

Essential #1

Let Food Be Your Medicine Scorecard

Essential #1 Let Food Be Your Medicine		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Avoid	Sugar					
	GMO					
	Commercial & Charred Meat					
	Commercial Dairy					
	Tap & Bottled Water					
	Toxic Oils					
	Processed & Fast Foods					
Enjoy	Cruciferous Vegetables					
	Leafy Greens					
	Green Apples & Lemons					
	Nuts & Seeds					
	Healthy Oils					
	Healthy Meat					
	Fermented Food					
	Blending & Juicing					
	Blood Sugar Monitoring					
	Fasting Protocols					
	Your Perfect Diet					



Essential #2

Reduce Your Toxic Exposure Scorecard

Essential #2 Reduce Your Toxic Exposure		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Avoid	Commercial Pesticides					
	Plastics					
	Bottled & Tap Water					
	Unnecessary EMF's /Wifi					
	Artificial Sprays & Candles					
	Household Mold					
	Non-Stick Cookware					
	Mercury & LED Lightbulbs					
	Fluoride Toothpaste					
	Constipation					
Enjoy or Use	Clean Feminine Protection					
	Metal Detox					
	Clean Water					
	Hardwire or EMF Protection					
	Wear Energy Pendant					
	Ceramic Cookware					
	Full Spectrum Lightbulbs					
	Organic Personal Products					
	EWG.org as Resource					
	Coffee Enema					
	Lymphatic Cleanse					



Essential #3

Balance Your Energy Scorecard

Essential #3 Balance Your Energy		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Avoid	Overexposure to EMF/WIFI					
	Sleeping Pills					
	Unmanaged Stress					
	Synthetic Hormones					
	Out of Balance Hormones					
	Xeno Estrogens					
	Birth Control Pills					
	Artificial and Blue Light					
	Inactivity					
	Excess Sleep					
Enjoy or Use	Hardwire or EMF Protection					
	Protective Pendant					
	Chiropractic care					
	Heart Variability					
	Acupuncture					
	Massage					
	Reflexology					
	PEMF					
	Earthing or Grounding					
	Sound Therapy					
	Balanced Sleep					



Essential #4

Heal Your Emotional Wounds Scorecard

Essential #4 Heal Your Emotional Wounds		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Avoid	Suppression of Feelings					
	Feeling Bitter					
	"Cancer Personality"					
	Unresolved traumatic events					
	Victim Attitude					
	Repetitive Patterns					
	Frustration					
	Self sabotaging behaviors					
	Procrastination					
	Inactivity					
Enjoy or Use	Journaling					
	Appreciation					
	Gratitude					
	Be kind to yourself					
	Healing Mindset					
	Meditation					
	Emotional Freedom Technique					
	Art of Healing					
	Laughter					
	Visualization					
	Affirmations					



Essential #5

Embrace Biological Dentistry

Essential #5 Embrace Biological Dentistry		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Avoid	Dental Toxicities					
	Silver Fillings (Amalgams)					
	Root Canals					
	Dental Implants					
	Cavitations					
	Gum Disease					
Enjoy or Use	Biological Dentist					
	Oral DNA - Perio Path Test					
	Dental Detox					
	Essential Oils					
	Oil Pulling					



Essential #6

Repair Your Body with Therapeutic Plants

Essential #6 Repair Your Body with Therapeutic Plants		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Enjoy or Use	Broccoli sprouts					
	Curcumin					
	Fermented Soy					
	Iodine and seaweed					
	Vitamin E - Tocotrienols					
	Essential Oils					
	Modified Citrus Pectin					
	DIM					
	Medicinal Mushrooms					
	Probiotics					
	Flax Seeds					
	Iodine					
	Magnesium					
	Melatonin					
	Omega 3 Fatty Acids					
	Selenium					
	Liposomal Vitamin C					
	Vitamin D					
	Zinc					
	Matcha Tea					



Essential #7

Adopt Very Early Detection

Adopt Very Early Detection	Preventative Journey	Maintenance Journey	Active Healing Journey	1	2	3	4	5
				Understand	Believe	Tried	Working On	My Habit
Genomic DNA Testing	Once	Once	Once					
Self Breast Exams	Monthly	Monthly	Monthly					
Thermography	1 / YR	1 / YR	1 / YR					
Hormone Saliva Testing	1 / YR	1 / YR	1 / YR					
Estrogen Methylation Testing	1 / YR	1 / YR	1 / YR					
Optimum Vitamin D level	1 / YR	2 / YR	4 / YR					
Ultrasounds	1 / YR	2 / YR	4 / YR					
Inflammatory Markers	1 / YR	2 / YR	4 / YR					
RGCC Profile	1 / YR	2 / YR	4 / YR					
Blood Sugar and Insulin	1 / YR	2 / YR	4 / YR					



- Preventative Journey wants to prevent Breast Cancer
- Maintenance Journey wants to make sure that she never gets Breast Cancer Again
- Active Healing Journey has been diagnosed with Breast Cancer and is looking for ways to help compliment her journey