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