

DR. SIEGFRIED'S RECOMMENDATIONS

"Based on over 30 years of clinical & personal experience"

Patient: _____ **Date:** _____

Clinic Treatment Plan: _____

Home Care:

WATER:

Spring water: Chrystal Geysor or Earth2o

ICE:

SUPPLEMENTS:

Raw, organic, Non-GMO'D whole food concentrates are best to feed your body and help your body heal faster. Ask for the free articles on Food vs. Vitamins, Natural vs. Synthetic, Foods that Help, Foods That Heal. There Is A Difference.

_ **Blue Ice X-Factor Cod Liver Oil (GP) / Springgreen Cod Liver Oil (SG)**

Fat Soluble Vitamins A, E, D. Bones & Joints Support.

Mind & Body. *Follow bottle Rx*

_ **Calphonite (SG) / CalMag Balance (NP) Ionizable Calcium/Other**

Follow bottle Rx

_ **Inflaplex (NP) Inflammation.**

Follow bottle Rx

_ **ProMin (NP) Whole Food Raw Bone Meal Amino Acids.**

Follow bottle Rx

_ **Springgreen #30 (SG) / Sea Vegetables (MCSV) / Green Nutrients (NP) / Mintran (SP), Super Greens (NP) Whole Food Minerals. *Follow bottle Rx***

_ **Whole Food Multiple (NP) Multiple.**

Follow bottle Rx

_ **Wheat Germ Oil/Flax Oil (SG) / Wheat Germ Oil (NP) Fat Soluble Whole Food**

Vitamin E/Omegas. *Follow bottle Rx*

_ **Other:**

_ **Women Only: Femplex (NP)**

_ **Men Only: Male Support (NP)**

(NP) = Nutriplex Formulas (SG) = Springgreen (GP) = Green Pastures

(MCSV) = Main Coast Sea Vegetables

DIET:

- Avoid the "White Plague": white flour, white sugar, pasteurized milk, GMO'D & commercially processed foods etc. Eat raw, organic, non-gmo'd foods whenever possible.
Read: Acres USA magazine (only \$25 per year);
Nutrition & Physical Degeneration (www.ppnf.com); watch their 2 DVD's. (Join for only \$100 per year.)
Read Ragland Test Paper and fill out Symptom Survey Form online.
- Use sea salt liberally (Celtic Brand/Real Salt Brand)

FOOD BUYING GROUPS:

- Abundant Life Farm, Kookolan Farm, Thundering Hooves.

STORES:

- Harvest Fresh, Roths, New Seasons, Whole Foods, Trader Joe's, People's Co-op.

TRACTION: On Your Back

- Hang head over edge of bed backwards 5 -10 minutes at a time
- Neck pillow or Towel under neck 20 minutes at a time
- Low back pillow/towel under back 20 minutes at a time
- Feet up on chair 20 minutes at a time
- Back arch or TRU back; mid thoracic stretch with an orthopedic cushion or towel
- Slant Board (ask for a free flyer) 20 minutes at a time
- Blocks under foot of bed 2-4"
- Yoga Exercises (ask for free flyer)
- Back Revolution Inversion / Orthopod / Spinal Decompressor
- Hang from chin up bar by arms / plus knees bent with feet on a chair
- Sit square on the floor whenever possible

EXERCISE:

- Walk, swim, bicycle, mini trampoline (reboundology.com or buy one at Big Five, Bi-Mart)
- Superfeet arch supports (Soul Mates on 3rd Street in McMinnville)
- Wood chopping, Rock & Roll, Twisters/twister board.

MENTAL:

- Relax & visualize health 15 minutes a day.
- Deep breathing 100 at a time through mouth/diaphragm before sleeping.

OTHER:

- Balance ball chair for sitting at desk/computer
- Fitter first sitting cushion (13"size) fitterfeet.com
- Symptom Survey Form: See my website: Nutrition / Symptom Survey Form
- Ragland Test for Adrenal Gland Insufficiency: See my website: Nutrition / Ragland Test

*Any questions?
Please ask Dr. Siegfried or the staff.
We are here to help you get well and
we appreciate your referrals of friends and family.*