wikipedia.org/wiki/Ehrlichiosis), [babesiosis](http://en.wikipedia.org/wiki/Babesiosis), and immune suppression in the patient.

A [meta-analysis](http://en.wikipedia.org/wiki/Meta-analysis) published in 2005 found some patients with Lyme disease have fatigue, joint or muscle pain, and [neurocognitive](http://en.wikipedia.org/wiki/Neurocognitive) symptoms persisting for years, despite antibiotic treatment.[[7]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Cairns-6) Patients with late stage Lyme disease have been shown to experience a level of physical [disability](http://en.wikipedia.org/wiki/Disability) equivalent to that seen in [congestive heart failure](http://en.wikipedia.org/wiki/Congestive_heart_failure).[[132]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Klempner-131)

In dogs, a serious long-term prognosis may result in glomerular disease,[[133]](http://en.wikipedia.org/wiki/Lyme_disease%22%20%5Cl%20%22cite_note-132) which is a category of **kidney damage** that may cause chronic kidney disease.[[117]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-Brooks.2C_DVM-116) Dogs may also experience chronic joint disease if the disease is left untreated. However, the majority of cases of Lyme disease in dogs result in a complete recovery with, and sometimes without, treatment with antibiotics.[[134]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-133) In rare cases, Lyme disease can be fatal to both humans and dogs.[[135]](http://en.wikipedia.org/wiki/Lyme_disease#cite_note-fatal-cases-134)

Many patients report a lack of understanding among employers, family, and friends as being the most frustrating aspect of Lyme disease. The fatigue that accompanies it may be perceived as malingering, especially after the disease enters its second and third week of treatment.

Antibiotics and other prescription meds are certainly helpful in treating the disease and the all-to-common tick-borne co-infections that often hitchhike into your body through a tick bite, experts in natural medicine say there's also a place for holistic remedies in the treatment and management of Lyme disease, particularly in Lyme patients battling a chronic infection and its side effects. Antibiotics alone may not suffice because Lyme disease is caused by an intracellular spirochete bacterium called Borrelia burgdorferi. "Intracellular means that the spirochete gets into the cell and therefore is not always available to the antibiotics," explains Isaac Eliaz, MD, coauthor of the journal report and founder of [Amitabha Medical Clinic and Healing Center](http://www.amitabhaclinic.com/) in Sebastopol, California. "The cell membrane inadvertently protects the bacteria and shields it from the antibiotics. The bacteria can also hide dormant in the nervous system, among other places, where antibiotic drugs can't reach them."

Dr. Eliaz and several other well-known experts in the field of natural medicine recently shared natural Lyme disease treatment options in the journal *Alternative and Complimentary Therapies*. The gist is that many natural treatments can help heal the body by knocking out the infection and reducing inflammation while also getting an injured immune system back on track. Visit the [International Lyme and Associated Diseases Society](http://www.ilads.org/) site to learn more about preventing and treating Lyme, and to search for doctors who diagnose based on a clinical evaluation, not just blood tests.

**Natural Ways to Deal with Lyme**

**Acupuncture:** While researchers admit more research is warranted, acupuncture appears to be a promising way to help reduce or eliminate pain brought on by Lyme disease.

**Lyme-killing plants:** According to the report, herbs like samento, banderol, andrographis, Japanese knotweed/resveratrol, smilax, cat's claw, and Stephania all target Lyme and related tick-borne infections. Be sure to talk to a doctor knowledgeable in integrative medicine for more info on taking these herbs.

**Have tea time:** Green tea compounds, along with curcumin, a component of the spice turmeric, are known to reduce oxidative stress and help aid in traditional antibiotic treatment.

**Be tested for deficiencies:** Zinc, B, and D vitamin deficiencies could slow down Lyme recovery, so be sure to ask your doctor to test for these, and improve your diet or supplement accordingly to bring your numbers up to healthy levels.

**Probiotics:** Probiotic foods may help replenish beneficial bacteria in the gut that are wiped out by antibiotic Lyme disease treatment. Organic yogurt, kefir, and even fermented vegetables are good sources of probiotics.

**Exercise:** Even small concentrations of oxygen can help destroy Lyme bacteria in the body. Although Lyme typically zaps people's energy, intense exercise during and after treatment can help keep the disease at bay.

**Inflammation annihilators:** Dr. Eliaz recommends natural compounds that ease inflammation, such as curcumin, modified citrus pectin, and Tibetan Herbal Formula. First and foremost, a low-glycemic-index diet is a must because carbohydrates, including sugar, fuel the Lyme germs. This means ditching most processed foods and avoiding any added sugar. "Understanding the person, and actively supporting the person's general health with emphasis on their immune system, circulation, reduced inflammation, and detoxification can be very helpful," he adds, and notes that high dosages of vitamin C IV and personalized integrative care can make a big difference when treating Lyme disease.

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**Arthritis - Treatment**

– Oxygen therapy is also very beneficial as organisms don’t like oxygen. Joint injury =s parasites.

Make sure this is diagnosed Arthritis. Stiffness can be due to other causes like inflammatory candida and virus.

**CMO**(cetyl Myristoleate) we recommend one bottle for 30 days. You’ll see results in 30 days or else this isn’t helping. 2 caps, 3 X a day.500mg (1180 cap)..................................................................................................................$65.00

**Marine Sea Cucumber** natural anti-inflammatory a & nutritional support for arthritis. Take 2 caps, 2 X daily for a week then reduce to 2 caps once daily. Helps fibromyalgia. ..............................................................................$24.00

**Cal/mag/vit D liquid** #1 supplement. Many people report joint pain & stiffness reduction in 3 days! Helps restless legs & will stop leg cramps. 1 Tblsp, 2 times a day for a week then reduce to 1 tsp., 2 times a day for 10 days then reduce to once a day.

 Don’t take at time of other supplements so it doesn’t block................................................*$25.00*

**Connexin** best joint, disk, connective tissue supplement available. (120 cap) 2 caps: 2-3 times a day..*$53.00*

**Glusosamine/chondroitin** Helps prevent & repair damaged joints and cartilage. Relieves pain in treatment of osteoarthritis and rheumatic disorders. Must be taken daily for regeneration. Dose: 4 daily. *$26.00 a bottle.*  need 2 bottle for a month.

Joint support cream helps with pain Use on skin & it is hot!. 4 oz................................................. *$21.00*

**Natural relief** for pain & inflammation. Natural aspirin formulation. Dose: 2-3 cap a needed. $22.00

**Muscle calm** excellent alternative to chemical muscle relaxers, restless leg, excellent to heal promote sleep. Adults: take 2 before bed & if you wake up take 1 more........................................................................................*$26.00 a bottle*

**Colloidal silver** 1/2 tsp in large glass of tea or juice once a day for two months. 2 (4oz) Some arthritis is from low grade infection.

**Vitamin A & D – cod liver oil** very important to supplement this product on a daily basis. It is especially helpful when fingers are knotting up due to arthritis. 2 to 4 daily. .........................................................................................*$17.00 a bottle.*

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Arthritis **can be a symptom of Lyme disease. Use only natural products**

**B Vitamins** Arthritis improved when took 6.4 mg folic acid per day & 20 mg vit B12 per day. Niacin (B3) too.

**Vit C & D** 200mg of C per day & 500 IU of vit D.

**Vit E** 400-600 IU daily

**Boron 3 mg daily**

**Glucosamine sugate 500-1000mg daily. Can cause mild digestive upset. Should not be used by people with heart disease or diabetes.**--------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**Since blood and lymphatic systems are effected this is what should be tried.**

**Oxygen therapy & body detox and immune support.** No guarantee but you should feel better after body is cleaned. Depends on your decation.

Everything will be cleaned and put into balance when you turn to holistic methods. The first two weeks will be the tuffed, keep at it and get passed the phase of strongest felt purging of the body.

**Get colonics. Then start herbal treatments. Stay on supportive protocol.**

**Lyme Disease - Treatment**

Start oxygen therapy: 1. Take orally Food Grade Hydrogen Peroxide 35% diluted down to 3% per One minute cure book!

 Must take correctly or you will harm yourself. The oxygen therapy will strengthen, and protect you. Do the rest of your life.

*Personally I use dail, for rest of my life.* Also do a apple cider vinegar (Briggs) treatment the rest of your life to ward off parasites. *Personally I use.*

Hydrogen peroxide produced by granulocytes are the first line of defense your cells have against all invaders.

Human Breast milk is high in hydrogen peroxide. Colostrum is higher. There is an enzyme coating around every human cell which makes it resistant or oxidation. $16.00 3oz with dropper; refill 16oz is $45.00 or 3 oz at $14.00 if return bottle.

 In addition you could do 2. Find a physician how can administer intravenous oxygen therapy for Lyme disease by contacting

 Bio-Oxidative Medicine Foundation (IBOM), P.O. Box 61767, Dallas/Fort Worth, Texas 75261.

**MONTH ONE: First:** Colonics to clean out colon of old bile and decomposing materials. (1 @ week, 1-4 weeks) find a place which will rub your abdomen to help break up materials built up in body. Or do at home with 100 degree water. Hold for a long as possible before rub stomach to push out materials and water. Do until runs clear. Can buy kits. Use lube on anus to ease installation. Insert on side. Lay on back after. Hold. Then release & push/palpate abdomen.

1. Detox Healing organs
	1. **4-Herb tea with added dandelion root** (**2 ounces 2 times per day**.) Divide batch, make ½, ½ in two wks, so keeps for a month. Detox liver & blood. ........... *Personally I use daily.& will for rest of my life*....... ...............$32.00
	2. **B-100 Complex** 100 cap (3 daily for one month).......... *Personally I use daily.*........................$27.00
	3. **Cat’s Claw** 400mg (2 capsules, twice a day) ................ *Personally I use daily & will for life*.. $20.00
	4. **Asparagus extract** 30 pkt ( 1 daily for 30 days) Detox kidney & Spleen......... *Personally I use as needed*...$40.00 BOX
	5. **Cal/Mag/Vit D Liquid** 1 Tblsp. Twice daily (only if you have joint stiffness or arthritic condition) Buy **2 bottles** *I use daily.*
	6. **Sea Cucumber** 100 caps (2 capsules with meals twice per day) Buy 2 bottles................... $24.00
	7. **Potassium Iodide** $20.00 one drop a day in vinegar water drink or lemon water drink. Or use 2-4 drops on each ankle or writs; Am and PM (several people & pets 1-3 months per bottle) take for rest of life. UNLESS Allergic to iodine don’t use. *Personally I use daily.*
2. Antimicrobials MONTH TWO
	1. **Colloidal silver 500ppm** 4 oz bottle (1/2 tsp. in ½ cup water 1 time a day (30 days)) .......$45.00 a bottle *Personally I use daily.*
		1. We carry the safe version. Kills virus, bacteria, fungal.
	2. **Olive Leaf Extract** 60 cap anti viral (2 caps two times daily) Buy 2 bottles Anti-microbial. $26.00 *Personally I use as needed*
	3. **Colon Enhancer** 250 capsules 8 daily (4 capsules 2 times a day) EXTREMELY IMPORTANT.
	4. **Oregano oil plus**- 90 soft gels (Take 2 capsules with meal, twice a day.) .........................$27.00
	5. **Lymes Disease Nosode** (adults: 10 drops under tongue, once or twice day.)................... $30.00 each
		1. Usually only one treatment is needed. May do extra month without harming yourself. If can use alcohol, put drops in cup, poor hot drink in, not hot hot, this will dissolve alcohol.
		2. 10 drops buy 1 bottle, 20 drops buy two bottles.
3. Month 3
	1. **Intestinal Freedom** anti-parasite 120 count- (2 capsules after lunch & dinner) .................$35.00 *Personally I use as needed*
	2. **CoQ10 Enzyme 100 mg with 400 mg Hawthorn** 30ct. (1 capsules daily) Aide immune system &\* strengthen heart & circulatory system. ..................................................................................................$34.00 each bottle
	3. **Colloidal Minerals** 1 quart (1 ounces in juice daily(=2 Tblsp) 70 essential minerals.... $26.00 a bottle *Personally I use daily.*
	4. **One daily vitamin** 90 tab (take one daily – good idea everyday) digestive enzymes, vitamin, $33.00
	5. **Nutribiotic GSE** capsules plus 100 caps (use 2 Tablets, 3 times a day for one month.) Buy two bottles. $20.00 each
		1. Broad spectrum antimicrobial.

**IMPORTANT in ALL ILLNESSES:** IF LESS THEN two bowel movements per day use **Super ll** ($27.00 *Personally I use daily.*) natural herbal laxative. Can’t detox if you can’t move out the poisons or you will get sick, sick feeling. Healing herb heal but also count as food. Whereas medicines are flat extra and often chemically poison the body.

**If you have taken antibiotic, you need to get on a beneficial bacteria**

 **Florajen3:** take one capsule; 3 times a day for the course of treatment. Then down to 1 a day for life. $20.00 a bottle (3 a month in beginning.)

**Essential fatty acids** 1,4000 to 3000 mg per day of evening primrose oil, black current seed oil, or borage oil.

Less expensive option is, 2 Tablespoon per day of **flaxseed oil.**  (If cancer only flax seed.)

Good diet plans. Eat in this order.

1. Get your **elements**: (several), oxygen, organic sulfur, water, ....(7-12 of them)
2. **Enzymes**
3. **Amino acids**
4. **Minerals**
5. **Vitamins**
6. Others, including fats

Brain is made up of cholesterol 50 % – 75%. No cholesterol no mind, memory, etc.

After the healing protocol get on “Go Green”$48.55 For 1 month, Beta Loe (enzyme)$33.90 1 month, and Total Health Formula(fermented fruit/veg)$57.00”(price keeps changing on these. *Personally I use daily.*) And colloidal minerals. Food source & will maintain good health ability. Ones in red I am able to take credit card payment on without extra fees.

Eggs are a full source of complete amino acids.

Never eat carbs alone. Eat with green vegetable & greasy amino acid. (Meat or eggs.)

Add a good mineral salt, Himalayan or Celtic sea salt (up to 1 tsp daily). Remember all salt comes from the sea.

Keep a diet free of nitrates, pesticides, and food colorings and artificial flavorings is essential, as all these additive strain the organs and can weaken your body. Coffee acts like sugar in the body; effects metabolism, increases blood sugar. Lowers oxygen.

Avoid all refined products including salt, flour, sugar, coffee, non-herbal non-organic teas. Salts: if they are white don’t use. Otherwise try to get approx. 1 tsp per day in diet. Canned foods with sodium doesn’t count because it is the unhealthy salt.

Avoid sugars. Use sweetening herbs stevia, agave nectar, & the others. **All** artificial sweeteners are **TOXIC** to the human body.

Aspartame turns to formaldehyde once warmed in the body. Long list of illnesses caused by sweeteners.

Half body weight in ounces in non-chloride non-fluoride water. Non tap water.

Avoid plastic, from containers, clothes, interior of vehicles. Because warmed up plastic gives off toxins. Especially Bromide.

Good oils: cold pressed oil, try to buy in dark glass containers. Don’t buy refined. Palm, flax seed, coconut oil.

Super food for diabetics unsweetened coconut, & coconut oils. Also diabetics cinnamon and a must is chromium picolinate.

Coconut drinks one of the best for the physically active or gym person. Sweeting person.

BUY SINGLE ingredient organic foods. Make the combinations yourself.

Have a gluten free diet if possible. No wheat, barley, or rye or their flours thereof.

NO MODIFIED corn starch. It contains flour.

No modified food starches, they contain flour.

Plain cornstarch if fine.

Unbalanced diet is bad, because of deficiencies. Making meals from scratch(raw or “frozen without sauces”)(including parts of the meal you use to get from a can) will save you money down the road medically. Use the time to bond as a family. Something not done in America anymore, and we wonder at the social problems. Plus healthy eating habits decreases the angry dispositions bad diets chemically dispose us to. We are a product of what we eat!

Using a microwave on your food increases your cholesterol by altering the structure of your blood. Also adds a mynute amount of radiation which builds up in the body over time.

High cholesterol: from dehydration & raw salt deficiency. cholesterol pills make dehydration worse which increases cholesterol.

Hyper tension: not enough mineral salts, too much refined salt. Not enough water intake. Too much caffeine, hydrogenated oils. Fried snack chips are a major here.

Unrefined salts are good for you. Refined are not (white).

**All salts are bad for you if you have a salt sensitively salt allergy or have kidney disease.**

**fake estrogens** Keep PCBs low (Reason why over 50% of males born in USA are sterile). These fake estrogens or poisons which act like human estrogens. {Growth hormones.} Turns men queer and sterile, physical turn into women. Burns out reproductive systems in women early and or turns them into amazon women with large necks, but they don’t psychically turn into men. Can be the cause of serious weight gain in both genders.

Car exhaust, Hydrogenated oils, cotton seed (highest), meats where animals raised on soy bean, soy bean and soybean oil,

Better to get the beef (amino acids) then to not eat beef! But you can buy organic, free range or pasture, & be estrogen free.

**STRESS:** Stress will cause the cell activities to close. When cells are open or active they are robust, healthy, and impervious to disease. Stress equals cellular activity system shut down. Which means susceptibility to disease.

**pH** should be 7.0 - 7.2 (neutral )or higher. 8.0 - 8.3 kills cancer.

The immune system, healing and the adrenal gland are all directly related. Low functioning adrenal gland means tired, thinning hair, poor healing, emotional sensitive, hold grief longer than others, hard to wake up, feel better around 11PM, physical activity feels like it takes mountains of effort. I test for adrenal fatigue. Simple written test. Must treat before any thyroid treatments are done to insure adrenal glands aren’t force to shut down completely from being over taxed.

If your adrenals are low functioning, you won’t: heal well or fast, sleep well, and immune system will be weak.

Going to bed after 11Pm will weaken adrenals. Going to sleep and waking up on the same side of Midnight will over stress your adrenal glands. On the low end it is called Addison’s disease on the high end Cushing's. That leaves 96% in the middle not diagnosable by conventional medicine. They can’t or won’t help you until you fall into a specific disease groove. Why go to that extent of illness, and cause more damage. Why not stop it now?

**Joni Lund - Trading Post : Northern Plains Health Institute. A private member organization.**

**1295 1st ST S, Carrington, ND 58421**

**701 652-1986 office,**

 **cell to cell number is 701 351-9305 after 9 AM central**

I Work **9 AM -9 PM** central Seven days a week. If I need rest or am with a client I don’t answer phone.

**Best way to contact me is by mail.**

Most of my product I use myself. Most are organic, holistic, non-radiated, and of the best possible quality as nature provides.

My FIR hot houses, E power, Chi, & ERE; treat by way of oxygenating body, blood circulation improvement, blood cleanse, opening pathway in energy flows & fluids, relaxation.

**Send me a complete profile –** *files are kept confidential.*

Name:

Address:

Phone:

Marital status\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical history include problems, treatment results, & when.

Dental problems? If yes explain.

Complete history of high stress moments and times of illness or injuries.

Complete history of recreational- rest and relaxation habits, sexual habits(don’t need mynute details general practices).

Things that you think you have been exposed to.

Do you spray for bugs. Use a lot of perfumes, make up etc. Scented products. Plastic exposure etc.

Your diet, sleep habits, etc.

DO you feel you have too much\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Not enough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Is the time with spouse stressful\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Is the time with spouse quality, or lacking?

Is the time family stressful?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Is the time with family quality or lacking?

What would you change about your body if you could?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What would you like to change in your life?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List food or beverage cravings, Sleep habits, Accidents, injury, high stress times.