

Record of Symptoms: LDA Therapy

Key: 0 = symptom gone; 1 = symptom tolerable; 5 = symptom severely limits life

Please fill out this form in the week following LDA and email back to: nurseandi@live.com or better upload to your charm account

Symptoms Before LDA Therapy (and numerical rating)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Ex: Fatigue</i> 4							

For any flare in symptoms take 100,000 iu vitamin d, and 1/2 teaspoon tri-salts in any form of liquid 2-3 times, if still having symptoms please take Benadryl or prednisone, what I need to know are you core symptoms, they got better or worse and for how long or there was no change