



# AFTER VISIT SUMMARY

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Next Appointment Date: \_\_\_\_\_ Fasting Labs: YES NO

## Instructions:

- 5 Pillars of Wellness > God's Healthcare Model
- Water is Life: % your weight in ounces daily of filtered, bottled or spring water
- 1 TSP Raw Unfiltered Apple Cider Vinegar, 1 TSP Raw Honey, Lemon Wedge, % inch Ginger Sliver, and % inch Turmeric Sliver, in 12 oz of warm water 3x daily
- Vitamin D3 5000 units daily September - May
- Magnesium 400 mg Daily
- Probiotic Daily

## **Avoid:**

- Gluten (Bread, Pasta Cakes)
- Cow's Milk- Substitute (Almond, Coconut)
- Processed Food: Fried, Preservatives, Additives
- Sugar- in all forms > Raw Honey is better
- Alcohol: 0-1 Drinks Daily (Less is More)
- Raw Fruits and Vegetables into Diet
- Soak feet 30 minutes in 1/2 cup of EPSOM salts in 1 gallon of water daily

## Vitamins & Supplements:

### **Empty Stomach**

- Iron
- B-complex (Multivitamin)
- Folic Acid
- Probiotic (30 min before meal)

### **With Food**

- Calcium
- Vitamin D
- Vitamin C
- Fish Oil
- Magnesium

## **Additional Instructions:**