**AUTOIMMUNE REPAIR PLAN OUTLINE**

**MY PRACTIONERS**

**(NAME, SPECIALTY)**

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**CONVENTIONAL TREATMENTS AND DRUG. (enter drug name, dosage, since when)**

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| **DRUG, DOSAGE, SINCE WHEN:** |
|  |
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|  |
|  |
|  |

**DIET/NUTRITIONAL APPROACHES**

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| --- |
| **DIATARY APPROACH:** |
| **DIATARY APPROACH:** |
| **DIATARY APPROACH:** |
| **DIATARY APPROACH:** |
| **DIATARY APPROACH:** |
| **DIATARY APPROACH:** |

**SUPPLEMENTS/HERBAL REMEDIES**

|  |  |
| --- | --- |
| **ITEM** | **DOSAGE** |
|  |  |
|  |  |
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|  |  |
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**ALTERNATIVE TREATMENTS**

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| --- |
| **TREATMENTS:** |
| **TREATMENTS:** |
| **TREATMENTS:** |
| **TREATMENTS:** |
| **TREATMENTS:** |
| **TREATMENTS:** |

**EXCERCISE**

|  |
| --- |
| **APPROACH:** |
| **APPROACH:** |
| **APPROACH:** |

**RELAXATION RESPONSE/SPIRITUALITY/MIND-BODY**

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| --- |
| **APPROACH:** |
| **APPROACH:** |
| **APPROACH:** |
| **APPROACH:** |

**THIS IS TO HELP YOU GET STARTED, REMEMBER THIS WILL CHANGE CONSTANTLY.**