

LANGUAGE + COGNITION OPTIONS

Take notes during this time period to reference when filling out your Results Form for Dr. Amy.
Upon concluding your testing period, fill out the Results Form and upload it to Your Health Companion.

OPTION ONE

- Begin with Language + Cognition I
- Use for 2-3 weeks
- Take notes during this time period

- Pause the use of Language + Cognition I
- Begin using Language + Cognition II
- Use for 2-3 weeks
- Take notes during this time period

- Pause the use of Language + Cognition II
- Begin using Language + Cognition III
- Use for 2-3 weeks
- Take notes during this time period

- Pause the use of Language + Cognition III
- Begin using Language + Cognition IV
- Use for 2-3 weeks
- Take notes during this time period

- Pause the use of Language + Cognition IV
- Begin using Language + Cognition V
- Use for 2-3 weeks
- Take notes during this time period

OPTION TWO

- Begin with Language + Cognition I
- Use for 2-3 weeks
- Take notes during this time period

- If you are seeing positive results from L+C I, continue the use of L+C I
- If you are not seeing any results from L+C I, pause the use of L+C I
- Add in Language + Cognition II
- Use for 2-3 weeks
- Take notes during this time period

- If you are seeing positive results from L+C II, continue the use of L+C II
- If you are not seeing any results from L+C II, pause the use of L+C II
- Add in Language + Cognition III
- Use for 2-3 weeks
- Take notes during this time period

- If you are seeing positive results from L+C III, continue the use of L+C III
- If you are not seeing any results from L+C III, pause the use of L+C III
- Add in Language + Cognition IV
- Use for 2-3 weeks
- Take notes during this time period

- If you are seeing positive results from L+C IV, continue the use of L+C IV
- If you are not seeing any results from L+C IV, pause the use of L+C IV
- Add in Language + Cognition V
- Use for 2-3 weeks
- Take notes during this time period

OPTION THREE

- Dr. Amy has found that for most people, Language + Cognition I, IV, and V work really well together.
- As such, you could begin by testing these three nucleotide blends together for 2-3 weeks.
- Take notes during this time period.
- After 2-3 weeks, if you would like to add in Language + Cognition II and/or III, you may do so.

AFTER UTILIZING ALL 5 NUCLEOTIDE BLENDS, REVIEW YOUR NOTES FROM EACH TESTING PERIOD. DEPENDING ON WHICH NUCLEOTIDE BLEND PROVIDED THE BEST RESULTS FOR YOUR UNIQUE SITUATION, STICK WITH THAT SPECIFIC BLEND. IF MORE THAN ONE WORKED WELL, YOU CAN USE THEM TOGETHER.

AS ALWAYS, CONSULT WITH YOUR HEALTH CARE PROFESSIONAL.

RESULTS FORM

We invite you to utilize this accompanying chart to help track your testing phase. If you choose to upload this chart into Your Health Companion, Dr. Amy may be able to apply feedback to your results the next time she completes a client file review.

LANGUAGE + COGNITION I

START DATE:

END DATE:

IMPROVED

NO DIFFERENCE

IMPROVEMENT ON 1-10 SCALE:

(10 IS MOST IMPROVED)

NOTES:

LANGUAGE + COGNITION II

START DATE:

END DATE:

IMPROVED

NO DIFFERENCE

IMPROVEMENT ON 1-10 SCALE:

(10 IS MOST IMPROVED)

NOTES:

LANGUAGE + COGNITION III

START DATE:

END DATE:

IMPROVED

NO DIFFERENCE

IMPROVEMENT ON 1-10 SCALE:

(10 IS MOST IMPROVED)

NOTES:

AS ALWAYS, CONSULT WITH YOUR HEALTH CARE PROFESSIONAL.



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RESULTS FORM (CONTD.)

We invite you to utilize this accompanying chart to help track your testing phase. If you choose to upload this chart into Your Health Companion, Dr. Amy may be able to apply feedback to your results the next time she completes a client file review.

LANGUAGE + COGNITION IV

START DATE:

END DATE:

IMPROVED

IMPROVEMENT ON 1-10 SCALE:

NO DIFFERENCE

(10 IS MOST IMPROVED)

NOTES:

LANGUAGE + COGNITION V

START DATE:

END DATE:

IMPROVED

IMPROVEMENT ON 1-10 SCALE:

NO DIFFERENCE

(10 IS MOST IMPROVED)

NOTES:

ADDITIONAL NOTES FOR DR. AMY:

AS ALWAYS, CONSULT WITH YOUR HEALTH CARE PROFESSIONAL.



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