
Some Work Sheets for you to complete

From Janaya Kaloci <wellness@janayakarlocinaturopath.com.au>

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To Katie Arbon <ktarbon@hotmail.com>

 2 attachments (1 MB)

JKN 7 Day Food and Cycle Symptom Diary with directions.pdf; Going with your flow handout.pdf;

Hi Katie,

Seeing as you have a little extra time on your hands at the moment, I thought now might be a good time to complete these 2 worksheets between now and our next appointment.

The food one - please complete for a week and remember this is to see if anything you're eating might be playing a contributing role to any symptoms - I am not assessing how well you are eating. Please try and use as much detail as possible i.e. instead of "cooked in oil" be specific "cooked with 1 tablespoon olive oil" and instead of "cereal with milk", rather "1 cup of Just Right & ½ cup of A2 full-fat milk" etc.

Please complete The other one for your whole cycle - I have a fairly good understanding of your main themes along your cycle but it would be good to get it really specific in writing and then also as something we can monitor over time.


If you don't have access to a printer at the moment, just make note of all these things somewhere and take photos to send me before your next appointment so I can take a look through them.

Thanks

Janaya

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