

Evaluations and Recommendations

NAME patient 5 DATE _____ FILE _____

	Questions	Verbal	Dietary	Therapies	COMMENTS
UPPER GI	⊖				
LOWER GI	⊖				
LIVER	⊖				
KIDNEYS	-				
LOWER URINARY					
REPRODUCTIVE	mixed				
RESPIRATORY					
CARDIOVASC.					
LYMPH SYSTEM	-				
IMMUNOLOGIC					
SKIN					
MUCOSA	⊖				
MUSC/SKLT					
CENTRAL NERV.					
SYMPATHETIC					
PARASYMPATH.					
ADREN. STRESS		✓⊕			self manipulation to pay bills
ANABOL. STRESS					
THYROID STRESS					

INITIAL RECOMMENDATIONS

DATE _____

DIETARY RECOMMENDATIONS

lemon Balm } antiviral/
 Hyssop } Sedative
 Rosemary }

OTHER RECOMMENDATIONS

Centella: strengthen skin
 & connective tissue

Comfrey leaf

Calendula: Stimulate
 regeneration of
 connective tissue

BOTANICAL FORM DOSES TIMES

Angelica

15

Menyanthes

5 drops

Rumex

15 drops

Iris

5 drops

lemon Balm

tincture
 20 drops

Rhodiola

tincture

formula:
 60 drops 3x/day

30 drops 2x/day

SELF MONITORING PARAMETERS