

DOB: _____

PATIENT'S NAME:

PHONE:

DATE:

ITEM	BREAKFAST			MID	LUNCH			MID	DINNER			MID	H/S NIGHT
	PRE	MID	POST		PRE	MID	POST		PRE	MID	POST		
1.													
2.													
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20.													

COMMENTS: Do not take supplements with milk. Do not use mineral sources from carbonate nor oxides. Multi-transport minerals are best. See reverse side for comments relative to you specifically.

- ❑ Lead competes with calcium for receptor sites.
- ❑ Multi vitamin/mineral sources should not be from carbonates nor oxides.
- ❑ Several minerals are low including calcium and magnesium. Colloidal minerals are not advised. These contain heavy metal toxins.
- ❑ Unless anemic, you should not use iron or copper.
- ❑ Sulfur levels reflect inadequate replacement of sulfur amino acids. Patients who have had this nutritional state for some time develop chemical sensitivities related to complex chemicals called xenobiotics. Dietary sources must be replaced on a daily basis.
 - ❑ avoid substances such as tobacco smoke, char-boiled meats, foods exposed directly to natural gas.
- ❑ Vitamin B-12, B complex and folic acid injections are recommended for pain syndromes, insufficient stomach acid conditions, nerve and stress conditions.
- ❑ Magnesium and zinc are required to activate (approx. 300/200 respectively) enzyme functions in the body.