



Name _____

DOB _____

DOS _____

PRECISION MEDICINE HERE PLAN FOR RECOVERY

*For informational purposes only

1 SPIRITUAL AND MENTAL WELL-BEING GOD / HOLY SPIRIT / SPIRITUAL PRACTICES

- ☐ RLT (RED LIGHT)
- ☐ NEGATIVE IONS
- ☐ PYROENERGEN
- ☐ MAGNETS
- ☐ INFRARED SAUNA
- ☐ RADIOSTONES
- ☐ _____
- ☐ _____

2 OXYGEN DELIVERY

- ☐ MASSAGE
- ☐ VIBRATION
- ☐ OXYGEN COCKTAIL
- ☐ HBO
- ☐ _____
- ☐ _____

3 HORMONAL BALANCE

- ☐ THYROID SUPPORT (ARMTHROID)
- ☐ ADRENALINE SUPPORT (HYDROCORTISONE)
- ☐ TESTOSTERONE
- ☐ ESTROGEN
- ☐ VITAMIN D3
- ☐ _____
- ☐ _____

4 NUTRITION / WATER / HOMEOSTASIS

- ☐ DMSO
- ☐ VITAMIN C (HIGH DOSE)
- ☐ BROCCOLI SPROUTS
- ☐ MEAT OK
- ☐ GLUTEN-FREE DIET
- ☐ BONE BROTH
- ☐ DEESEA WATER
- ☐ FLAXSEED OIL
- ☐ IV VITAMINS
- ☐ IV MICROELEMENTS
- ☐ _____
- ☐ _____

5 INFECTIONS AND TOXINS

- ☐ O3 (OZONE THERAPY)
- ☐ FOOT/FULL BATH EPSOM SALT
- ☐ OZONATED WATER
- ☐ OZONATED DEESEA WATER
- ☐ OZONATED GLYCERIN
- ☐ COLOIDAL SILVER
- ☐ METHYLENE BLUE / THIO
- ☐ IODINE
- ☐ IVERMECTIN
- ☐ RAPAMYCIN
- ☐ PROPOLIS
- ☐ CAYENNE
- ☐ SWEDISH BITTERS (SMALL)
- ☐ COLONIC
- ☐ _____



☐ NAD+

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