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During our work together this woman has passed kidney stones and this Healing Protocol sheet is for an appointment after the passing of a kidney stone. She also has some problems with blood sugar regulation, has a stressful life with young children and lack of motion in some joints and pain in others.

PROCEEDURES	
Energetic-Hands Work and/or Acupuncture – <u>Once a month</u> (If you want we can certainly meet more often as you do have concerns that need help – especially if the exercises give you trouble or you are not able to do them regularly.) (Schedule with Jean or Gabriella)	More maintenance for you to remove the strain patterns both physically and energetically so the body as a whole can heal and better prevent future concerns.
EXERCISE - Standing feet one ahead of other, hips square, raise on front ball, spread toes and put down, pull from hip as drag from ball (at night before bed and when wake)	Plantar fasciitis
EXERCISE – (Pigeon pose in yoga) On ground bring foot and leg forward past hip with knee bent, push outward on this foot while pull legs toward one another while dropping pelvis to floor, lengthen upper body, and lie forward keeping integrity of body positions.	Anterior pelvis associated to back discomfort
EXERCISE - Towel behind back remember to pull gently in both directions – at TV commercials, etc.	Shoulder Work
MEDICINES	
STOP WHEN FINISHED – <u>Herbal Medicine</u> Chanka Piedra - 2 droppersful 2x/day	Restore Kidney tissue function and remove calcifications
MAINTAIN <u>Herbal Medicine</u> - Rhodiloa 2 caps 3x/day [Best away from meals if you can]	Adaptogenic herb that helps the nervous system respond better to stress and thus mood
MAINTAIN - <u>Dietary Supplement</u> - Multivitamin Basic Nutrients I – 3 caps at breakfast and at lunch (or afternoon snack, but not after 5pm) [With meals]	Contains higher nutrient amounts in a form that is easy absorbed and of a quality that is required.
MAINTAIN – <u>Dietary Supplement</u> Glucose Support – 2 caps 2x/dy but not after 5 [best away from food]	Will help to restore proper function to pancreas and adrenals
FOOD	
START Add 2 or 3 teaspoons of rice bran twice daily	Reduce your chances of a calcium oxalate kidney stone recurrence are close to zero.
STOP toast in am and ADD steamed vegis. Also consider quinoa as a grain to use as a high protein and fiber source – its good with cinnamon too.	Need to add phytonutrients to diet and not the type of carbs in bread
Try to ADD cinnamon into diet during the week, even every day if possible. Think of evening sugar snack as being yogurt and fruit with cinnamon, perhaps cottage	Is an easy way to help the insulin receptors of the body to be more responsive