

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

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• **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