**Welcome to Dr. Fulmes Practice Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**POST VISIT INSTRUCTIONS**

* Saccharomyces boulardii (or Florastor)
* Lactobacillus
* No refined sugar
* No fried food
* More fruits and vegetables
* 3 apples a day
* Less meat
* Drink more water
* Suppositories Diltiazem, Preparation H
* Flaxseeds-grounded 1-2 tablespoons
* Flaxseed oil (Barlean’s) - 1 tablespoon with cereal or salad, etc.
* Intermittent fasting (One day a week no food only water)
* 1st meal late
* Saw palmetto (Urinozinc), Prostate Revive, etc.
* Anascope with dilation, Incision and drainage of Abscess Kenalog injection, rubber banding of hemorrhoids, Excision of external hemorrhoids and might experience
* Some pain and bleeding expected. For pain you can take Tylenol or Motrin
* Sitz Bath with warm salty water (3%) for 10-15 min twice a day (approximately one glass of table salt for 2 gallons of water)
* One tea spoon of apple cider vinegar add to glass of warm water and one tablespoon of honey (drink at night)
* In order to buy pack of Organic Probiotic Shots, please visit website: www.[doctorsbiome.com](http://doctorsbiome.com/) 🡺“Shop” Tab🡺“Referred by a Doctor? Click Here” then add your Coupon Code: FULMES24 at Checkout and you will get a Discount Price.

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**BLOOD TESTS**

* CRP
* Ferritin
* Homocysteine
* Vitamin C level
* Vitamin D level
* CMP, CBC, G6P, Mg
* Hb A1C
* Cortisol Level

 **CEREAL TO START YOUR DAY**

**INGREDIENTS:**

* Oatmeal 3-8 tablespoons
* Raisins 1 tablespoon
* Flaxseeds ¾ tablespoon
* Cacao nibs 1 tablespoon
* Cinnamon (if you want to lose weight) 1 ½ teaspoon (not from China)
* Flaxseed oil (Barlean’s, keep refrigerated when open) 1-2 tablespoons
* Walnuts 1 handful
* Berries 1 handful
* Honey 1-2 tablespoons

**INSTRUCTIONS:**

1. Mix the oats and raisins with boiling water in ceramic pot, and let it sit for 15 min covered with towel.
2. Grind flax seeds, cacao nibs and cinnamon in coffee grinder and mix with oats.
3. Mix the oatmeal with walnuts, berries, flax oil and honey.



**PRODUCTS**

* **Dr. Fulmes suppositories**
* **Dr. Fulmes Reset (2-4 capsules at night)**
* **Dr. Fulmes Ointment**
* Vitamin C 1000mg 3-4 times a day
* Vitamin D3 once a day
* Vitamin K2 once a day
* Mg glycinate 400 mg once a day
* Flaxseed oil (Barlean’s)
* Digest Basic 90 caps (Enzymedica)
* Digest Basic 30 caps (Enzymedica)
* NAC
* Super Aloe
* DGL
* SBI
* Probiotic
* MycoActive
* Ortho Digestzyme
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**TESTS:**

Manometry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stool Test \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SURGERY DESCRIPTION**

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**\*To schedule surgery or colonoscopy, ask Asya (Monday-Tuesday-Thursday)**

**NEXT F\U:**

2- 3 weeks \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4 weeks\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3 months\_\_\_\_\_\_\_\_\_\_\_\_\_

Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**F\U INNA ZELTSER:**