

Infertility											2
Intestinal gas or bloating	2	1	1								
Itchy nose and ears				1						1	
Joint pain, arthritis or gout					1				2		
Leg cramps or pains					1				2		
Less than 1 bowel elimination per day		1	2								
Loose stool or diarrhea		1	2								
Loss of appetite or poor appetite	2						1	1			
Loss of sexual desire											2
Menopause Problems (Females only)											3
Menstrual problems (females only)							1				3
Mental/emotional stress							2	2			1
Migraine headaches		2				1	2				
Muddled thinking, confusion or mental sluggishness			1				1	2			1
Osteoporosis					1				2		2
Pale complexion and/or anemia	1					1				1	
Prostate problems (males only)											3
Restless dreams or nightmares			1				1	1			1
Scant or excessive urination					2						
Sinus congestion			1	2						1	
Sinus headaches			1	2							
Skin problems (acne, rashes, etc.)		2			1				2	1	2
Stiff, aching or painful muscles		1	1		1				2	1	
Swollen lymph glands		1		2						2	
Ulcers	2										
Underweight or unable to gain weight	2							1			
Urinating at night					1		1	1			
Varicose veins		1				2			1		
Waking up frequently at night							1	1			
Water retention or edema					2						
Weak legs, knees or ankles					1				2		1
Wheezing or shortness of breath				2							
Wounds won't heal in extremities						1			2		
TOTALS FOR SIDE TWO											
TOTALS FOR SIDE ONE											
Grand Totals											
Body Systems	Digestive	Hepatic	Intestinal	Respiratory	Urinary	Circulation	Nerves	Glandular	Structural	Immune	Reproductive

Prepared by The Tree of Light Publishing, P.O. Box 911239, St. George, UT 84791, 1-800-416-2887.
For use in the ABC+D Body System's Approach. This document may be copied and distributed freely provided it is not altered in any way. Consult a licensed health care professional for all serious illness.
<http://www.treelite.com>

ABC+D Nutritional Program Worksheet

Prepared for _____ Date _____

A – Activate

Homeopathic Remedy _____ Times Daily _____

Essential Oil Remedy _____ Times Daily _____

_____ Times Daily _____

Notes:

B - Build

Enzyme Supplement _____ Times Daily _____

Mineral Supplement _____ Times Daily _____

Probiotic Supplement _____ Times Daily _____

_____ Times Daily _____

Notes:

C – Cleanse

Fiber Product _____ Times Daily _____

Cleansing Program _____ for _____ Weeks _____

_____ Times Daily _____

Notes:

D – Direct Aid

_____ Times Daily _____

_____ Times Daily _____

_____ Times Daily _____

Notes:

Other Instructions: