



When completing the Treatment Tracker, use the following DOs and DON'Ts:

- DO – be specific, note “% of Normal” (optimal/healthy being 100%)
- DON'T – say “all meds in chart”; in our experience we catch important mistakes at this stage and it is important to us that you are able to explain your treatment schedule as well as contents. It will get easier ☺
- DO – If you organize your treatment schedule in a different format, feel free to attach that without re-writing it. We are happy to see you are self-organized ☺
- DON'T - write “all”, “none”, “same” under your symptom tracker. With all of our patients being complex and unique, the finer details of your health are requested to be described & discussed during each visit. If nothing is better/worse/different, please list Top Three Symptom Concerns *very specifically*.
- DO- be specific about any itchy skin patches, or rashes. Raised or Flat? Itchy or Not? Location? Duration? During which treatment (what recently changed?) For women, was it during menses, or not? What helped? Any other associated physical symptoms?
- DON'T – assume we know the contents of supplement brands we do not carry
- DO- ask for a copy of our Symptom/Treatment Tracker for your next visit, or download it from our website ☺

***Example 2-Page Treatment Tracker, by Patient X:***

Name: Patient X

Apt Date: October 29, 2017

Treatment Tracker

Ongoing Meds/ Supplements/ Genomics Supports

<u>Treatment &amp; Dose</u>	<u>Frequency</u>	<u>Genomics?</u>
Active B vitamins	1 daily	
Liposomal MethylB12 (genomics)	1 spray/day	yes
Nystatin 2 tab	TID with food	
ProBioMax 350	1 daily	
Florastor 1-3 caps	as needed, loose stool	
MonoPure 1300	1 daily	
Vitamin D 5000	1 daily	yes
Caprin 2 caps	1-2 x daily with food	
Liposomal Glutathione 2-4 caps	as needed, Herxing	
<u>Other:</u> NeuroActive Support, see ingredients attached	2 caps daily in AM (fr naturopath)	

Treatment (Symptom) Tracker

	Pulse A	Pulse B
<b>Meds (Rx)</b>	Tetracycline TID Clindamycin TID Plaquenil BID	Ceftin QD Biaxin BID Rifampin BID
<b>Supplements (that change)</b>	Serrapeptase – <i>up to 2 caps BID</i> A-Bart BID – <i>up to 8 drops BID</i>	Bolouke – <i>up to 1 cap BID</i> A-Bab - <i>up to 26 drops BID</i> A- Myco - <i>up to 30 drops BID</i>
Symptoms that are <b>BETTER/ IMPROVED</b> (include % or range)	- <i>energy improved up to 70-85% of normal</i> - <i>less brain fog (85% normal, up fr 60% at best, more good days)</i> - <i>less joint pain, varies (left knee)</i>	- <i>Right-sided rib/stomach pain much better</i> - <i>Left knee pain 85-90% better</i> - <i>Cough is gone</i>
Symptoms that are <b>WORSE</b> (include % or range)	- <i>initially my morning headache was more intense (called office, was helped by taking Liposomal Glutathione, soon stopped)</i>	-- <b>NIGHT SWEATS RETURNED!</b> x6 days -- <b>+++back pain.</b> Continue taking Liposomal Glutathione
Symptoms that are <b>NEW</b>	- <i>watery diarrhea + low abdomen cramping 10/12/17 x 2 d, called office, restricted carbs/ sugars better, took Florastor as directed, resolved in 2 days (did not take the Flagyl Rx that was called in)</i>  ? <i>bone pain left shin, worse at night, after A-Bart only, sharp, 6/10; kept dose steady</i>	- <i>n/a</i>
<b>Please report any rashes / itchy areas &amp; when they occurred</b>	- <i>No rashes but +++ itchy on left inner— thigh x2 days, helped with Epsom Salt bath</i>	- <i>3 days after starting Bolouke (2d before period) had +++itchy raised bumps behind left knee, 1d of worsening (throbbing) pain on left side of left knee, seemed swollen (I have pics)</i>

Top Three symptom concerns for today’s visit (required):

- |  |  |   |
|--|--|---|
| <p><b>1. Headaches -sinus area</b></p> | <p><b>2. Weightloss - still not losing much weight</b></p> | <p><b>3. Energy – still very varied</b></p> |
|--|--|---|