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Client Report For: AMY S.

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Thank you for your time today. I hope you found relevant solutions to your health concerns. I have thoroughly enjoyed working to help you and your body find the balance that you deserve. Please don't hesitate to call or email me with any questions about your program.



Katie Heath

Please contact me for your next appointment: 7 WEEKS – September 28

Original Priorities (off on BOTH the Physical & Emotional Systems):

Weight, Dentalwork, Teeth, Depression, Estrogen dominance, Frontal sinuses, Thyroid, Liver, Gall bladder, Adrenals, Small intestines

#1 Priority: WEIGHT – out of above Original Priorities on the EMOTIONAL SYSTEM

#2 Priority: HORMONE BALANCE – out of: Adrenals, Liver, Staying Asleep, Hormones, Thyroid on the EMOTIONAL SYSTEM

#3 Priority: PITUITARY – out of: Estrogen dominance, Pituitary on the EMOTIONAL SYSTEM

#4 Priority: SMALL INTESTINES – out of: Small intestines, Weight on the PHYSICAL SYSTEM

#5 Priority: BRAIN – out of: Brain (by default it's 5th priority) on the PHYSICAL SYSTEM

SUPPLEMENT	AM	MID	PM	FOOD/ NOT	INSTRUCTIONS
*SEE BODY SCAN SHEET					

"NOT": Take pills on empty stomach - 1 hour BEFORE food, or 2-3 hours AFTER food.