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Naturopathic Medicine & Fitness Consulting
'Your path to Optimal Holistic Health begins here.'

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Health Timeline

Starting from birth, please write all health conditions and traumatic events (including emotional events) next to the date, in as chronological manner as possible. See examples.

1950 - age 8, bronchitis, hospitalized 1 week, antibiotics,

1958 - age 16 - parents seperate

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