What do I do now?

1. Once you receive your scan and reports, your coach or office staff should have ordered your products or told you how to order them. If not see the document how and where to order my products.
   1. Products include all supplement and Bach Flower.
   2. In addition to the above sometimes homework is given, be sure to do this before your next appointment.
2. You also should have had your follow-up appointment made while at the office or coach, if not be sure to set that up. Most client return every 6 weeks for a few sessions.
3. When you products arrive please take them according to your body preference as listed on your “balancer” list. Often the dose is less than the bottle.
   1. Bach Flowers are normally 2 drops 2 times daily, please do not take more than this.
   2. Probiotics are taken normally at night, right before bed.
      1. Some people find it easy to put a week’s supply in a ziplock baggie and put near their tooth brush to help remind them.
   3. Enzymes are normally with breakfast and dinner and sometime lunch.
      1. There are occasions they are taken between meals.
   4. Most people find it easier to take their supplements before eating and then eat to allow the food to help “push” them down.
   5. If you are given a homeopathic or Bach Flower, please see instructions on to properly take them.
   6. Please see the essential oil guide on how to take those.
4. Please report any negative changes when starting your program to the office or your health coach. If they are not available see the document “Healing Crisis or Not”.
5. Please make a list of any new issues and bring with you to your next appointment.