



Patient Resource Library

Updated May 2024

Assessments / Testing

[Candida Symptom Assessment Questionnaire](#)

[Daily Self-Assessment](#)

[DMSA Urine Challenge Test Instructions](#)

[DUTCH Test](#) - (Can't be self-ordered from NYS, so patient must use an alternate address, e.g. a family member or friend from another state, for the ship to and ship from address.)

[Health Appraisal](#)

[Heavy Metals Testing: Great Plains urine test kit](#)

[How Toxic Am I Self-Test](#)

[Immune Mediation Labs](#)

[Low Stomach Acid & Resources for Self-Testing \(David Jocker's Health News Blog\)](#)

[Lyme Testing Limitations](#)

[Lyme Testing Options](#)

[Lyme Testing: Understanding Results](#)

[Mold testing: Mycometrics ERMI test](#)

[Mold testing: Real Time Labs: EMMA test](#)

[Mycotoxin testing: Great Plains MycoTOX test](#)

[SIBO Home Breath Test Kit](#)

[Tick Testing Options](#)

[Toxin Testing: Great Plains Glyphosate test](#)

[Toxin Testing: Great Plains Non-Metals TOX test](#)

Cleansing Lifestyle

[Cleansing Your Home](#)

[Home Detox Quick Reference Sheet](#)

Hillary Thing, L.Ac

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



[Life Inventory Exercise](#)

[Lifestyle Medicine: Building the Foundation for Health](#)

[Liver Flush How-To](#)

[Sample Day in the Holistic Cleansing Lifestyle](#)

[Skin Product Ingredients to Avoid](#)

[Spectrum of Advanced Cleansing Practices](#)

[The Spectrum of Cleansing Practice](#)

[The Spectrum of Whole Life Detox](#)

[Top 10 Ways to Reduce Your Toxin Exposure](#)

Colon Cleansing

[Enema How-To](#)

[Options for Colon Cleansing](#)

[Spectrum of Colon Cleansing Practices](#)

Community / Social Support

[Healing / Prayer Groups \(Connie Strasheim\)](#)

[Kingston Community Acupuncture](#)

[New Paltz Community Acupuncture](#)

[\(Rondout Valley\) Holistic Health Community](#)

[Support Groups by State](#)

Diet

AIP Diet

[7-Day AIP Diet Meal Plan \(Paleo Hacks\)](#)

[AIP Diet Food List \(Unbound Wellness\)](#)

[AIP Food List \(Healing Autoimmune\)](#)

Cleansing Diet

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[Acid/Alkalinity Food Chart](#)

[Cleansing Diet Shopping List](#)

Elimination Diet

[Elimination Diet Instructions \(UW Integrative Health\)](#)

Fasting

[Full Ketogenic Diet Food List \(Perfect Keto\)](#)

[Intermittent Fasting Guide \(Bulletproof\)](#)

Ketogenic Diet

[30-Day Konscious Keto Weight Loss Meal Plan \(Konscious\)](#)

Products

[Sun Fiber prebiotic fiber supplement](#)

[The Probiotic Jar](#) (gut healing, reducing histamines)

Fertility & Gynecology

[Basal Body Temperature Chart](#)

[The Flow App](#)

General Information

[COVID Prevention & Therapeutics](#)

[COVID Prevention & Therapeutics \(Printable\)](#)

[Lyme Resources \(lymedisease.org\)](#)

[Roadblocks to Recovery](#)

[Solving Insomnia](#)

Hydration

[Acquiring the Highest Quality Water Possible](#)

[Fasting Beverages](#)

[Saturated Sea Salt Solution](#)

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[Water Filter Recommendations](#)

[The Spectrum of Water As Medicine](#)

[Water Enhancements](#)

www.findaspring.com

Intake Forms

[HLTC Systems Intake LONG Form](#)

[HLTC Systems Intake SHORT Form](#)

[Patient Treatment Plan](#)

[Treatment Plan Worksheet for Practitioners](#)

Ivermectin telehealth providers listing

<https://covid19criticalcare.com/ivermectin-in-covid-19/covid-19-care-providers>

Juicing

[Juicing Recipes](#)

[Sample Juice Fasting Schedules](#)

[Shopping List for Daily Juicing](#)

[The Spectrum of Juicing Practice](#)

Labs

[Self Order \(except residents of NY, NJ, RI\)](#)

Meditation, Mindfulness and Breathing

[Deep 3-part Breathing](#)

[Deep Relaxation Recordings \(Daring to Rest\)](#)

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[Guided Meditations](#)

[Limbic Retraining Resources](#)

[Meditation for Cleansing of Lymph](#)

[Meditation Practices for Practitioners](#)

[Solving Insomnia](#)

[The Power of Conscious Breathing](#)

Movement & Exercise

[Establishing an Ecstatic Movement Practice](#)

[MyFitnessPal App](#)

Recipes

[Fasting Beverages](#)

[Herb Cooking Instructions](#)

[Juicing Recipes](#)

[Main Dish Salads with Meat or Grains](#)

[Medicinal Broths](#)

[Raw Soups](#)

[Saturated Sea Salt Solution Recipe](#)

[Smoothie Recipes](#)

[Snack Recipes](#)

Respiratory

[Hydrogen Peroxide Nebulizing Instructions](#)

[Intellipure Air Filters](#)

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