# Lifestyle Detox Checklist

* **GENETIC TESTING**
  + **SCHEDULE FIRST APPOINTMENT with Provider:**

DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + **Get injections (Lipotropic or B12)**

\* 2 injections per week. (No appointment necessary.)

* + **Schedule lab work**

\*Get lab work done within your first two weeks ( drink 16-32 oz the morning of your lab draw).

DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + **Begin DETOX**  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 weeks)

* + **SCHEDULE YOUR 2-WEEK FOLLOW-UP WITH MEDICAL PROVIDER, THEN MONTHLY THEREAFTER.** (By appointment only with provider.) Our cancellation policy is 24hrs before your appointment, or a $50 missed appointment fee may be applied.)

DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TIME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + **Post-Detox Regimen Selection:** (Selected by Provider at 2 week follow up appointment)
* **hCG Protocol**
* **Mediterranean**
* **Keto (1-3 months only)**
* **Ancestral**
* **Genetic testing**

* + **LOOK FOR FIRST EMAIL FROM THE ONLINE NUTRITIONIST**