



Mardian Natural Medicine

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Basic Treatment Guidelines

♀ _____ Date _____

Each suggestion is an attempt to enhance your body's natural metabolic processes through the **KIDNEYS**, **DIGESTIVE** system, **LIVER**, **LUNGS** and **SKIN**. These suggestions are designed to help you achieve optimal wellbeing.

KIDNEYS: WATER - drink at least the equivalent to one-half your body weight in ounces. It is suggested you drink mostly water for the first 4 weeks of your treatment. You CAN include green drinks such as chlorophyll, chlorella, spirulina, Phyto greens, and barley greens.

- drink _____ ounces, about _____ glasses, of reverse osmosis or spring water every day. It is best to drink away from meals.

HYDROTHERAPY- end your shower with a cool water spray, starting with the extremities and finishing with the low back, for 15-30 seconds to return blood flow to your internal organs.

DIGESTIVE SYSTEM: DIET - follow your _____ dietary recommendations. CHEW your food well and do not drink anything while eating. Eat fresh garlic as often as possible. Include at least one serving of either steamed or raw greens a day.

- Add 1-2 tsp. of organic apple cider vinegar to 6-8 ounces of water and drink 5-30 minutes before each meal. (optional - add ½ tsp of pure honey or maple syrup if desired)
- Add _____ Tbsp. of fresh ground organic **flax** or **pumpkin seeds** to cereals, shakes, stir-fries, rice or anything else you are eating on day 1 of menses until day 14 OR new moon to full moon.
- Add _____ Tbsp. of fresh ground organic **sesame** or **sunflower seeds** to cereals, shakes, stir-fries, rice or anything else you are eating on day 15 to menses OR full moon to new moon.

LIVER: *For your liver, lymphatic circulation and immune system:*

CASTOR OIL PACKS (COP) - THIS IS ESSENTIAL TO THE SUCCESS OF YOUR TREATMENT. Refer to the castor oil pack handout for detailed instructions.

Use the castor oil pack for _____ minutes each day.

During the COP, include one or more of the following:

MUSIC - turn on a favorite relaxing CD while deep breathing.

ANY RELAXING ACTIVITY YOU ENJOY.

HEALING VISUALIZATION - while in a relaxed environment, breathe deeply in and out your nose. Picture your body in its optimal state of health and realize only YOU can achieve that level of well-being.

LUNGS: DEEP BREATHING - Do this in conjunction with the castor oil pack.

Lying flat on your back with your head lower than your body, place your left hand on your upper chest and your right hand on your abdomen. Inhale deeply through your nose, while pushing outward with the stomach so the right hand can feel the abdomen rise. Try not to move the left hand while inhaling. In other words, breathe in with your stomach muscles not with your chest. Exhale slowly out your nose pushing the abdomen inward and upward toward the ribs moving your right hand as you do so. Try to exhale as long as you can before inhaling again. Once you have mastered this breathing technique, the breathing may be done at other times throughout the day. Try to do at least 100 breaths each day.

SKIN: DRY SKIN BRUSHING - to help stimulate circulation, thoroughly brush all of your skin, using short, very light, frequent strokes toward the heart for 45-60 seconds. It is best to do this on dry skin BEFORE BED. Use a vegetable fiber brush, natural sponge, or a loofah sponge.

FOR OVERALL HEALTH:

MOVEMENT - as another aid to circulation, its recommended that you move your muscles daily. Walking, rebounding (mini-trampoline), yoga or qi gong are all excellent ideas. Aerobic activity and stretching are also very helpful.

SLEEP - Try to go to bed at the same time everyday and get up at the same time everyday. Every hour of sleep before 12:00 midnight is worth 2 hours after midnight. **A good night's sleep will also improve your memory, and help balance your hormone system.** It has been suggested that up to 70% of women have a hormone imbalance. It is recommended that you get between 7-8.5 hours of sleep EVERY night for optimal wellness, also sleep in complete darkness (use black-out blinds or a sleep mask).

GO OUTSIDE - to enhance sleep and wake cycles, go outside in the day light (rain or shine) for 20 minutes each day.

PLAY - do something FUN everyday. Laughter is essential for stress management and a healthy heart.

TAKE YOUR TEMPERATURE - for 10 days in the next month take your noon time temperature before lunch. A low body temperature has been associated with several conditions including a weakened immune system and poor digestion.

Date	Temp.	Date	Temp.	Date	Temp.	Date	Temp.	Date	Temp.
1.		2.		3.		4.		5.	
6.		7.		8.		9.		10.	

Supplements: See Prescription Sheet