

Beginning Date:

My 90 Day Wellness Plan: Today is a New Beginning of Wellness



“Philosophy of Regeneration”

Give the body **ENOUGH**, of the **RIGHT KINDS**, of **WHOLE FOODS** so the body can gain and maintain excellent health:

“Nourish + Balance + Cleanse” = Restored Balance vs. treating symptoms, disease and deficiencies.

A. My Top Challenges:

10's:

9's:

8's:

B. Corresponding Systems out of Balance:

C. On Medication:

Name:

For:

How long:

D. Restore the Body Balance:

Nourish: Balance: Cleanse

E. Extra Nourishment Suggested:

F. Next Appointment:

G. Encouragement: :