



## Personalized Wellness Recommendation

Plan to Treating *CHRONIX*: An approach/guide/plan to treating *CHRONIX*/Chronic Inflammatory Disease As Needed

Patient \_\_\_\_\_

Date \_\_\_\_\_

**Intake Form:** Attached reference for Health Issues, Medical History, Surgical History, Family History, Social History, Medications/Supplements and Complaints/Symptoms

**Current Diet:** Healthy/Not Healthy/No Specific Diet

**Lab Results:** Attached

### Food Sensitivity Testing Results:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Other recommendations:

- \_\_\_\_\_
- \_\_\_\_\_

### Supplements, Vitamins & Injection or IV Nutrition:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Lifestyle Modification:**

- Live your life with a purpose
- Prepare your own meal
- Avoid sugary foods
- Improve your posture
- Carry water and drink enough water
- Have a coloured diet
- Practice dental hygiene
- Pick an exercise you love
- Exercise all muscle groups
- Improve your eating habits
- Change your diet (read labels)
- Get sufficient sleep
- Take a deep breathe
- Get out more often
- Hang out with healthy people
- Choose the right friends
- Quit smoking
- Cut out aerated and caffeine rich drinks
- Don't drink alcohol
- Try something new
- Turn on a session of MindPT
- **Slow deep rhythmic breathing**
- **Humming ("OM" sound)**
- **Washing face with cold water**
- **Meditation**
- **Adequate sleep and rest**
- **Stress relief**
- **Exercise and/or yoga**
- **Listen to music (liquid mind)**
- **Practice forgiveness**
- **Nature walk**
- **Practice earthing**
- **Reduce exposure to electromagnetic fields**
- **Avoid environmental toxins and pollutants**

**Follow Up Food Sensitivity Testing:**

- Recheck abnormal lab results in 3 to 6 months
- \_\_\_\_\_
- \_\_\_\_\_

**Other Recommendations:**

- \_\_\_\_\_
- \_\_\_\_\_

Reviewed by: \_\_\_\_\_