

Dr. Penny Seth-Smith N.D.

*Naturopathic Family Physician with Prescriptive Authority
Certifications in Acupuncture, Oral Chelation & Facial Mesotherapy*

Name _____ Date _____

DAILY REMEDIES

a.m. CLEAN MOUTH	a.m. WITH FOOD	NOTES

p.m. CLEAN MOUTH	p.m. WITH FOOD	NOTES

SINGLE REMEDIES

Day							
Date							
Rx							