



Infertility											2
Intestinal gas or bloating	2	1	1								
Itchy nose and ears				1						1	
Joint pain, arthritis or gout					1				2		
Leg cramps or pains					1				2		
Less than 1 bowel elimination per day		1	2								
Loose stool or diarrhea		1	2								
Loss of appetite or poor appetite	2						1	1			
Loss of sexual desire											2
Menopause Problems (Females only)											3
Menstrual problems (females only)							1				3
Mental/emotional stress							2	2			1
Migraine headaches		2				1	2				
Muddled thinking, confusion or mental sluggishness			1				1	2			1
Osteoporosis					1				2		2
Pale complexion and/or anemia	1					1				1	
Prostate problems (males only)											3
Restless dreams or nightmares			1				1	1			1
Scant or excessive urination					2						
Sinus congestion			1	2						1	
Sinus headaches			1	2							
Skin problems (acne, rashes, etc.)		2			1				2	1	2
Stiff, aching or painful muscles		1	1		1				2	1	
Swollen lymph glands		1		2						2	
Ulcers	2										
Underweight or unable to gain weight	2							1			
Urinating at night					1		1	1			
Varicose veins		1				2			1		
Waking up frequently at night							1	1			
Water retention or edema					2						
Weak legs, knees or ankles					1				2		1
Wheezing or shortness of breath				2							
Wounds won't heal in extremities						1			2		
<b>TOTALS FOR SIDE TWO</b>											
<b>TOTALS FOR SIDE ONE</b>											
<b>Grand Totals</b>											
<b>Body Systems</b>	Digestive	Hepatic	Intestinal	Respiratory	Urinary	Circulation	Nerves	Glandular	Structural	Immune	Reproductive

# ABC+D Nutritional Program Worksheet

Prepared for \_\_\_\_\_ Date \_\_\_\_\_

## A – Activate

Homeopathic Remedy \_\_\_\_\_ Times Daily \_\_\_\_\_

Essential Oil Remedy \_\_\_\_\_ Times Daily \_\_\_\_\_

\_\_\_\_\_ Times Daily \_\_\_\_\_

Notes:

## B - Build

Enzyme Supplement \_\_\_\_\_ Times Daily \_\_\_\_\_

Mineral Supplement \_\_\_\_\_ Times Daily \_\_\_\_\_

Probiotic Supplement \_\_\_\_\_ Times Daily \_\_\_\_\_

\_\_\_\_\_ Times Daily \_\_\_\_\_

Notes:

## C – Cleanse

Fiber Product \_\_\_\_\_ Times Daily \_\_\_\_\_

Cleansing Program \_\_\_\_\_ for \_\_\_\_\_ Weeks \_\_\_\_\_

\_\_\_\_\_ Times Daily \_\_\_\_\_

Notes:

## D – Direct Aid

\_\_\_\_\_ Times Daily \_\_\_\_\_

\_\_\_\_\_ Times Daily \_\_\_\_\_

\_\_\_\_\_ Times Daily \_\_\_\_\_

Notes:

## Other Instructions: