



Strategy Session Intake Form

We look forward to meeting with you to review your health history and habits. During our consultation we will use this information to identify your health challenges and goals and strategize some immediate action steps, as well as long-term options for guiding you on your journey to create vibrant health.

Please take a few minutes to thoughtfully answer the following questions so as to acquaint us with the symptoms and health issues that have prompted you to seek help. Be as thorough as possible in answering the questions and if there is something that you're not sure about, write unsure and we can explore it together during our session.

Name					Date	1-28-2016			
Age	53	Date of Birth	08-19-1962	Height	5'4"	Weight	117		
Occupation	Health coach			Employer	Self-employed				
E-Mail Address	trichard@ndsupernet.com								
Street Address	14706 95 th Street SW		City	Bowman		State	ND	ZIP	58623
Phone Home	701-574-3152	Mobile	701-440-1518		Work		Fax		
Marital Status	Married		Partner's Name	Myles Richard					
If you have children, what are their names and ages?			Nicole (34), Kristina (32), Jessica (31), Andrea (18), Austin (15)						
In Case of EMERGENCY Notify		Myles Richard			Phone	701-574-3152			

- 1. Please describe in as much detail as possible your reasons for setting up this appointment. If specific health challenges prompted you, provide as much detail as possible.**

I can't digest fat (bone broth, butter, nuts/seeds). I have done everything under the sun and I'm just not digesting fat. I feel like because I'm not digesting fats, that is clogging up my Liver/GB and it's creating all this other stuff. I've been told that my detox pathways aren't working optimally and I think it's all related. Every time I go see my naturopath, she says I'm low on my healthy fats.



2. What are your top 5 health concerns, in priority order?

- 1 – Clear Gall Bladder/Liver - so I can digest fats properly
- 2 – Adrenals – improve my ability to cope with stress
- 3 – Improve/heal detox pathways – I have a methylation issue and I do not detox very well, as per my MD
- 4 – Kidney weakness – I continually deal with kidney infections ever since I got a staph infection when I had my son. This has really improved in last 6 months, but when I do a cleanse/detox I notice it in my kidneys
- 5 – Thyroid Imbalance – energy levels are low on some days

3. On a scale of 0-10, how important is it for you to get these health concerns solved?

10

4. What are your top 3 health goals? Please CIRCLE/MARK your top priority.

Heal my detox pathways – so that I can digest my foods, my liver can detox and hopefully I won't be so sensitive to everything

To regain my energy and be able to exercise regularly

Emotional balance – to disengage stress response, deep issues from childhood

Healing my detox pathways is my #1 health goal

5. What interventions have you taken, to date, to address your health concerns?

Please describe in as much detail as possible, including treatments, programs, diets, supplements, drugs, surgery or other interventions. Provide information on the effectiveness of these and the ones you continue to do.

I have tried just about everything. I've done GB cleanse, green juicing, enemas, essential oils, homeopathy, energy work, etc. I try to do everything in food first then take supplements next.

I've been following the Weston Price Foundation/Diet for the past 15 years. I've been following Body Ecology with Donna Gates for 15 years. I did her protocol at one time, before the GAPS diet. I did diet, coconut water kefir for almost 2 years. I think I did it too long. I followed Dr. Natasha McBride's SCD diet and realized I couldn't digest fats by eating the bone broth. She has you do a probiotic (BioCult) protocol, which I did



okay with. She recommended that I do sauerkraut along with sachromyces boulardi, and it worked great for me for awhile. At that time I was living my the house with radon.

I also worked Dr. Brownstein, who diagnosed me with Hashimotos. He helped me get on Iodine. He took me off nightshades, gluten and other inflammatory foods. He put me on Armor thyroid. He was the first to address my Thyroid issue. During this time, I started eating organic foods, raw milk, and working at an organic farm.

I have been working with Summer Bock and have done her Probiotic Cleanse regimen and Gut Rebuilding Program. She helped me determine that I have a histamine issue, and I have been working with her since April 2015 and I'm noticing a difference. The Probiotic Cleanse made a huge difference with my brain fog, emotional healing, and energy levels. I am very in-tune with my body and know immediately when I've been exposed to something. Working with her and doing her protocols has decreased my reaction episodes (headaches, runny nose, fever, eyes/nose itchiness).

I have been giving myself coffee enemas for 4 years. For past 6-8 months, I've been doing coffee enemas and 2-qt sea salt enemas and also incorporating essential oils in with the enemas. I did this while doing detox work and I believe it has really helped to clear the Kidney/Bladder issues I've had. I also use K&B Tincture as needed. I've had these issues all my life with Kidney/Bladder, not being able to take a bath or go swimming since I was a teenager. I'm afraid to try either, even now.

I started using Activation products 6 months ago (Phytoplankton, Magnesium spray, Coriander Seed Oil, Flax oil) on and off. My body seems to really like these products. My body absolutely loves essential oils. I continue to use them as needed. Once I discovered I had the histamine issue I backed off of them. The histamine issue hasn't gone completely away but it has been significantly reduced by doing the Probiotic Cleanse.

- 6. If you are currently under the care of any health care practitioners, please indicate what type of practitioner and for what purpose. Write NONE if you are not currently seeing any health practitioners.**

Naturopath – to muscle test supplements and move forward in my health goals

Chiropractor – 1x/month – to align my jaw and body

Core Synch practitioner (energy work) – to balance my body and de-stress

MD – as needed, to get testing done so I can get B12 shots and Nature-throid



7. List the top five priorities in your life. That is, what five things do you value above all else?

- 1 – Family
- 2 – Health
- 3 – Friends
- 4 – Animals I care for
- 5 - Gardening

8. What habits do you currently have that positively influence your health?

Organic foods, juicing, enemas, sauna, raise my own food, sleep

9. What habits do you currently have that negatively influence your health?

Doing too much, not getting enough “me” time

10. On a scale of 0 to 10, rate your average stress level.

5-6 most of the time

11. What are the major stressors in your life?

Having to do everything myself; my family doesn't help me much

My husband – spending money, especially on trying to figure out my health issues and to buy the things I need because I'm so sensitive

My kids – they are teenagers, need I say more?

12. List any medications you take and for what purpose. Include prescription and over the counter. Write NONE if you don't take any.

Nature-throid – only take 1/4-1/3 of 32 mg tablet daily

Compounded Methylcobalamin (PF) IHS 5000 mcg/0.2 ml - B12 shots – 2x/week



13. Please list any surgeries, hospitalizations, accidents and major illnesses and injuries. Include approximate date or age of each point and indicate whether the incident continues to impact your health.

6 mo old – pneumonia and almost died, received high doses of antibiotics

Age 4 – eye surgery to correct left eye turning inward. Surgery overcorrected and began turning outward. Did patches, etc. to try to train eye to be straight. At age 14, another eye surgery to clip muscle so eye would stay straight. Self-esteem issues because I was teased by others as a child.

Age 5 – sexually abused by older neighbor kid. Another hit on self-esteem.

Age 7 – 3rd-degree burns from ribcage to thigh; 2nd-degree on back, arm, buttocks. Had to receive major antibiotics. In hospital for 1 mo; sent home due to lack of thriving/depression. Had to sit in chemical tanks every day, then have dead skin picked off burned areas. No covers allowed except a sheet. Very self-conscious. Missed ½ year of year because of all doctor visits and healing process.

Always sick with stomachaches, bronchitis – on antibiotics all the time. Cluster migraines 2-3 days/week, even throughout pregnancies later on.

Age 11 – needed skin graphs on leg. Lots of scar tissue because I have keloid issues.

Age 16/as teenager – lots of kryosurgeries due to lots of yeast (from antibiotics).

Kryosurgeries are where they burn/freeze tissue in cervix. This caused me to start paying attention to my diet and exercise and that has been life-long.

Age 19 – had first baby

Age 21 – had second baby

Age 23 – had baby #3 – all were normal births but babies had thrush when born

Age 25 – started experiencing pain with ovulation (1 week before ovulation through my period). Diagnosed as endometriosis. Did exploratory surgery, couldn't find appendix and said there was no endometriosis.

Early 20s – diagnosed with Interstitial cystitis – stretched bladder 3x. More antibiotics for chronic bladder infections.

2 miscarriages



Age 35 and 38 - 2 full-term pregnancies and normal births. Got a staph infection from the catheter with second birth. Was in hospital with fever and severe shaking for 1 week on high antibiotics, then on antibiotics for 1 month. Urologist said I would probably have constant issues with kidney/bladder the rest of my life and I have.

Age 47 – Relocated to ND. Extreme stress, husband traveling with his job. Lots of stress the year before due to emotionally unstable daughter and caring for her 1-year-old son. My adrenals crashed and couldn't get out of bed many days. About a year later I started working with a doctor who diagnosed me with Adrenal Exhaustion. He wanted me to do Dr. Wilson's protocol/supplements and I just couldn't do the supplements because I was so sensitive. I had panic attacks and severe reactions which I now know is histamine response. I turned to YL products and my body responded. I used the K&B and Inner Defense regularly, as needed. This doctor recommended that I go to Michele Anderson for colonics/coffee enemas for detoxing. I was not able to release with the colonics because of a possible prolapsed colon so Michele pointed me toward the Gerson therapy and home enemas, recommending enemas every day. I started enemas right away but only doing them on the weekends because I worked during the week.

Age 49 – I had a Zytoscan done. I had been using YL essential oils but this helped me have a better direction in how to use my oils. The Zytoscan indicated a Radon Poisoning Protocol. That's when I put 2+2 together - our home hadn't sold Michigan because of high radon levels. Looking back, the kids and I were sick a lot while we lived in that house. I was doing a lot of things right between organic diet, etc., but was being poisoned at the same time. I stopped working outside the home in 2014 and was able to do enemas more regularly. I started doing better with my reactions because the enemas were clearing the liver.

Age 52 – I noticed this growth on my finger by the fingernail bed. I thought it was a cyst which deforming my fingernail. My MD told me it was a node and needed to be surgically removed. I knew it would be worse because I have a keloids issue. She didn't diagnose me with cancer but she was leaning more that way. She gave me Black Salve. I did the black salve for a good 6 months. During the time I applied the salve, I also did daily coffee enemas because it was detoxing me very quickly. I noticed possible SIBO symptoms improving too. I came across the Optimal Health Network and started adding in sea salt and essential oils in my enemas and that's when my kidney issues improved too. I started Summer Bock's protocol in April and then started



the Black Salve in June. I struggle with being able to do sauerkraut and probiotics. This has caused me to play with the aloe water to see how that might help me.

14. List any nutritional supplements or herbs you take and indicate why you take each. Write NONE if you don't take any.

Young Living Super B – stress and support detox
Standard Process Zinlori (Zinc) – take between meals to heal digestion
B12 Spray (Mercola) – taken on days I don't do B12 shots
D3 Spray (Mercola) – take 5000 IU/day – last test level was at 70
Protein Power (Summer Bock) – add 1 tsp to my green drinks
Linum B6 Flax oil in capsule (Std Process), 1-2/day – sub for fish oil
Ocean's Alive Phytoplankton + 1 oz YL Ninja Red – to heal gut
1 oz YL Ninja Red + 1-1/2 oz Aloe water – to heal gut, consistent healthy BMs
Activation Magnesium Spray – spray on abdomen and tops of feet after shower daily
K&B Tincture from Young Living – use if have Kidney/Bladder symptoms

15. What are the 3 worst foods you eat in a week?

Organic, non-GMO corn tortilla chips
Maple syrup in my shake or if I make GF-choc chip cookies

16. What are the 3 healthiest foods you eat in a week?

Green juice, bone broth soups, organic vegetables

17. How many alcoholic beverages do you consumer per week?

Zero

18. How many caffeinated beverages do you consume per week?

Zero. I drink home-made green juices and purified water.

19. How many times do you eat out per week?

Zero. Just about every time I eat out, I get sick.

20. How many times do you eat raw nuts or seeds?

Zero

21. How many times do you work out per week?

1x/week - Yoga



22. If you work out, what type of exercise do you do?

Weight-bearing exercise and cardio in the past
Yoga now and most recently

23. Do you smoke?

No

24. If you smoke, what do you smoke and how much?

25. Have you smoked in the past?

No

26. If you are an ex-smoker, what did you smoke, how much, and when did you quit?

27. List any toxic exposures you currently have or have had over the past 5 years.

This includes industrial chemicals, paints, pesticides, molds, and chemicals in water.

Radon poisoning, mold exposure, mercury fillings removed 6 years ago

28. What is the one thing you'd most like to get out of our first session together?

A new path – new insight. I want to be able to eat a normal healthy diet without problems, including healthy fats.

Name	Tiffany Harmon
E-mail	stop4support@gmail.com
INE program to which this document is related:	CMDS
What is the nature of the document(s) you are uploading? (i.e. an assignment, labs, a case study, etc)	Case Study

Special note for uploading assignments:

For certification level programs, some of your assignments will involve writing a paper suitable for a client handout. We'll be compiling these for distribution and use by all practitioners in the program so be sure to follow the guidelines for submission.

By uploading the files below, you grant permission to publish your work and for your submission to be distributed by your colleagues with full credit to you as the author.

Special note for uploading case/client studies and/or lab results:

Please use the following uploader to provide your case/client study. Some uploaded files require permission to share.

Be sure that you check the permission box below if you'd like to discuss a client case/lab file on a call.

Please check all the boxes below if your submitted document will be shared/reviewed on a LIVE call. If not all the boxes below are checked, your file will *NOT* be reviewed.

- I give Dr. Ritamarie permission to review my submitted document(s) on a live INE call.
- I understand that others will see my submitted document(s) and my name.
- I confirm that if I am submitting a client file, I have taken steps to protect the personal identity of the client.
- I understand that this call will be recorded and my submitted file may be made available to other practitioners for educational purposes.
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Any comments/notes about the file(s) you are submitting that you'd like to add:

I had to send the test results this way. (see below) Hope you can make them all out. These test results are from April to November for a 14 year old female.

She has had chronic, daily headaches that are 24/7 for over a year-since Jan. 2015. She had two seizures Nov. 2013 the week of Thanksgiving-she has only had three, the first was 2 1/2 years before the other two. All the seizures have occurred 3-4 days after a fever. And the fever each time had no other symptoms with it. She was put on seizure medication that Nov in the hospital. After changing off of Keppra she is now on Lamotrigine-the very lowest dosage of 25mg as of this past June.

She has been gluten free for 2 years, and all grains free, dairy free, sugar free, egg free for 5 months. There still is an indication that she is still developing food sensitivities-Nov '16 noticed that carrots and sweet potatoes were bothering her-loose bowels. Other than the occasional loose bowels, besides the headache, she only has belching after meals-but not due to eating too fast-and her occasional red cheeks that she gets when she is having a reaction to something that she is sensitive to-this can occur with environmental sensitivities as well. (Digestive enzymes don't seem to help with the belching) She has NO bloating, but she does have occasional gas in the form of passing it.

She has a super healthy diet of mostly fresh organic veggies and fruits-NOT a vegetarian or vegan. When she does eat meat it is organic, grass-fed, pasture-raised, and she is taking supplements: digestive enzymes, probiotics, prebiotics and fermented foods-when she will eat them, she isn't fond of most fermented foods, turmeric, biotin, multi-vitamin, and a Leaky gut supplement from Axe Naturals-Dr Josh Axe's website-she takes half the dosage of the recommended adult dosage. (I hate to say that lately she has gotten out of the habit of taking it everyday with a meal.) What she is doing is definitely working in some ways-she has lost 20 or so pounds in a year. Which she needed and still needs to lose another 20 or so. She gained a lot of weight, slowly, when her gut was so off and no one knew that was what it was. I know that if it took years for her gut to get in that bad of shape, that it will take a while to get it back in shape, But we have got to figure out why the headaches are still chronic. (Before the chronic headaches, she would have hormonal and barometric pressure migraines.)

She does have two points on her back near her shoulder blades that she noticed last month. When rubbed the headache actually disappears or dissipates, but once the rubbing stops, the headache comes back. I did research and found ways to work on it daily, and received advice from a chiropractor. But due to schedule restrictions these past three weeks she only gets it rubbed one a day instead of three. She does other exercises on her own that the chiropractor recommended and is good about doing those.

I have suspected that the seizure med may be causing the chronic headaches, but a neurologist cannot be found who will be willing to take her off of it until she goes two years without a seizure-she has been to three different ones. So this coming Nov will be that time period.

Clearly from the blood tests there is inflammation in her body, which could be caused by the leaky gut-but could it be something else

though? There are other levels that are off, so I wonder what could be causing those. I would like her doctor to order another blood panel to see if the inflammation markers are changing for the better.

And there is the challenge/issue of her iron levels staying low most of the time.

I hope that you can help think of anything else that I can do or test for. Thanks!

April 27 May 14 August 21 Nov 4

CRP 9.3 (high) 7.20 (high) 7.6 "pediatric CRP"- taken 10/13"panic high"

WBC 11.1 (high) 8.9 (normal) 11.2 (high) 11.2 (high)

MCV 77 (low) 74.8 (Low) 76 (Low) 78 (low)

MCH 24.1 (low) 23.8 (low) 24.4 (low) 24.6 (low)

MCHC 31.4(Low) 31.8 (low) 32.2 (normal) 31.4 (low)

Neutrophils (Absolute) 7.6(Low) not taken 7.8 (High) 8.5 (high)

Iron Serum 27 (low) 48 (normal) 33 (low)

Iron Saturation -- 13 (low) 10 (low) --

Calculated % Iron Sat 13 (low)

Ferritin low normal 35 (norm)

Vitamin D (DIHydroxy) -- 26.8 (low) 45 (normal)

Glucose Serum 93 81 (low) --

B-12/Folate 715/8.7 (Folic acid serum) 12.2 (folic Acid, serum) (Normal) 878/12.4 (folate, folic acid, serum)

Bands 16 (high) -- --

Monocytes 3 (low) 5 (normal) 6 (normal)

Neutrophils 36 (Normal) 70 (normal)

Unsaturated IBC 332 (High)

Zinc whole blood 615 (normal)

Valine 346.1(high)

Cystine 37.1(high)

Homocysteine 4.9

Bartonella henselae IGG negative

Bartonella henselae IGM negative

Bartonella quintana IGG negative

Bartonella quintana IGM negative

Celiac Comprehensive: deaminated gliadin ABS, IGA-4; IGG-2

TRANSGLU-TAMINASE (TTG) IGA: <2

TRANSGLU-TAMINASE (TTG) IGG:<2

ENDOMYSIAL ANTIBODY IGA= NEGATIVE

IMMUNOGLOBULIN, ON, SERUM=108 (RANGE=77-278)

Date	Jan 11, 2016
Name	Patty Repko
E-mail address	chefgecko@gmail.com
Program in which you're participating:	NEPT

Special note for case/client studies and/or lab results:

Please use the following form and uploader to provide your case/client study. Some of the information below requires permission to share.

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Section 1: Case Study Health History

Here's where you get to tell us about the client whose case you are submitting. Be as detailed as possible. The more details presented, the better the case analysis.

Gender	Female
Age	35
Height	5'8"
Weight	162
Occupation	Self Employed
Marital status	Married
Number of children.	1

Top 3 health concerns (in order of priority with #1 being the highest). Include severity and priority for each.

Rheumatoid Arthritis

Lymphocytic colitis

Hashimotos thyroiditis

Health Challenges: Chief Complaints

Describe in as much detail as possible the client's chief complaint(s). Include approximate date of onset, severity, timing, things that make it better and worse, treatments and therapies to date and the effects, and as much historical data as you have. Be as thorough as possible.

Surgeries, hospitalizations, accidents, major illnesses, and injuries. Include approximate date or age for each.

Major complaints were joints, gastrointestinal, and weight. Some issues with sleep. Excessive sugar cravings. Did food sensitivity testing and found high allergies to numerous foods. When starting to see me was starting the FODMAP diet and was having a lot of trouble. Was hoping that through working together she could control pain and inflammation, and lose weight. Also wants to stay off the RA meds and any meds for colitis. Only surgery was for right elbow. Did increase mobility some. Family history of autoimmune conditions. Did a lot of yo-yo dieting when younger. Moderate use of antibiotics when was a child. Had some problems with migraines when was a child. Did take antibiotics for 6 weeks last summer because doctor was afraid of Lyme disease.

Interventions, to date, to address health concerns? Include treatments, programs, diets, supplements, drugs, surgery or other interventions. Provide information on the effectiveness of these, and the interventions they continue to do.

So far we have worked on doing an elimination diet while including foods that heal the gut and keeping out the foods that harm the gut. She has been doing great with all of these suggestions with diet. She did some supplementation with a gut restore powder, probiotic,

and zinc-Carnosine. Has been juicing and doing blended greens. Added in a greens powder and Sun Worrier protein powder to her smoothies. Has been adding in meditations and breathing techniques to help manage stress. She no longer has diarrhea and has normal bowel movements for the first time since she can remember. She even went to Paris and ate some things that would have previously made her sick and had no reaction. Bloating and stomach pain is gone and is able to eat raw veggies, greens, beans, onions and garlic with no problem. Energy is back and joint pain is mostly gone. Sleeping through the night and wakes up feeling mostly rested. Lost about 5 pounds. Inflammation markers went down. Taking multi vitamin-phyto multi, vitamin e drops (2000), fish oil-DHA, magnesium, probiotics, turmeric, Taking synthroid for thyroid. Had an IUD for several years and decide to have removed a couple of months ago (notices that she feels much better).

Current care - types of practitioners the client is currently consulting for these health issues

rheumatologist

MD

endocrinologist

Section 2: Case History Current Health Habits

Here's where you get to describe the current habits and diet so we can determine any obstacles to healing.

What habits do they currently have that positively influence health?

Yoga and meditation.

Cardio and resistance training

Eating very clean: greens, foods that heal the gut, chia and flax, greens powder, sprouting and fermenting her own foods, soaking nuts and any grains.

What current habits negatively influence health?

Occasionally has coffee. Still does eggs but seems to tolerate well.

Sometimes puts other before her own self care.

Stress level (on a scale of 1-10) and major stressors:

5-

family. Raising 2 small children.

Current medications and what they are for (to the best of your knowledge).

synthroid for thyroid.

Current nutritional supplements or herbs and purpose (to the best of your knowledge).

vitamin d

magnesium

fish oil (DHA/EPA blend)

Turmeric

multi vitamin

probiotic

Dietary habits: include frequency of eating allergens - gluten, dairy, eggs, soy, corn, and peanuts, processed foods, snacks, beverages, anything you know about their dietary habits.

Eats three meals a day.

Eating very clean as described in previous info. Does include some eggs and clean animal protein several times a week.

No soy, corn, dairy, peanuts, or gluten. Does not eat any processed foods.

Toxic exposures, now and over the past few years. This includes industrial chemicals, paints, pesticides, molds and chemicals in water.

Drink filtered water. Doesn't think she has been exposed to any toxins such as mold or pains.

List any pertinent lab findings. If none, answer N/A.

N/A

List any pertinent physical exam or history findings and any thing else that may be of help in assessing this client. If none, answer N/A.

N/A

Case Study Health Habits

Indicate, to the best of your knowledge, how often the client engages in the following activities or consumes the foods each week.

Food and Lifestyle Habits

Exercise	4 times /week
Outdoor time	Don't know
Time in the sun	Did in past
Relaxation	4 times /week
Meditation	5 times or more /week
Drinking greens	5 times or more /week
Eating vegetables	5 times or more /week
Drinking alcohol	Never
Consuming caffeine	1 time /week
Consuming soft drinks	Never
Consuming sugar	Never
Eating out	1 time /week
Consuming fast food	Never
Drinking tap water	Never
Drinking purified water	5 times or more /week
Sleeping 8 hours or more	5 times or more /week

Section 3: Upload Additional Documentation

If you have additional documentation, lab reports etc, use the uploader below. Up to 5 documents may be selected at once. (Maximum combined file upload size is limited to 32 MB.)

Additional documents about your client:

[Amy lab work 1.PDF](#)
[Amy lab work 2.PDF](#)
[Amy Mehmetoglu lab work.PDF](#)
[CCF03062015_2.pdf](#)
[Amy Mehmetoglu blood work.PDF](#)

Thanks for your submission. If there is anything else you'd like to share, please do so here.

I am having wonderful results with this client but I would love for her to be healed of her hashimotos and be free of autoimmune disease. Her rheumatologist is willing to keep her off meds for now because she is having such good results. I don't understand all the lab work that I have attached so would like to review this on a call and then talk about next steps for her as she is already doing so many things right.