

YOUR WELLNESS PLAN: Last, First
DATE: scan date



Quantum

COLLECTIVE

DISCLAIMER:

This product and service is strictly for educational purposes only and is not intended to treat, cure, diagnose or prevent disease. This is not intended to be used as medical advice or take place of your primary care team's advice. None of the statements in this report are a recommendation as to how to treat an illness or health-related condition. This product and service is for informational purposes only.

Practitioner Notes

It was great to connect with you Stephanie! Remember that we are working through layers of imbalance and it's important to put in the work regarding lifestyle factors as much (if not more) than the supplementation. Supplements are only a support while the foundational work comes from changing the way we treat our bodies.

OUR MAIN AREAS OF SUPPORT:

SUPPORT DRAINAGE PATHWAYS: LIVER,
KIDNEY, LYMPH
OPTIMIZE DIGESTION
SUPPORT THE NERVOUS SYSTEM
ANTI-PARASITIC HERBS

ORDERING SUPPLEMENTS:

You will receive an **invoice from Janel** at QC to order your imprints (custom frequencies) and any QC stocked items. You will also **receive emails from supplement dispensaries** that carry the items in your protocol.

Supplements will be sent out once payment have been completed.

RETESTING:

I want you to retest in another 4-6 weeks. Think about how you would like to proceed. Here is the link to our [retesting options](#). If you have questions about which option is best for you please reach out. **Feel free to use my code to save: JANEL**

Words of Wisdom

The information and recommendations within this protocol are not intended to diagnose or treat any disease and do not substitute for professional medical advice. Please consult with a physician before making any changes to your daily supplemental plan.

All medications should be spaced out sufficiently from the protocol. Best timing is 2 hours prior to protocol supplementation. You are responsible for communicating any changes with your primary physician before beginning a protocol. All emergencies should be attended to via local options, as we do not constitute medical care.

Beginning slowly is important. Some are more sensitive to supplementation than others. I always recommend veering on the side of caution when approaching any new regiment. This can look like beginning with half of the recommended dosage that is advised (ex: if dosage is 1 capsule twice a day, do 1 capsule once a day) for the first 3 days. If all goes well, you can up your dosage to the recommended amount. If you know that you are extremely sensitive, begin with $\frac{1}{4}$ dose and move up as you're able.

Symptoms that might occur during protocols:

The majority of people find that their reactions are tolerable. The body first begins the process of retracting, meaning there is an emphasis on the elimination or breaking down of tissue. The body begins to remove the "garbage" deposited in the body's tissues and thus this liberation requires drainage and detoxification efforts from your organs. Detoxification and drainage can sometimes produce unfavorable symptoms such as headaches, fever and/or colds, breakouts on the skin, a possible short interval of bowel movements, sluggishness, occasional diarrhea, tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity, mental depression, frequent urination, etc.

People that have periodic skin rashes or eruptions, will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes and eruptions. The toxins being discarded are saving you from more serious conditions. Please understand that these reactions are normal, even though they may be unpleasant at the moment. These symptoms are a part of the healing process or "Healing Reactions". These do not always happen. The symptoms will vary according to the waste being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. **THE MORE YOU REST, SLEEP, AND DRINK WATER WHEN THE SYMPTOMS ARE PRESENT, THE Milder THEY WILL BE.** When you begin your protocol if you notice any adverse reactions we might have to dial back on the dosage/make adjustments.

Wellness Plan

<p>DIET</p>	<p>AVOID:</p> <ul style="list-style-type: none"> • Inflammatory oils (canola, sunflower, etc.) • Dairy (highly processed) • Gluten • Foods high in sugar (limited natural sugars and fruit is fine) • Avoid “naked” carbs (pair your carbs with a protein source to stabilize blood sugar as much as possible) <p>ADD:</p> <ul style="list-style-type: none"> • Prioritize nutrient dense foods • Eat food in the right order to support blood sugar (veggies → protein + fats → carbs). • Eat within 1 hour of waking. Try for at least 30g of protein at breakfast and aim for that much at lunch and dinner. • Taking walks after meals can help regulate blood sugar. <p>For help in creating balanced, nourishing meals, please refer to this guide</p>
<p>HYDRATION</p>	<p>ADD IN MINERALS (MIX IT UP)</p> <ul style="list-style-type: none"> • Quinton minerals (on empty stomach is ideal, but not crucial) • Electrolyte options - BodyBio, E-lyte, Pickelball • Sources of sodium - Redmond’s Real Salt, Crucial Four, You can do Sole water instead. Recipe HERE. <p>TEAS:</p> <ul style="list-style-type: none"> • Drink marshmallow root tea for inflammation and gut irritation
<p>MOVEMENT</p>	<ul style="list-style-type: none"> • Get in daily movement to support your lymphatic system and circulation - walking, yoga, pilates, intuitive stretching. • 2-3 days weight training to build muscle. • AVOID high intensity HIIT workouts (stresses the nervous system)

Wellness Plan

<p>STRESS</p>	<ul style="list-style-type: none"> • Prioritize rest - Incorporate daily parasympathetic activities (walking, nature, prayer, meditation, slow breathing). • Breath Work - Add breath work as a way to move out of fight-or-flight. <ul style="list-style-type: none"> ◦ Box Breathing ◦ Slo-prayer.com • Tapping can support nervous system integration. <ul style="list-style-type: none"> ◦ I love this course on Tapping for Anxiety if it sounds like it would be helpful.
<p>TOXIN REMOVAL</p>	<ul style="list-style-type: none"> • Castor oil packs. Start with 30 min. and work up to an hour. Ideal before bed. Aim for 4-5x/week. Queen of the Thrones is my favorite. • Check cosmetic + household products on ewg.org to see if there are any healthier swaps you can make.
<p>ADDITIONAL CONSIDERATIONS</p>	<ul style="list-style-type: none"> • Limit blue light before bed - or purchase amber blue-light blocking glasses if you can't get away from the screen. Here is my favorite company: Bon Charger code QC to save • Try to get outside AM and PM during the golden hours. • Turn off wifi at night and put the phone on airplane mode if it is in the room. • Chiropractic care and/or CFT is highly recommended.
<p>NOTES FROM YOUR PRACTITIONER</p>	<ul style="list-style-type: none"> • This is a long list of supportive options for your body. Pick 1-2 things to begin implementing. I do NOT expect you to begin all of these as part of your protocol, but they are all habits that could be beneficial for you. Start slow and lean into what you are drawn toward. • Begin your supplements slowly, and not all at once. Take 1-2 for a few days and pay attention to how you feel. Then add the next couple. You can also begin taking at lower doses and work up to your full dose that is listed. Once you are at your full dose for your homeopathy, you can begin taking it by the dropper-full instead of individual drops.

Regimen

HOMEOPATHY & ENERGETIC IMPRINTS – MORNING & EVENING

Take these remedies 20 minutes before Supplements/Food/Flavored drinks. You can combine everything in one small glass of room temp water for ease. Alternatively you can combine your total daily dosage (below x2) into one 16+ oz glass bottle and drink throughout the day. Do what is easiest for YOU - Compliance is more important than perfection.

HOMEOPATHIC	DOSAGE WEEK 1	DOSAGE WEEK 2	DOSAGE WEEK 3	DOSAGE WEEK 4
Lymph 3 Chronic - drainage support	3 drops	5 drops	5 drops	5 drops
Inflamma-Tox - inflammation support	2 drops	4 drops	6 drops	8 drops
Relax Milieu	1/2 dropper	1/2 dropper	1 dropper	1 dropper

DAILY SUPPLEMENTS

Take the following supplements with food. If nausea occurs, take with food. You can combine products

SUPPLEMENTS	AM	PM
Quinton Isotonic - minerals	Take 2 tsp twice daily - by itself or in water.	
GastroDigest - digestive enzymes	Take with meals to support digestion.	
Alaria Supreme - trace mineral and binder	1-2	1
Olive Leaf - antimicrobial + antioxidant	1-2	1-2

DOCTOR SUPPLEMENT STORE (DSS)

Receive 10% off all orders. www.dssorders.com/QC Practitioner code JN3847

