**TWO MONTH HEALING PROGRAM SCHEDULE:**

**(sample)**

* **Weight:**\_\_\_**170**\_\_\_\_lbs.
* **Height**:\_\_**5’5”**\_\_\_\_\_
* **Wrist:** **<6 in.** **small**  medium large
* **What should this person’s weight be?**\_\_ **118-127**. \_\_\_\_ (see 🡪 Health Power pg. 169)
* **Mark down current weight and subtract what the weight should be:** \_**170 -** \_\_**127**\_\_\_\_ = balance of **43lbs**\_\_\_\_\_\_\_

**Vital Signs:**

**BP:** **104/60** **T:**\_\_\_\_\_\_\_ **P:** 62 **R:**\_\_\_\_\_\_\_ **Pain:**\_\_\_\_\_\_\_ **BS:** **98** **O2:**\_\_\_\_\_\_\_

**Wake up:**  **6am** **Bedtime:** **9pm 6am-9pm = 15 total hours**

**NOTE:** We won’t include the 1st hour upon arising, OR the last hour before bedtime

**Total hours to drink water for the day: 13 hours**

**WATER DRINKING CALCULATION:**

Normal Weight: 128 lbs./2= 64 lbs. 🡪 Now convert the lbs. into oz.

+Extra Weight: 44 lbs./4=: approx. 11 oz **Do division underneath here:**

**+** 16 oz for altitudes 2000 ft or above: \_\_\_\_\_\_oz.

+16 oz in summer months: 16 oz.

Total ounces for the day: 91 oz.

Divide total ounces for the day \_91 oz.\_/13 hrs. by the # of total hours you will be drinking water for the day

Total ounces per hour =\_\_7 oz.\_\_ (get a water bottle, fill with the 7 oz and then mark with a sharpie)

**+Drink 16 oz within the first hour upon arising**

**These 16 oz are not included in the total for the day**

**Drink morning wake-up water within 1 hour from the time you wake up from**: **6am to 7am**

**Time to start drinking the main water for the day:** **7am**

**Time to stop drinking the main water for the day:**  **8pm**

**Worship**:

Morning:\_\_\_\_\_\_\_

Evening:\_\_\_\_\_\_\_

**Time to Eat:**(see 🡪 pg. 196 in Loughborough’s book titled ‘Hand Book of Health or a Brief Treatise..’)(HEVI 5.1)

**1st Meal:**\_\_\_\_\_\_\_\_

**2nd Meal**:\_\_\_\_\_\_\_\_

**Herbal Tea**(30 minutes before each meal and late in the afternoon):

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

**Four Herbs: Blood**: Red Clover **Liver:** Dandelion Root **Health Issue:** Ashwaganda  **Health Issue:** Black Walnut

***\*\*\*continue on next page\*\*\****

* **Exercise:**

**Before breakfast**(20-30 minutes/brisk): \_\_\_\_\_\_\_

**After 1st meal**(10-15 minutes/mild): \_\_\_\_\_\_\_

**After 2nd meal**(10-15 minutes/mild): \_\_\_\_\_\_\_

**Late afternoon/evening**(20-30 minutes/brisk): \_\_\_\_\_\_\_

* **Deep Breathing Exercises**(2 x day):

Morning: \_\_\_\_\_\_\_\_ Evening: \_\_\_\_\_\_\_\_

* **Sunshine**(at least 30 minutes/2 x day) **OR** 1 hour minimum by 12pm + more after 12pm)**:**

1st: \_\_\_\_\_\_\_\_\_ 2nd: \_\_\_\_\_\_\_\_\_

* **Fomentations/Hot Foot Baths:**

Head: \_\_\_\_\_\_\_\_ Chest: \_\_\_\_\_\_\_

Back/Spine: \_\_\_\_\_\_\_\_ Breast: \_\_\_\_\_\_\_

Arm (L) (R): \_\_\_\_\_\_\_ Stomach: \_\_\_\_\_\_\_

Liver: \_\_\_\_\_\_\_ Kidneys: \_\_\_\_\_\_\_

Legs (L) (R): \_\_\_\_\_\_\_\_ Feet (L) (R): \_\_\_\_\_\_\_\_

* **Poultices:**

Charcoal:\_\_\_\_\_\_\_ 🡪Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Castor Oil:\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Potato:\_\_\_\_\_\_\_\_ **🡪** Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Onion:\_\_\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mustard:\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clay:\_\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ginger:\_\_\_\_\_\_\_ 🡪 Body site(s):

Cabbage: \_\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Massages:**

Full Body**:**\_\_\_\_\_\_\_

**Particular Body Part to Focus on:**

Head: \_\_\_\_\_\_

Neck: \_\_\_\_\_\_

Shoulders: \_\_\_\_\_\_

Arms: \_\_\_\_\_\_

Back: \_\_\_\_\_\_

Legs: \_\_\_\_\_\_

Calves: \_\_\_\_\_\_

* **Medicinal** **Baths** (4 days week):

Sun. \_\_\_\_\_\_

Mon. \_\_\_\_\_\_

Tues. \_\_\_\_\_\_

Wed. \_\_\_\_\_\_

Thurs. \_\_\_\_\_\_

Fri. \_\_\_\_\_\_

**NOTE: Take a Warm Bath 4 x week**