Jeannie Connor

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Monday, 03/26/2018

\*NEW PASSWORD: cheikin.com/patient user "optimal" password "health18"

IMPRESSION

Holding steady, feeling improved but labs suggest malabsorption, gut.

ACTION PLAN: SEPARATE DIFFERENT NUMBERS BY 3-4 DAYS (F=Future)

STEP ACTION

1a Supp list revised and updated .

1b Get copy of US .

1c Vit C calibration .

1d Add a multi-B, need B2, B5 .

1e Increase B12 shots elevated MCV.

FOLLOW-UP PURPOSE

8 wks response, strategize next step

PHARMACEUTICAL SCHEDULE REVISED BB BR LU DI SL NOTE

Singulair

NUTRICEUTICALS Size BB BR LU DI SL NOTE

1 Arthrosoothe complex\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Betaine Hcl 648MG\_\_\_\_\_|\_\_\_\_\_\_|2-4\_\_\_|2-4\_\_\_|3-5\_\_\_|\_\_\_\_\_\_|

Cheik-I-Dine 150ug/d\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|

Evening Prim 500mg\_\_\_\_\_|\_\_\_\_\_\_|1>2\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Glutamine 20 4 gm\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Glycine Powd 4000mg\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Lithium Orot 4.8mg\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Mag Glycinat 100mg\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Magnesium Gl 100mg\_\_\_\_\_|\_\_\_\_\_\_|2\_\_\_\_\_|\_\_\_\_\_\_|2\_\_\_\_\_|2\_\_\_\_\_|

Manganese Ch 16.7\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Melatonin 0.5 mg\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|1-6\_\_\_|2 nights/wk

Minerals, Sp \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|

Niacin 100tab\_\_\_\_|\_\_\_\_\_\_|2\_\_\_\_\_|2\_\_\_\_\_|2\_\_\_\_\_|2\_\_\_\_\_|

O3=ResQ EPA/ 750mg\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|

a O6=evenng Pr 500mg\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Panzyme complex\_\_\_|\_\_\_\_\_\_|2-3\_\_\_|2-5\_\_\_|2-5\_\_\_|\_\_\_\_\_\_|"optimize"

a Potassium Ci 99MG\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Ther-Biotic 25B\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Ultra Genes multi\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|1\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|can move to B&D

Vit A Retiny 10,000\_\_\_\_|\_\_\_\_\_\_|2\_\_\_\_\_|\_\_\_\_\_\_|2\_\_\_\_\_|\_\_\_\_\_\_|

Vit C 1000mg 1000MG\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Vit C Cryst 1 tsp\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Vit C-1000 C 1000MG\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

Vit D W K 2000 iu\_\_\_|\_\_\_\_\_\_|2\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|

Zinc Picolin 50mg\_\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|1\_\_\_\_\_|\_\_\_\_\_\_|

y Nettle \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y Elderberry \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y Quercetin \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y Bromelain \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y Lysine \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y Turmerci \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y Gaim Adrenal \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

y B6 \_\_\_\_\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|\_\_\_\_\_\_|

NUTRICEUTICAL/PHARMACEUTICAL LEGEND--USED ON GRID ABOVE

><=slowly change|a=add |d=decreas|f=future |o=optimize|t=test |z=see note

-=range |b=before|f=future |i=increas|p=prn |x=alt |BB=Before Brk

|c=contin|H=Half |n=new |r=restart |y=yours|BR=Breakfast

I have reviewed the above, understand my responsibilities, and have received a copy.

Pt init \_\_\_\_\_\_\_ Staff init \_\_\_\_\_\_\_\_ Printed 03/26/18 12:18:06 PM