



My Health Care Arsenal



Date	Name	Practitioner / Specialty/ Field of knowledge	Found through/ referred from	Recommends	Notes
Ex: 9/19/19	Dr. Nancy Trimboli	Chiropractor	<i>Stealth Health Book</i>	Chiropractic adjustments and massage therapy <i>Natural Medicine Book</i>	Include things you would want to research more or remember in this column



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