

These recommendations are to be followed only if there are no contraindications. If there are any questions or concerns, please speak with your physician prior to starting any new regimen. If purchasing a supplement look for **pharmaceutically graded, USP (United States Pharmacy), GMP (Good Manufacturing Practices) certified.**

HEALTH AND WELLNESS

1. Multivitamin (i.e. Orthomolecular, Metagenics, Pure Encapsulations, Designs for Health, Standard Process, Solgar, Jarrow, Twin Labs, Nordic Naturals, Carlson, Thorne, Xymogen, Kirkman, Garden of Life, Nutrilite DoubleX)
2. Magnesium malate or magnesium glycinate, 1 tab daily (helps with calcium absorption)
3. Vitamin D₃ 2,000IU once daily (helps with calcium absorption if not getting enough sunshine) + Vitamin K2 100mcg once daily (helps with directing calcium into the bones)
4. Fiber two to three servings or 30g daily (i.e., two to three tablespoons ground Flaxseed daily, bran, oatmeal, beans, or whole grains i.e., quinoa). Work up to this dose.
5. Increase Omega 3 Fatty Acids by consuming at least three servings of cold-water fish per week (i.e., wild salmon, sardines, or cod), fish oil capsules 1 gram per day. In addition, use walnuts, flaxseed, hempseed, chia seeds and avocados (vegan options).
6. B complex 100 vitamin. B 12 1000mcg capsule once a day.
7. **Exercise Daily** for thirty minutes or sixty minutes as tolerated. Weight lift as tolerated (2-3 times a week for thirty minutes) or use a TheraBand. Start slowly if just beginning. Water aerobics, chair exercises, yoga, Tai Chi, Walking sticks (hiking sticks for knee and low back pain) Check heart rate (pulsation at wrist or side of neck) for number of beats per minute. Target heart rate is $(220 - \text{age} \times 0.8)$.
8. STOP SMOKING. Stop any recreational DRUGS. Reduce Caffeine. Take wheatgrass/spirulina 1 scoop/day i.e., Green Foods Organic Kamut, Amazing Grass, Green vibrance. Take with water or a small amount of juice.
9. Take time to relax each day in a healthy manner. Tai Chi, Yoga, meditation, Floridamindfulness.org
10. **8 servings of fruits and vegetables daily.** 1 serving equals ½ cup. Eat via Dr. Gold's food pyramid.
11. **Adequate Water + lemon:** (1/2 body weight in ounces i.e. 100lbs = 50oz = 6.25cups). Seltzer, homemade popsicles (real fruit, spinach, water, blended, freeze). Tonic water
12. Use sun block appropriately. SPF 30 Titanium or Zinc oxide i.e. Badger. Reapply every 2 hours if outside. Reduce exposure with floppy hat and SPF clothing.
13. Consumerlab.com. Website to check actual content of supplements.
14. Reduce, Reuse Recycle. Stainless Steel or glass Water bottle.
15. **SMILE & Laugh Often 30 minutes daily ☺. Call Laughter Hotline 8am daily: 712-432-3900, Access code 6071292#**
16. **Find meaning in your life. Don't sweat the small stuff, see the big picture & create a vision board (look at daily).**
17. **Grounding (Earthing): Safely walk on the beach or on the grass or dirt.**

18. **Get enough sleep. If not sleeping, see Dr. Gold to figure out why and treat the root cause. She also certifies patients for cannabis.**

Pain

1. Turmeric (curcumin) NOW or Gaia, 500mg 1-2 cap 2x/d, or Terry's Natural may take 3 tabs per day. Magnesium oxide 500mg 1-2 cap 2x/d Kirkman.
2. [NexWave](#) (Zynex), massage (guasha is a massage tool, made of jade stone, get your FREE one when you register for our natural pain relief workshop), chiropractor, acupuncture.
3. Reframe a situation and ask YOURSELF, what can I learn from this? How can this Serve Me and How can I GROW?

Rename any distressing words and never own a disease. "I am in training to FEEL Fabulous," instead of stating "I have anxiety!"

Consider renaming the disease or condition to something funny. One of my patients called her gastric distress Hildegard.

I called the serious eye condition (uveitis) *Sparkles* and sent her packing on a cruise (which helped me cope with the situation).

*Call the [Laughter hotline](#) (scroll down for all the times) EST, 712-432-3900, 6071292#

4. Speak what you want

REFLUX SYMPTOMS

1. Wait three hours prior to lying down after last meal.
2. If interested in natural approach, apple cider vinegar 1 TBS followed by a little raw honey. Aloe (oral form), Betaine, Bitters
3. Limit trigger foods (i.e., spicy, acidic, tomatoes, orange juice, caffeine, chocolate, alcohol or tobacco)
4. No tight clothes and sleep a little upright at night.
5. No NSAIDS [i.e., Aleve (naproxen), Motrin or Advil (ibuprofen) or Goody powders or Aspirin]. This is because this medicine can increase risk for bleeding, ulcers, kidney damage, cardiovascular disease and raise one's blood pressure, and weaken the immune system.
6. Use Gas-X for gas pain. Probiotics (Garden of Life 85 billion, Ultimate Flora 50 billion, Primal Defense,). Ginger as needed for Nausea.

COLD SYMPTOMS

1. Rest and drink plenty of water (if no kidney or heart problems) i.e., 100 lbs. = 100 oz
2. Cough and congestion: **Olbas** menthol cough drops. Olba's cough syrup. Mucinex DM 600mg (cough) or plain Mucinex 600mg (congestion) one to two tabs twice a day, Sudafed, or phenylephrine (with no high blood pressure, remember these 2 items can

raise blood pressure and increase your heart rate, making you feel jittery and keep you awake.) Tessalon Perles (need a prescription). Warm/hot showers for congestion.

Hot steam/shower with eucalyptus or Breathe and/or Onguard essential oils.

3. Moisturize the air with a humidifier. Use small amount of Lucas Papaw or Burt's Bee (beeswax) inside your nostrils. Saltwater gargles for sore throat.
4. Vitamin C capsules two grams daily. Emergen C 1 pack every few hours (max 3-4/day, too much vitamin C can lead to loose stool. Use Emergen C lite if have high blood pressure or diabetes).
5. Antihistamine (i.e., D-Hist from Orthomolecular or Quercetin or Claritin or Zyrtec (can make you drowsy) for runny nose and allergy symptoms.
6. Limit dairy products. Bragg's Organic Apple Cider Vinegar 1TBS with little honey
7. Essential oils Breathe and Onguard from Doterra.

HYPERTENSION

1. Measure blood pressure 3 times a week, one hour after waking up. Be seated and have arm supported, feet flat on the floor and no talking. Bring in readings to each appointment. Can measure blood pressure at pharmacy or use at home blood pressure cuff (upper arm preferred if possible). Please try to use an appropriate cuff size and notate if the cuff is too large or small. Your blood pressure is _____. IDEAL goal BP $\leq 120/70$ s. Elevated BP $\geq 130/80$.
2. Low sodium diet (less than 1.5 grams daily). Check serving sizes and try to avoid can vegetables and soup. Substitute fresh or frozen vegetables.
3. Exercise at least 3 days a week as tolerated, for 30-60 minutes. Work up slowly to this if just beginning. Okay to begin with just 10 minutes or even one minute.

DIABETES

1. Measure blood sugar fasting in the AM, one hour after meals and at bedtime. Bring in readings to each appointment. Fasting blood sugar goal is 90-130, one hour after meals <200 and two hours after meals <180 . Hold medications for blood sugars less than 60.
2. Eat low glycemic index foods. 30-45g complex carbs/meal. Eat breakfast and good protein (i.e. tempeh, TVP, beans, salmon or cod), with each meal. If practicing intermittent fasting, make sure hydrating well with water, and electrolytes as needed.
3. Check feet daily for cuts. Get physical, and eye, foot, skin and dental exam as due.
4. Exercise as tolerated 5-6 day a week for 30-60 minutes. Work up slowly to this if just beginning.

FEMALE HORMONES

1. Free and total Testosterone, Estradiol, Progesterone, DHEAS
2. If fatigue, having trouble sleeping or having trouble losing weight, check cortisol levels.
3. Salivary cortisol x4 is checked at 8am, 12pm and 4pm and bedtime. Avoid brushing your teeth, mouthwash or drinking water prior to collection.

4. If having regular menses, it is best to check these hormones on day 19-21 of menses. Day 1 is the first day of bleeding. For example, if you begin your period on May 1, you can do the testing anywhere from May 20-May 22. Check to see that your insurance will cover these tests.

MALE HORMONES

5. Free and total Testosterone, Estradiol, Progesterone, DHEAS
6. If fatigue, having trouble sleeping or having trouble losing weight, check cortisol levels.
7. Salivary cortisol x4 is checked at 8am, 12pm and 4pm and bedtime. Avoid brushing your teeth, mouthwash or drinking water prior to collection.
8. Check to see that your insurance will cover these tests.