

Name: John Doe

Today's Date: 1-1-14

Next Appointment: 1 month

WELLNESS PROGRAM:

1. Start the Stage "X" adrenal program detailed below as soon as products arrive / are purchased.
2. Improve lifestyle factors by : a.) Beginning the Kalish healing diet b) Reduce stress as much as possible c) improve sleep quality & quantity d) Drink at least 10 glasses of pure water / day
3. Consider GI tract lab testing ASAP, due to suspicion of infection
4. We will retest Adrenals & female hormones in 6 months
5. Consider a physical exam (including thyroid & Vit D3 labs) from your Medical Doctor / Osteopath
6. Please email at advchiro.wellness@gmail.com any questions or problems
7. This program is designed to reset your HPA axis so that your hormone feedback loops work normally. I would anticipate having to take the below supplements for 6mo – 1 year followed by a maintenance program of a multivitamin / multimineral / essential fatty acid + continuing the healthy lifestyle changes you learned during the program.

On-going maintenance program to be reviewed every 6 months:	upon arising	with breakfast	mid morning	with lunch	mid afternoon	with dinner	before sleep	updates to program:
Product #1		2 drops		2 drops		2 drop		
Product #2		15 drops		15 drops		15 drop		
Product #3		AM pack				PM pack		
Product #4		1		1		1		

THERAPEUTIC PROGRAM

Duration:	upon arising	with breakfast	mid morning	with lunch	mid afternoon	with dinner	before sleep	updates to program:

