

Megan

1 tab. spoon/day

uncooked oil

for cholesterol to be > 200

eg. flaxseed oil (Flax)

etc

2. Powder for thumb
condition
is Trigger.

1/8/02 (1)

Pharma foods

Chondrosamine Plus

with MSM

Joint Food. ^{very sore} thumb
250g net. joints.

\$27

NB this is the same as
what I am currently
taking
1/8/02

Wipes \$13

1/8/02

(2)

N/A. ~~Aspirin~~

~~\$13 Wipes,
10 disposable
coated Aspirin.~~

Procto seal

\$20

Purchased - ointment.

For

Hemorrhoids (ointment or suppositories)

family/relative
may need
needs of state

or land belongs
institutions are not
by those bonds
of reg of both
debt & marriage
marriage as well
of or equivalent
synagogue or
equivalent place
of worship"

~~See Honey video~~

ex Megan 1/3/02

✓ Glucosamine + Chondroitin ✓

Tumeric (antioxidant)

○ Nettie tea (for red blood cells)

• lemongrass (fresh)

• garlic, ginger, chilli (as drink/
cooking etc)

HEALTH

Ex Megan

Low celestat. →

memory loss
depression - Alzheimer

↳ 4 Tol spars - less
w/ it - also

to boost fatty skin condition

protect w/ - re "bruising"
monitor - weight daily

+ Get/copy title for ender
to - Book - I have this

Get Balvia bus shuttle
into phone book

Trojan home analog
Bevered - beanie gifts

1 Tablespoon linseed oil
with carrot juice

1

"

10 olive oil
with salad dressing

Wegans
Cholesterol level range.

18/8/02

350 - 550

Can be much lower & higher

The Old sprout kernel are not organic.

(organic) apricot ——— kernels available from
Kylie at "Evesorganic" Sept.

02-9349-3311

(Suburban Wigan)

Come in 11 Kilo Boxes.

avail now (in season)

Can't be sold in NSW. Buy something else & they
will be incl "free" at increased price.

- (A) { olive (high in VTE) oil
linseed oil
avocado oil.
seeds & nuts

Vegetarians should aim to get one tablespoon of
uncooked oil per day eq (A)

of my last general test.

cf. last Report
R/ Appointment

FBC
ESR
T cells
Ig G/M/A/E
SUC
LFT
ferritin

FBC
ESR radii
T cells.
Ig G/M/A/E
EUC Kidney
LFT lower
~~FE~~ SERRITIN

- Energy/digestion/gas
- natural killer cells.

5/11/10

Make appointment with Dr

Peter,

Take 2 with breakfast +
dinner.

This is 1 month's supply.

Should see if it benefits

you by then.

- energy
- good digestion
- improved immune function

Could you get your local doctor
to order the following tests +
send me a copy

PTO