

Forrest Health Center

- Healing For Body, Mind & Spirit -

BASIC TREATMENT GUIDELINES - OPTIMAL HEALTH FOR WOMEN

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.
- Fresh ground* organic **flax or pumpkin** seeds to cereals, shakes, stir-fries, yogurt, or anything else you are eating. Seeds should be raw, not roasted or salted. Use small coffee bean grinder available at Target for \$10-15. Eat 2 TBS a day _____ Day 1 of menses through day 14, or _____ New moon to full moon (see Lunar Calendar).
- Fresh ground* organic **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. Eat 2 TBS a day _____ Day 15 of menses through day 28, or _____ full moon to new moon (see Lunar Calendar).
- Probiotic Synergy** _____, _____ tsp/caps taken _____ times/day with meals. **Probiotic Synergy** should be stored in the refrigerator.
- ProOmega EFA Gels/Cod Liver Oil:** Take _____ TBS/tsp _____ x/day _____ Day 1 of menses through day 14, or _____ new moon to full moon.
- GLA 240** (Black Currant Oil): _____ cap(s) _____ x/day _____ Days 15 through 28 of menses of full moon to new moon.
- 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, NanoGreens, 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.

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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.
 - **Music:** Any favorite relaxing CD while deep breathing.

For your lungs...

- Deep Breathing:** Do this in conjunction with the castor oil pack. Inhale deeply through the nose, fill your abdomen (not your shoulders), then purse your lips and exhale. Try to exhale as long as you can before inhaling again. Breathing may be done many times throughout the day. Try to do at least 100 breaths each day.

For Protection from EMF (Electro Magnetic Frequency Pollution...

- EarthCalm EMF Protection:** Reduce the EMF from AC currents, cell phones and microwave transmitters while allowing the body to ground to the Earth. <http://www.forresthealth.com/store/product.php?productid=17324>

For your overall physical, mental and spiritual health...

- Movement:** As another aid to circulation we recommend that you move your muscles daily. Walking, rebounding (mini trampoline), yoga, or qi gong are all excellent ideas. Aerobic activity and stretching are also very helpful.
- Sleep:** Try to go to bed at the same time every day and get up at the same time every day. Every hour of sleep before midnight is worth 2 hours after midnight. A good night's sleep will also improve your memory and help balance your hormone system. We recommend between 7 and 8 ½ hours of sleep EVERY night.
- Play:** Do something FUN every day. LAUGHTER is essential for stress management and a healthy heart.
- Take your temperature:** For 10 days in the month take your **noon** temperature before lunch. Low body temperature can be associated with some conditions including a weakened immune system & poor digestion.

Date	Date	Date	Date	Date
1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

TAKE AWAY FROM MEALS (at least 10-20 minutes):

___ **Unda #'s** _____, _____, _____, _____ : _____ drops of each _____ x/day.

___ **Aroma #** _____ : _____ drops _____ x/day in water or juice away from all other homeopathics.

___ **Gemmotherapy** _____ : _____ drops (_____ tsp) a.m., noon, p.m., add to a little water

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___ **Gammadyn** _____ : _____, a.m./p.m. **Gammadyn** _____ : _____, a.m./p.m.

___ **Organo** _____ : _____ drops _____ x/day **Organo** _____ : _____ drops _____ x/day

___ **Tissue Salt** _____ : _____ tab(s) _____ x/day **Tissue Salt** _____ : _____ tab(s) _____ x/day

PLEASE CALL AT ANY TIME IF YOU HAVE QUESTIONS ABOUT YOUR TREATMENT

SCHEDULE YOUR FOLLOW-UP APPOINTMENT FOR _____