NAME: ______________________

DATE: ______________________

MY BODY ORGANIC
Sharlene Peterson, HHP, MH
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Office Hours: 9:00am – 5:00pm
Tuesday, Wednesday, and Friday

SPECIAL INSTRUCTIONS:
Drink at least six to eight 8-ounce glasses of water per day.

HO: Homeopathic formula: Whack the bottle 3-4 times against the palm of your hand and then put the recommended amount of drops under your tongue and hold for 30 seconds before swallowing. Do not eat, drink, or brush your teeth for at least 10 minutes before or after taking a dose. If you have more than one homeopathic wait 1 minutes in between them.

Liquid Herbs may be mixed together and added to any liquid (except hot) and they may be taken with food and other supplements.

Re-evaluation Date: ______________________

Product/Supplement	When Arising	Breakfast	Lunch	Dinner	Before Bed	# of Bottles