

## Health Highlights Timeline

This is a great way to discover your overall health for your self healing journey!

List 1 through your current age (i.e. for a 25 year old 1-25)

Indicate at each age, any notable health items:

- Lived, schooled, or worked in mold or musty building
- Trauma of any type
- Onset and ongoing of strong symptoms
- Notable health diagnosis
- Normal birth? C-section birth?
- Breast fed/ formula fed
- Surgeries/hospitalizations/broken bones
- Oral surgery, root canals
- Live in a new build or recently remodeled home
- Experience a relationship breakup
- All antibiotic use

Then notate on the outline the areas that are most affected

Example:

1. C-section
- 2.
3. Moldy Home
4. Moldy Home
5. Antibiotics
6. Chronic strep throat
7. Chronic strep throat
8. Antibiotics, Moldy home
9. Moldy home
10. Moldy school
11. Moldy school
12. Moldy school
13. Onset of allergies and asthma
14. Surgery, Antibiotics
- 15.
16. New build
17. New build
- 18.
19. Moldy dorm
20. Moldy dorm
21. Antibiotics
- 22.
23. Relationship breakup
24. Broken foot

