

# Forrest Health Center

- Healing For Body, Mind & Spirit -

## BASIC TREATMENT GUIDELINES - OPTIMAL HEALTH FOR MEN

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

The following suggestions outline a healthy lifestyle essential to optimizing physical, mental, and spiritual health. While undergoing your specific treatment suggestions you will enhance metabolism through the digestive system, liver, kidneys, skin and lungs, and help the body eliminate wastes with minimal aggravation

*For your digestive tract...*

- Diet:** Follow the Paleo Diet dietary recommendations. CHEW your food well, 31 times per bite, and do not drink anything while eating. Eat fresh garlic as often as possible. Include at least one serving of either steamed or raw green vegetables a day. Paleo Diet Info at <http://www.forresthealth.com/store/home.php?cat=557>
- Add 1 –2 teaspoons of organic apple cider vinegar to 6 – 8 ounces of water and drink 10 – 15 minutes before each meal (optional – you may add ½ teaspoon of pure honey or maple syrup of desired).
- Total-Gest Digestive Enzymes** – 1 Capsule with meals.
- Add 2 tablespoons of *fresh ground* organic **flax, pumpkin, sesame, or sunflower seeds** to cereals, shakes, stir-fries, yogurt, or anything else you are eating. Seeds should be raw and not roasted or salted. Use a small coffee bean grinder available at Target for \$10-15.
- Probiotic Synergy** \_\_\_\_\_, \_\_\_\_\_ tsp/caps taken \_\_\_\_\_ times/day with meals. **Probiotic Synergy** should be stored in the refrigerator.
- ProOmega Fish Oil** – 2 Gels every day.
- intraMAX Multi:** 1 cap 1x/day taken with breakfast.

*For your kidneys...*

- Water:** Drink at least the equivalent of one-half your body weight in oz., \_\_\_\_\_ oz., about \_\_\_\_\_ glasses, of filtered water every day. We suggest you drink mostly water for the first 6 weeks of your treatment. You CAN include green drinks such as PaleoGreens, chlorella, spirulina, NanoGreenss, barley greens. (except green tea).
- Hydrotherapy:** End your shower with a cool water spray, starting with the extremities and finishing with the low back, for 15 – 30 seconds to return blood flow to your internal organs.
- ionCleanse Footbath:** Clears the body of unwanted toxins and takes the load off the kidneys. \_\_\_\_\_ sessions/wk.

*For your skin and lymphatic circulation...*

- Dry Skin Brushing:** To help stimulate lymphatic circulation, thoroughly brush all of your skin, using short, very light, frequent strokes toward the heart for 45 – 60 seconds. It is best to do this on dry skin BEFORE BED. Use a vegetable fiber brush, natural sponge, or loofah sponge.

*For your liver, lymphatic circulation and immune system...*

- Castor Oil Packs:** Refer to the castor oil pack handout for detailed instructions. Use the castor oil pack for \_\_\_\_\_ minutes each day. This treatment is essential to improve the function of your immune system. During the COP, you may include the following:
  - **Healing Visualization:** While in a relaxed environment, breathe in healing energy and direct it to the system or organ of concern. Exhale any waste or tension in the area. Picture your body in its optimal state of health and realize only YOU can achieve that level of well being.

