

Dra. Clara Arciniegas Vergara

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R.M. 54396-08

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R/. Buen día Alvaro, espero que se encuentre bien, va a iniciar con este esquema que le explico a continuación; el cual se realizará por fases, está individualizado de acuerdo a la consulta inicial; como le expliqué en consulta para que pueda mejorar de manera integral se deben abarcar varias aristas que intervienen en la recuperación física, metabólica y emocional. En la medida de lo posible realizar las siguientes recomendaciones, con la consciencia y la constancia que requiere el proceso para que sea efectivo, en caso de alguna duda me informa.

Plan:

- 1. PARÁMETROS DE ALIMENTACIÓN – RECOMENDACIONES**
- 2. EJERCICIO PROGRESIVO – ACTIVIDAD FÍSICA**
- 3. EJERCICIOS DE RELAJACIÓN Y FORTALECIMIENTO MENTAL**
- 4. LIBROS DE METABOLISMO Y MANEJO DE EMOCIONES**
- 5. FASE I TRATAMIENTO CON MEDICINA BIOLÓGICA FUNCIONAL, D., I, II**
- 6. FASE II SOPORTE PSICONEUROENDOCRINO, GASTROINTESTINAL, INMUNOLÓGICO Y OSTEOMUSCULAR, (una vez se haya preparado el terreno)**
- 7. FASE III SUEROTERAPIA PARA SOPORTE PSICONEUROENDOCRINO, INMUNOLÓGICO**
- 8. TERAPIA NEURAL - ACUPUNTURA - AURICULOTERAPIA**
- 9. CANDIDATO A MANEJO CON TERAPIA DE HIPNOSIS CLINICA**
- 10. LABORATORIO FUNCIONAL**

A continuación, le explico las sugerencias e indicaciones médicas a seguir, la base del tratamiento será la alimentación que inicialmente estará enfocada en retirar y mejorar lo siguiente:

1. PARÁMETROS DE ALIMENTACIÓN – RECOMENDACIONES

- ✓ Evitar la ingesta de lácteos y sus derivados y reemplazar por leche vegetal sea de COCO o de ALMENDRAS, ideal prepararla en casa con un puñado de almendras en 250 ml de agua y licua, la preparación dura 1 día.
- ✓ Puede consumir pollo y huevos en lo posible orgánicos, de campo criollos, pescado sea salmón, trucha, robalo, tilapia, merluza, evitar el filete de biza está contaminado con mercurio por las aguas donde lo producen y unos son importados no son confiables, por eso tiene las primeras opciones para variar y en lo posible evitar congelados, tratar de comprar fresco lo de la semana en lo posible.
- ✓ Iniciar VINAGRE DE SIDRA DE MANZANA CON LA MADRE (Gallo) Tomar 5 ml diluidos en medio vaso con agua en ayunas y en la noche antes de dormir 1 mes.

2. EJERCICIO PROGRESIVO – ACTIVIDAD FÍSICA

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.

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3. EJERCICIOS DE RELAJACIÓN Y FORTALECIMIENTO MENTAL

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4. LIBROS DE METABOLISMO Y MANEJO DE EMOCIONES

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5. FASE I TRATAMIENTO CON MEDICINA BIOLÓGICA FUNCIONAL, D., I, II

Manejo con medicamentos indicados así:

MANEJO ADAPTATIVO INICIAL

o. ADAPTAESSENS CÁPSULAS: (NUTRABIOTICS) Tomar 1 cápsula vía oral antes del momento más exigente o estresante del día puede ser al despertar, antes de iniciar labores o reuniones de trabajo y/o antes de realizar ejercicio o tener relaciones sexuales durante 40 días, luego se ajustará dosis de acuerdo a evolución. #1 frasco

DETOXIFICACIÓN Y REMOCIÓN MICROBIOLÓGICA ORAL

1. ORGANO PREPARADO REVITALIZACIÓN FEMENINA GOTAS. Tomar **10 gotas diluidas en medio vaso con agua 3 veces al día:** (cada 8 horas) 1 hora antes de las comidas principales y alejadas de la crema dental, durante 3 meses. #3 frascos.

RECUPERACIÓN DE LA MUCOSA Y BARRERA GASTROINTESTINAL

2. ENTEROPLEX POLVO: (NUTRABIOTICS) Tomar 1 cucharada dosificadora en medio vaso con agua en ayunas y en la noche antes de acostarse 2 horas después de la cena durante 2 meses #2 frascos

MANEJO DE TERRENO (D. I - VI)

3. OLIGOTIL LHA: (Laboratorio Homeopático Alemán) COMPRIMIDOS. Tomar 1 tableta vía sublingual cada 8 horas durante 40 días (30 minutos antes de las comidas) #2 frascos (este medicamento se inicia después de terminar el _____ antes no)

6. FASE II SOPORTE PSICONEUROENDOCRINO, GASTROINTESTINAL, INMUNOLÓGICO Y OSTEOMUSCULAR, (una vez se haya preparado el terreno)

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7. FASE III SUEROTERAPIA PARA SOPORTE PSICONEUROENDOCRINO, INMUNOLÓGICO

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8. TERAPIA NEURAL - ACUPUNTURA - AURICULOTERAPIA

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9. CANDIDATO A MANEJO CON TERAPIA DE HIPNOSIS CLINICA

(Anexo folleto donde explico en qué consiste la terapia y amplia información [clic aquí](#))

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10. LABORATORIO FUNCIONAL

- Ácido úrico
- Lonograma completo con Magnesio sérico
- Nitrógeno Ureico
- Proteína C Reactiva

(Opcional, si es posible que se los realicen por la EPS o póliza adicional lo hace si no, no se preocupe, son importantes, pero no indispensables; es para tener unos valores iniciales del estado de inflamación crónica y al finalizar evidenciar y evaluar los cambios, pero también se hacen con la clínica y la mejoría del paciente solo si la EPS O POLIZA ADICIONAL O MEDICINA PREPAGADA los puede cubrir se los realiza)

