



FORM TO FILL AND SEND BACK:

Name:

Date :

Cell number:

Email address:

Age :

Occupation:

How many children?

MEDICAL HISTORY

Do you take prescribed medications?

Do you have any allergies ?

History of heart problem, chest pains or stroke?

High blood pressure, or low ?

History of lung problems:

Cholesterol?

Depression or anxiety?

What is your weight and height ?

Do you take any recreational drugs?

Are you regular with bowl movement?

Have you done a fast previously?

Before to do the 5 days fast at ADL try to have one day without any food.
Drink as much as you want or need.
No coffee, no meat, low sugar, few days before coming.
The best is to be for few days on raw food or fruits.

If a water fast does not cure you, nothing will.

Do realize that after 3 days your liver will be reset.

ADL