

Dr. Penny Seth-Smith N.D.
Naturopathic Family Physician
Board Certified in Acupuncture

Name

Date

SUPPLEMENT AND REMEDY SCHEDULE

First thing	Breakfast	Morning	Lunch	Afternoon	Dinner	Bedtime

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

2518 Blackwood St., Victoria, B.C., V8T 3W1
Tel: (250) 361-9888