




# *Standard Process Purification Program*

**Patient Journal**





## *Welcome to the Standard Process Purification Program.*

*As you progress through your recommended program, you may experience many ups and downs as your body is ridding itself of the toxins you are exposed to everyday. Throughout the course of the next three weeks, you will examine how you felt and what you ate each day. You can use this journal to help you record your complete purification experience. Please see the following page as an example.*

Please bring this journal with you when you visit with your health care professional. It will help him or her follow your progression during the program and allow you to discuss any questions that you may have about the program or how you feel.

## **Day:**     An example of what you may record

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*What did you eat today?*

*Breakfast*

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*Lunch*

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*Dinner*

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*Other*

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*How are you feeling?* Here are some examples:

Energetic or Sluggish ~ Refreshed or Tired/Drained ~

Relaxed or Tense ~ Content or Depressed ~

Grounded or Dizzy ~ Clear/Receptive or

Unfocused ~ Calm or Nervous

*Did you experience any physical effects?*

Skin Reactions (Itchy, Rashes, Acne, Clearer Skin) ~

Flu-Like Symptoms ~ Headaches ~ Aching Joints ~

Weight Loss ~ Mild or Moderate Discomfort ~

Gas or Bloating ~ Fewer Allergic Reactions ~

Constipation or Healthy Bowel Movements

*Are you doing any other cleansing procedures?*

These procedures (saunas, massages, etc.) may help relieve any negative symptoms listed above.

*Exercise:*

Type, time or distance, reps

**Day:** \_\_\_\_\_

What did you eat today?

*Breakfast*

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*Dinner*

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*Other*

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How are you feeling?

Did you experience any physical effects?

Are you doing any other cleansing procedures?

Exercise:

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800-848-5061

[www.standardprocess.com](http://www.standardprocess.com)

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