

DIETARY CALENDAR

___/___/___ TO ___/___/___

Note how you feel each day & how food affects your pH

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 ST /2 ND means 1 ST /2 ND urines of day URINE pH	1 ST /2 ND means 1 ST /2 ND urines of day URINE pH	1 ST /2 ND means 1 ST /2 ND urines of day URINE pH	1 ST /2 ND means 1 ST /2 ND urines of day URINE pH	1 ST /2 ND means 1 ST /2 ND urines of day URINE pH	1 ST /2 ND means 1 ST /2 ND urines of day URINE pH	1 ST /2 ND means 1 ST /2 ND urines of day URINE pH
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SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH	SALIVA pH
BM (Bowel Movements)	BM (Bowel Movements)	BM (Bowel Movements)	BM (Bowel Movements)	BM (Bowel Movements)	BM (Bowel Movements)	BM (Bowel Movements)
FOOD/BEVERAGE INTAKE	FOOD/BEVERAGE INTAKE	FOOD/BEVERAGE INTAKE	FOOD/BEVERAGE INTAKE	FOOD/BEVERAGE INTAKE	FOOD/BEVERAGE INTAKE	FOOD/BEVERAGE INTAKE
SUPPLEMENTS	SUPPLEMENTS	SUPPLEMENTS	SUPPLEMENTS	SUPPLEMENTS	SUPPLEMENTS	SUPPLEMENTS
★ MOST IMPORTANT: HOW MUCH WATER <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	WATER (16 oz) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	WATER (16 oz) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	WATER (16 oz) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	WATER (16 oz) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	WATER (16 oz) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	WATER (16 oz) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

Name _____ Date ____/____/2011

LYMPHATIC

Skin Brush • Deep Breathe (10 min/day)
Rebounder • Dance • Yoga • Exercise
Herbal Teas • Massage • Walking
Herbal Formulas

OILS (use several good fats/oils in combo)

Coconut • Olive • Flaxseed • Hempseed
Pumpkin Seed Oil (Butter) Chia Seeds
Primrose • Fish Oil **(3-5tbs/day)**

PROBIOTICS-(Friendly Bacteria)

There are several good brands and combinations, so I recommend using 1-3 or more in combo... you cannot do too many because most of us need to support the proper flora balance here

SUPERFOODS

Green Powdered SUPERFOODS • Chia seed
Bee Pollen • Bee Propolis
Cacao • Goji Berries • Kamu Berry • Maca

OTHER

Fresh Young Coconuts & Coconut Water
MSM powder (muscle & joint pain relief)
Clay • ZEOLITE (Powerful DETOXifiers)
ConcenTrace Mineral Drops
Liver Cleanse Formula
Candida Formula
Herbal Bowel/Colon Cleanser
Oxy Mag (powerful bowel/colon cleanser)
Shower Filter (chlorine & fluoride filter)

ENZYMES-Digestive Boosters

Hi-Zimes

ALKALIZING / HYDRATING

Alkaline Booster • Alka Vision Drops
INFINITE GREENS Grass JUICE powder
Celtic Sea-salt • Real or Himalayan Salt
Microhydrins (powder or capsules)
pH test paper
pH test drops for water (liquids) testing

ANTI-FUNGAL/MACROBIAL

Coconut Oil (Butter) • Herbal Formulas
Oregano Oil • Propolis • Cloves • Ginger

ANTIOXIDANTS

Antioxidant Vitamin-Mineral Complex
Vitamin C - Camu Berry
Vitamin C Complex
Tocotrienols, Vitamin E

ACID/ALKALINE BOOKS (By Dr. Young)

- pH Miracle for Weight Loss 1)
- pH Miracle / pH Miracle for Diabetes 2)
- Sick & Tired, Reclaim your Terrain 3)
- Back to the House of Health I & II

More BOOKS:

- SUGARSHOCK by Connie Bennett
- SUGAR BLUES by William Dufty
- RAWSOME by Brigitte Mars
- THE CHINA STUDY by Colin Campbell
- RAW FOODS BIBLE by Craig Sommers
- RAVOLUTION by Matt Amsden
- DVDs** - EATING • FOOD MATTERS • FRESH

Water Ionizer(high pH water filter)

Disclaimer:
These recommendations are not meant to diagnose, treat or cure any disease or ailment. They are non-medical approaches which have not been proven or approved by the FDA.
No claims are being made by their use.

SUPER-HYDRATE by drinking 1 liter of water for every 30 lbs of body weight each day with water that is "structured" with pH drops and green superfoods, (minimum use a fresh lemon wedge or a pinch of salt to electrolyte the water and give it electrical conductivity)
BETTER bottled waters are: ESSENTIA, FIJI, EVA-MOR, VITTEL, MT. VALLEY, ZEPHYRHILLS
Poland Spring and most bottled water is acidic and not a good water for acid/alkaline balance unless pH drops or other alkalizing salts are being used

CHEW-CHEW-CHEW your food... the easiest and most inexpensive way to good health
and do not drink much during meals as the drinking will dilute the digestive activity

OTHER Recommendations:

- _____ 1)
- _____ 2)
- _____ 3)
- _____
- _____

Suggested follow-up visit:

- 1 month 2 months 3 months
- 4 months 6 months

Scheduled Date ____/____/____

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