

SAMPLE CUSTOMIZED ACTION PLAN FOR PATIENT

I have assessed your intake and have put together an initial protocol for you that we will be discussing during our call. I wanted to email this to you first so that you have a chance to look over it before we discuss it.

The biggest priorities for you right now are the lymphatic system and digestion, which I will discuss with you in more detail on our call. That is where we will begin. Shortly after that, it would be good for us to address the mouth as well.

We are taking this one step at a time to give you the best possible outcomes

Water: Drink at least 45 oz of warm-hot Distilled or Reverse Osmosis water. For even better hydration, structure your water before heating it in something like a TriBest Duet Water Revitalizer Structuring Unit.

Mouth: We will address this at our next appointment, the digestion is the first priority and the first step.

Food: 5 day juice fast using vegetables and fresh herbs or things like fresh ginger and turmeric. No fruit or any other food for 5 days. Be sure to CHEW your juice to engage the digestive process!

Supplements: No supplements needed at this time, need to prepare the body first and juicing is the easiest way to do that right now.

Home Tools: Do AVACEN 2 hrs a day. Put the light therapy device on your head for 40 minutes a day, and 1 hr on the stomach for the next 3 weeks.

Next Appointment: In 1 week. During the upcoming week and juice fast, text Michelle daily about what's in the juice, the amount you are drinking, and when you hit your water goal each day.

