



## Prescription Summary

Patient Name:

Date:

Upon Waking: try to wake same time (1 hr +/-) daily	
1. breathwork/meditation/relaxation exercise/PMR (5-30 mins)	3. UNDA #'s: (away from food)
2. exercise/stretching (10-60 mins)	4. Botanical:

With Breakfast: Sit down, relax, and enjoy a good breakfast with fruit, fibre, whole grains and a little protein. Take the following after a few bites of food.	
1. Multivitamin:	4.
2. Fish Oil:	5.
3. Probiotic:	6.

Between Breakfast and Lunch: have a snack with fibre & a little fat and protein.	
1.	2.

With Lunch: Don't skip lunch! And make time for at least a short, quiet break.	
1. breathwork	3.
2. consider a short walk or some stretching before lunch	4.

Between Lunch and Dinner: have a snack with fibre & a little fat and protein.	
1. Unda #'s (2 <sup>nd</sup> dose):	2.

With Dinner: End your day with a nutritious home cooked meal. Take time to enjoy & appreciate the food. Don't eat too late or have too heavy a meal before bed. Give yourself 2-3 hours to digest before bed.	
1.	3.
2.	4.

Before Bedtime: Create a bedtime routine to ease into sleep.	
1. Unda #'s (3 <sup>rd</sup> dose):	2. breathwork/meditation/relaxation exercise/PMR (5-30 mins)