

Date	Time	# Steps	Card #	Name
			Card #	Sorted by Number
09/25/12	30	3	500	Pituitary Health
12/09/12	21	4	501	Hypothalamus H
12/11/12	24	4	502	Liver Health
09/25/12	26	3	503	Neuro Disorder 1
09/25/12	34	5	504	Neuro Disorder 2
09/25/12	40	4	505	Neuro Disorder 3
10/02/12	12	2	506	Toxic Radiation
10/02/12	12	2	507	Brain Reset
10/02/12	16	2	508	Asthma
11/12/12	20	2	509	Fibromyalgia
10/02/12	20	2	510	Brain Detox
10/02/12	20	2	511	Child 1
09/22/12	18	3	512	Child 2
10/10/12	22	3	513	Child 3
01/30/13	20	2	514	All Brain Trim
10/02/12	6	1	515	Infant
10/02/12	18	3	516	Ear Infection
10/02/12	40	4	517	Glaucoma
10/02/12	30	3	518	Gout
10/02/12	16	2	519	Toxin Autoimmune
10/17/12	28	4	520	Viral Cleanse
11/12/12	28	4	521	All Addictions
10/11/12	24	4	522	Heavy Metal
11/12/12	24	4	523	Meningeal Health
11/12/12	18	3	524	Systemic Inf
11/12/12	42	4	525	Hepatitis
01/30/13	20	2	526	Fat / Fungal
11/12/12	20	2	527	Hernia
10/04/12	30	3	528	Whiplash
11/12/12	48	5	529	Lupus
11/12/12	36	4	530	Burns
10/04/12	27	5	531	Peripheral Neuro
11/12/12	43	5	532	Fractures
11/12/12	40	6	533	St / Sp
10/11/12	60	6	534	West Nile
12/12/12	40	4	535	Fat Detox
11/21/12	22	3	536	Antigen Health
11/21/12	36	3	537	Venomous Bite
01/30/13	26	3	538	All Emotion Aura
01/30/13	16	2	539	Aura Attachment
11/21/12	6	1	540	Eye CNS Connect
11/21/12	46	5	541	Digestive Health
11/21/12	56	5	542	Kidney Health
02/01/13	20	1	543	Skin Health
02/01/13	40	3	544	Hormone Health
11/12/12	36	6	545	All Allergies
11/12/12	30	3	546	Artery Health
11/12/12	30	3	547	Smoking
11/12/12	36	6	548	Brain Stem H
11/13/12	12	2	549	Tendon Health
12/11/12	38	5	550	Yersinia Pestis
12/09/12	20	2	551	Neurotransmitter
11/13/12	6	1	552	Cranial Nerves
11/13/12	30	5	553	HPA Axis Health
11/13/12	12	2	554	Pit Pineal Axis
11/13/12	12	2	555	HPG Axis Health
11/13/12	10	1	556	RSD
04/04/13	20	2	557	All Cell Mutate
11/13/12	16	2	558	Disc Health
04/04/13	18	3	559	Depression
11/13/12	20	2	560	Pharynx Health
10/04/12	18	3	561	Pain Health
11/13/12	16	2	562	Esophagus Health
10/04/12	10	1	563	Thymus Parotid
04/04/13	22	3	564	Stomach Health
10/04/12	30	3	565	Adhesions
11/15/12	40	4	566	BP Health
11/20/12	26	3	567	Air Intolerance
11/15/12	6	1	568	Parathyroid
11/15/12	20	2	569	Bursa Health
11/15/12	24	4	570	Ab Fat Retention
04/04/13	20	2	571	Weight Reset 2
10/04/12	10	1	572	Black Mold
09/27/12	26	3	573	Carpal tunnel
02/01/13	26	3	574	Skin D Tox

02/01/13	30	3	575	Structural Bal
02/01/13	30	2	576	Osteoporosis
09/25/12	12	2	577	Aura Trim
02/01/13	16	2	578	Rapid Wt Loss
02/01/13	20	1	579	Trim Quick
02/01/13	20	2	580	TMJ
02/02/13	26	3	581	Fat Drainage
02/02/13	20	2	582	Fat Elimination
10/04/12	18	3	583	Aura Health 3
10/05/12	18	3	584	Aura Health 4
10/05/12	18	3	585	Aura Health 5
02/02/13	26	3	586	Shingle Pain
02/02/13	30	3	587	Staph Infection
02/02/13	15	1	588	STD
09/27/12	30	2	589	Arthritis
02/01/13	24	4	590	Brain Stem H 2
11/21/12	32	4	591	Meridian Health
11/21/12	15	1	592	Blood Health
11/30/12	36	4	593	Tonsil Health
11/30/12	20	2	594	Auricular Health
11/30/12	30	3	595	E D
12/09/12	50	5	596	Genetic Health 2
12/09/12	30	5	597	Vagus Nerve
12/09/12	12	1	598	Trim Plateau
12/09/12	20	2	599	Viral DeTox
02/02/13	25	2	600	Liver GB DeTox
02/02/13	20	2	601	Panc Sp St DeTox
12/09/12	18	3	602	Lung Colon DeTox
02/02/13	26	3	603	Kid Brain DeTox
09/27/12	26	3	604	Lymph Detox
02/02/13	26	3	605	Metallic Elements
02/02/13	20	2	606	Telomere
02/02/13	30	3	607	GB Health
02/02/13	30	3	608	Bone Health
02/02/13	36	4	609	Pineal Health
02/02/13	20	2	610	Jet Lag
02/02/13	24	4	611	Muscle Health
12/09/12	18	3	612	Ligament Health
02/02/13	31	3	613	Teeth Health
02/02/13	20	2	614	Skull Ear Health
02/06/13	12	2	615	H Integration 2
03/25/13	16	2	616	Spiritual Cleans
03/25/13	27	3	617	Lyme Sensitivity
03/25/13	24	4	618	Lyme Intolerance
02/02/13	36	6	619	Sports Injuries
02/02/13	11	1	620	Genetic Health 1
02/04/13	24	4	621	Pituitary Reset
02/04/13	20	2	622	Prostate Health
02/04/13	26	3	623	Soft Tissues
02/04/13	18	3	624	Spleen Health
02/04/13	36	4	625	CA FAT
09/27/12	30	3	626	Lymphatic NS
02/04/13	16	2	627	Fungicidal
02/04/13	26	3	628	Adrenal Health
02/04/13	40	4	629	HPA Reset
02/04/13	30	3	630	Neurotoxins
02/04/13	18	3	631	Aura Health 6
02/04/13	18	3	632	Chemical Detox
10/04/12	30	3	633	Degenerative Dis
02/04/13	15	1	634	Pancreas Health
02/04/13	22	3	635	Immune Health
12/11/12	24	4	636	Migraine HA
10/08/12	18	3	637	Mucosal Immune H
02/04/13	40	4	638	Adulterated Fats
02/04/13	40	4	639	Candida Fungal
11/20/12	40	4	640	Cell Salt Edema
02/06/13	24	4	641	Thyroid Health
03/25/13	24	4	642	Lyme Sensitive 2
11/13/12	60	6	643	Sleep Apnea
11/20/12	32	4	644	Neuro Allergy 1
09/26/12	40	4	645	Neuro Allergy 2
11/20/12	30	5	646	Neuro Allergy 3
11/20/12	18	3	647	All Attachments
11/20/12	20	4	648	All Spine Injury
11/20/12	12	2	649	All Aura Health
11/20/12	20	1	650	Hair Loss
03/25/13	15	1	651	Lyme Intolerant2

03/25/13	18	3	652	Lyme Sensitive 3
11/15/12	12	2	653	Foot Health
11/15/12	50	5	654	Breast Health
12/09/12	20	3	655	Lung Health
12/11/12	20	2	656	Retro Health
12/11/12	22	3	657	Aura Health 1
12/11/12	12	2	658	Fascia Health
12/11/12	24	4	659	Joint Health
11/15/12	60	6	660	Fat Flushing
05/02/13	10	1	661	Hormone Sensitiv
05/02/13	15	1	662	Digestive Intol
05/02/13	30	3	663	Trim Allergy
05/02/13	54	7	664	Trim Intol
12/11/12	12	2	665	Omentum
03/25/13	45	4	666	Lyme
12/11/12	22	3	667	Scalp Hair
12/11/12	10	1	668	Diaphragm Health
10/10/12	26	3	669	Nervous System Health
11/15/12	26	3	670	Free Radicals
12/11/12	22	3	671	Aura Health 2
12/11/12	20	2	672	Lymph Edema
12/11/12	18	3	673	All Digestion
12/11/12	6	1	674	Magnetic Organs
12/11/12	29	5	675	All Fat Flush
12/09/12	30	6	676	All Emotions
12/11/12	24	4	677	All Allergies
02/04/13	30	5	678	Endocrine Bal
12/11/12	24	4	679	Reproductive Health
12/11/12	12	2	680	Bladder Health
12/11/12	18	3	681	Puberty
12/11/12	18	3	682	Genetic Mod Food
02/06/13	10	1	683	Pit Health 2
12/12/12	56	7	684	All Neuro Disord
12/12/12	16	2	685	Conception to Birth
09/25/12	30	5	686	All Infections
12/12/12	12	2	687	Alertness
12/12/12	6	1	688	Neuroplastic Stim
12/12/12	18	3	689	Stress Relief
12/12/12	24	4	690	Thyroid Trim
10/10/12	34	5	691	Pituitary Trim
12/12/12	10	1	692	H Integration
11/15/12	46	5	693	Anti Aging 1
11/15/12	56	6	694	Anti Aging 2
12/12/12	32	6	695	All Parasite Inf
12/12/12	30	5	696	Lyme NS
10/11/12	20	2	697	All Virus
10/11/12	30	3	698	West Nile Inf
10/11/12	50	5	699	West Nile Inf 2
			710	Thru 766 Reserved
10/17/12	40	4	767	AI Parathyroid
10/17/12	20	2	768	AI Lymph
10/17/12	35	3	769	AI Reticulin
10/15/12	45	3	770	AI Heart
10/15/12	20	2	771	AI Skin
10/15/12	10	4	772	AI Adrenal
10/15/12	40	4	773	AI Liver
10/15/12	42	4	774	AI Hypothalamus
10/15/12	26	3	775	AI Mammary
10/15/12	30	2	776	AI Muscle
10/15/12	20	1	777	AI Brain NS
10/15/12	20	2	778	AI Eyes
10/15/12	36	4	779	AI Testes
10/16/12	31	3	780	AI Bone Cartilage
10/16/12	26	3	781	AI Ovaries
10/16/12	22	2	782	AI Pancreas
10/16/12	40	4	783	AI Carb Metab
10/16/12	50	3	784	AI Parotid
10/16/12	20	1	785	AI Pituitary
10/16/12	36	4	786	AI Lungs
10/16/12	30	3	787	AI Prostate
10/16/12	50	3	788	AI Kidneys
10/16/12	60	5	789	AI Spleen
10/16/12	26	2	790	AI Thymus
10/16/12	40	3	791	AI Thyroid
10/16/12	45	4	792	AI Uterus
10/16/12	30	2	793	AI Female
10/16/12	30	2	794	AI Male

10/16/12	20	2	795	AI Esophagus
10/16/12	38	5	796	AI Tendons
10/16/12	31	3	797	AI Blood
10/16/12	26	3	798	AI Water
10/11/12	40	4	799	Viral Cleanse 2
11/29/12	36	6	900	All Infections
05/03/13	40	4	901	Trim Sensitive
05/07/13	31	5	902	Soft Tissue 2
05/07/13	42	7	903	HPA Allergy
11/29/12	42	7	904	All Spinal Injury
05/07/13	28	4	905	Organ Allergy
05/07/13	36	6	906	Thyroid Pit
11/29/12	24	4	907	NS Degeneration
11/29/12	24	3	908	Respiratory Distress
11/29/12	50	5	909	All Pain
07/01/13	20	2	910	Pituitary Circuit
07/01/13	20	2	911	Skin Fit
			912	Reserved
			913	Reserved
			914	Reserved
			915	Reserved
			916	Reserved
			917	Reserved
			918	Reserved
			919	Reserved
			920	Reserved
12/09/12	40	6	921	All TBI
05/07/13	48	6	922	Thyroid Sensitive
05/07/13	30	5	923	All Free Radical
12/09/12	46	6	924	Surgery Wound
05/07/13	30	5	925	Fluid Allergy
12/09/12	20	2	926	Joint Pain
05/07/13	30	5	927	Trim Reset
05/07/13	18	3	928	Intolerance 2
05/08/13	26	3	929	Fat Autoimmune
02/04/13	24	4	930	Thyroid Reset
02/04/13	24	4	931	All Fluids
02/05/13	26	5	932	All Systems
02/05/13	24	4	933	All Organs
02/05/13	31	5	934	All Glands
02/05/13	50	5	935	All Tissues
02/05/13	24	4	936	All Bone / Aura
02/13/13	60	3	937	Allergy Protocol
02/05/13	31	3	938	All Autoimmune
02/13/13	90	3	939	Sensitivity
02/13/13	50	4	940	Intolerances
01/29/13	18	3	941	Quick Start 1
01/29/13	6	1	942	Quick Start 2
01/29/13	36	6	943	Quick Start 3
01/29/13	22	3	944	Quick Start 4
01/29/13	36	6	945	Quick Start 5
01/29/13	18	3	946	Quick Start 6
01/29/13	10	1	947	Trim Health 1
01/29/13	40	4	948	Trim Health 2
01/29/13	23	3	949	Trim Health 3
01/29/13	12	2	950	Trim Health 4
01/29/13	10	1	951	Trim Health 5
01/29/13	28	4	952	Trim Health 6
01/29/13	24	4	953	Trim Health 7
01/30/13	6	1	954	Body Reset
01/30/13	6	1	955	Ligament Laxity
01/30/13	6	1	956	Cranial Faults
01/30/13	3	1	957	Neuro CoFactors
01/30/13	12	2	958	ACR
01/30/13	6	1	959	Altered DNA
01/30/13	15	3	960	Weight Reset
01/30/13	6	1	961	Skin Capillary H
			962	Reserved
01/30/13	16	2	963	Protein Utilize
			964	Reserved
01/30/13	22	3	965	Calcium Balance

Date	Time	# Steps	Card #	Total Name
11/15/12	24	4	570	Ab Fat Retention
01/30/13	12	2	958	ACR

10/04/12	30	3	565	Adhesions
02/04/13	26	3	628	Adrenal Health
02/04/13	40	4	638	Adulterated Fats
10/15/12	10	4	772	AI Adrenal
10/16/12	31	3	797	AI Blood
10/16/12	31	3	780	AI Bone Cartilage
10/15/12	20	1	777	AI Brain NS
10/16/12	40	4	783	AI Carb Metab
10/16/12	20	2	795	AI Esophagus
10/15/12	20	2	778	AI Eyes
10/16/12	30	2	793	AI Female
10/15/12	45	3	770	AI Heart
10/15/12	42	4	774	AI Hypothalamus
10/16/12	50	3	788	AI Kidneys
10/15/12	40	4	773	AI Liver
10/16/12	36	4	786	AI Lungs
10/17/12	20	2	768	AI Lymph
10/16/12	30	2	794	AI Male
10/15/12	26	3	775	AI Mammary
10/15/12	30	2	776	AI Muscle
10/16/12	26	3	781	AI Ovaries
10/16/12	22	2	782	AI Pancreas
10/17/12	40	4	767	AI Parathyroid
10/16/12	50	3	784	AI Parotid
10/16/12	20	1	785	AI Pituitary
10/16/12	30	3	787	AI Prostate
10/17/12	35	3	769	AI Reticulin
10/15/12	20	2	771	AI Skin
10/16/12	60	5	789	AI Spleen
10/16/12	38	5	796	AI Tendons
10/15/12	36	4	779	AI Testes
10/16/12	26	2	790	AI Thymus
10/16/12	40	3	791	AI Thyroid
10/16/12	45	4	792	AI Uterus
10/16/12	26	3	798	AI Water
11/20/12	26	3	567	Air Intolerance
12/12/12	12	2	687	Alertness
11/12/12	28	4	521	All Addictions
11/12/12	36	6	545	All Allergies
12/11/12	24	4	677	All Allergies
11/20/12	18	3	647	All Attachments
11/20/12	12	2	649	All Aura Health
02/05/13	31	3	938	All Autoimmune
02/05/13	24	4	936	All Bone / Aura
01/30/13	20	2	514	All Brain Trim
04/04/13	20	2	557	All Cell Mutate
12/11/12	18	3	673	All Digestion
01/30/13	26	3	538	All Emotion Aura
12/09/12	30	6	676	All Emotions
12/11/12	29	5	675	All Fat Flush
02/04/13	24	4	931	All Fluids
05/07/13	30	5	923	All Free Radical
02/05/13	31	5	934	All Glands
09/25/12	30	5	686	All Infections
11/29/12	36	6	900	All Infections
12/12/12	56	7	684	All Neuro Disord
02/05/13	24	4	933	All Organs
11/29/12	50	5	909	All Pain
12/12/12	32	6	695	All Parasite Inf
11/29/12	42	7	904	All Spinal Injury
11/20/12	20	4	648	All Spine Injury
02/05/13	26	5	932	All Systems
12/09/12	40	6	921	All TBI
02/05/13	50	5	935	All Tissues
10/11/12	20	2	697	All Virus
02/13/13	60	3	937	Allergy Protocol
01/30/13	6	1	959	Altered DNA
11/15/12	46	5	693	Anti Aging 1
11/15/12	56	6	694	Anti Aging 2
11/21/12	22	3	536	Antigen Health
11/12/12	30	3	546	Artery Health
09/27/12	30	2	589	Arthritis
10/02/12	16	2	508	Asthma
01/30/13	16	2	539	Aura Attachment
12/11/12	22	3	657	Aura Health 1
12/11/12	22	3	671	Aura Health 2
10/04/12	18	3	583	Aura Health 3

10/05/12	18	3	584	Aura Health 4
10/05/12	18	3	585	Aura Health 5
02/04/13	18	3	631	Aura Health 6
09/25/12	12	2	577	Aura Trim
11/30/12	20	2	594	Auricular Health
10/04/12	10	1	572	Black Mold
12/11/12	12	2	680	Bladder Health
11/21/12	15	1	592	Blood Health
01/30/13	6	1	954	Body Reset
02/02/13	30	3	608	Bone Health
11/15/12	40	4	566	BP Health
10/02/12	20	2	510	Brain Detox
10/02/12	12	2	507	Brain Reset
11/12/12	36	6	548	Brain Stem H
02/01/13	24	4	590	Brain Stem H 2
11/15/12	50	5	654	Breast Health
11/12/12	36	4	530	Burns
11/15/12	20	2	569	Bursa Health
02/04/13	36	4	625	CA FAT
01/30/13	22	3	965	Calcium Balance
02/04/13	40	4	639	Candida Fungal
09/27/12	26	3	573	Carpal tunnel
11/20/12	40	4	640	Cell Salt Edema
02/04/13	18	3	632	Chemical Detox
10/02/12	20	2	511	Child 1
09/22/12	18	3	512	Child 2
10/10/12	22	3	513	Child 3
12/12/12	16	2	685	Conception to Birth
01/30/13	6	1	956	Cranial Faults
11/13/12	6	1	552	Cranial Nerves
10/04/12	30	3	633	Degenerative Dis
04/04/13	18	3	559	Depression
12/11/12	10	1	668	Diaphragm Health
11/21/12	46	5	541	Digestive Health
05/02/13	15	1	662	Digestive Intol
11/13/12	16	2	558	Disc Health
11/30/12	30	3	595	E D
10/02/12	18	3	516	Ear Infection
02/04/13	30	5	678	Endocrine Bal
11/13/12	16	2	562	Esophagus Health
11/21/12	6	1	540	Eye CNS Connect
12/11/12	12	2	658	Fascia Health
01/30/13	20	2	526	Fat / Fungal
05/08/13	26	3	929	Fat Autoimmune
12/12/12	40	4	535	Fat Detox
02/02/13	26	3	581	Fat Drainage
02/02/13	20	2	582	Fat Elimination
11/15/12	60	6	660	Fat Flushing
11/12/12	20	2	509	Fibromyalgia
05/07/13	30	5	925	Fluid Allergy
11/15/12	12	2	653	Foot Health
11/12/12	43	5	532	Fractures
11/15/12	26	3	670	Free Radicals
02/04/13	16	2	627	Fungicidal
02/02/13	30	3	607	GB Health
02/02/13	11	1	620	Genetic Health 1
12/09/12	50	5	596	Genetic Health 2
12/11/12	18	3	682	Genetic Mod Food
10/02/12	40	4	517	Glaucoma
10/02/12	30	3	518	Gout
12/12/12	10	1	692	H Integration
02/06/13	12	2	615	H Integration 2
11/20/12	20	1	650	Hair Loss
10/11/12	24	4	522	Heavy Metal
11/12/12	42	4	525	Hepatitis
11/12/12	20	2	527	Hernia
02/01/13	40	3	544	Hormone Health
05/02/13	10	1	661	Hormone Sensitiv
05/07/13	42	7	903	HPA Allergy
11/13/12	30	5	553	HPA Axis Health
02/04/13	40	4	629	HPA Reset
11/13/12	12	2	555	HPG Axis Health
12/09/12	21	4	501	Hypothalamus H
02/04/13	22	3	635	Immune Health
10/02/12	6	1	515	Infant
05/07/13	18	3	928	Intolerance 2
02/13/13	50	4	940	Intolerances

02/02/13	20	2	610	Jet Lag
12/11/12	24	4	659	Joint Health
12/09/12	20	2	926	Joint Pain
02/02/13	26	3	603	Kid Brain DeTox
11/21/12	56	5	542	Kidney Health
12/09/12	18	3	612	Ligament Health
01/30/13	6	1	955	Ligament Laxity
02/02/13	25	2	600	Liver GB DeTox
12/11/12	24	4	502	Liver Health
12/09/12	18	3	602	Lung Colon DeTox
12/09/12	20	3	655	Lung Health
11/12/12	48	5	529	Lupus
03/25/13	45	4	666	Lyme
03/25/13	24	4	618	Lyme Intolerance
03/25/13	15	1	651	Lyme Intolerant2
12/12/12	30	5	696	Lyme NS
03/25/13	24	4	642	Lyme Sensitive 2
03/25/13	18	3	652	Lyme Sensitive 3
03/25/13	27	3	617	Lyme Sensitivity
09/27/12	26	3	604	Lymph Detox
12/11/12	20	2	672	Lymph Edema
09/27/12	30	3	626	Lymphatic NS
12/11/12	6	1	674	Magnetic Organs
11/12/12	24	4	523	Meningeal Health
11/21/12	32	4	591	Meridian Health
02/02/13	26	3	605	Metallic Elements
12/11/12	24	4	636	Migraine HA
10/08/12	18	3	637	Mucosal Immune H
02/02/13	24	4	611	Muscle Health
10/10/12	26	3	669	Nervous System Health
11/20/12	32	4	644	Neuro Allergy 1
09/26/12	40	4	645	Neuro Allergy 2
11/20/12	30	5	646	Neuro Allergy 3
01/30/13	3	1	957	Neuro CoFactors
09/25/12	26	3	503	Neuro Disorder 1
09/25/12	34	5	504	Neuro Disorder 2
09/25/12	40	4	505	Neuro Disorder 3
12/12/12	6	1	688	Neuroplastic Stim
02/04/13	30	3	630	Neurotoxins
12/09/12	20	2	551	Neurotransmitter
11/29/12	24	4	907	NS Degeneration
12/11/12	12	2	665	Omentum
05/07/13	28	4	905	Organ Allergy
02/01/13	30	2	576	Osteoporosis
10/04/12	18	3	561	Pain Health
02/02/13	20	2	601	Panc Sp St DeTox
02/04/13	15	1	634	Pancreas Health
11/15/12	6	1	568	Parathyroid
10/04/12	27	5	531	Peripheral Neuro
11/13/12	20	2	560	Pharynx Health
02/02/13	36	4	609	Pineal Health
02/06/13	10	1	683	Pit Health 2
11/13/12	12	2	554	Pit Pineal Axis
07/01/13	20	2	910	Pituitary Circuit
09/25/12	30	3	500	Pituitary Health
02/04/13	24	4	621	Pituitary Reset
10/10/12	34	5	691	Pituitary Trim
02/04/13	20	2	622	Prostate Health
01/30/13	16	2	963	Protein Utilize
12/11/12	18	3	681	Puberty
01/29/13	18	3	941	Quick Start 1
01/29/13	6	1	942	Quick Start 2
01/29/13	36	6	943	Quick Start 3
01/29/13	22	3	944	Quick Start 4
01/29/13	36	6	945	Quick Start 5
01/29/13	18	3	946	Quick Start 6
02/01/13	16	2	578	Rapid Wt Loss
12/11/12	24	4	679	Reproductive Health
11/29/12	24	3	908	Respiratory Distress
12/11/12	20	2	656	Retro Health
11/13/12	10	1	556	RSD
12/11/12	22	3	667	Scalp Hair
02/13/13	90	3	939	Sensitivity
02/02/13	26	3	586	Shingle Pain
01/30/13	6	1	961	Skin Capillary H
02/01/13	26	3	574	Skin D Tox
07/01/13	20	2	911	Skin Fit

02/01/13	20	1	543	Skin Health
02/02/13	20	2	614	Skull Ear Health
11/13/12	60	6	643	Sleep Apnea
11/12/12	30	3	547	Smoking
05/07/13	31	5	902	Soft Tissue 2
02/04/13	26	3	623	Soft Tissues
03/25/13	16	2	616	Spiritual Cleans
02/04/13	18	3	624	Spleen Health
02/02/13	36	6	619	Sports Injuries
11/12/12	40	6	533	St / Sp
02/02/13	30	3	587	Staph Infection
02/02/13	15	1	588	STD
04/04/13	22	3	564	Stomach Health
12/12/12	18	3	689	Stress Relief
02/01/13	30	3	575	Structural Bal
12/09/12	46	6	924	Surgery Wound
11/12/12	18	3	524	Systemic Inf
02/02/13	31	3	613	Teeth Health
02/02/13	20	2	606	Telomere
11/13/12	12	2	549	Tendon Health
10/04/12	10	1	563	Thymus Parotid
02/06/13	24	4	641	Thyroid Health
05/07/13	36	6	906	Thyroid Pit
02/04/13	24	4	930	Thyroid Reset
05/07/13	48	6	922	Thyroid Sensitiv
12/12/12	24	4	690	Thyroid Trim
02/01/13	20	2	580	TMJ
11/30/12	36	4	593	Tonsil Health
10/02/12	12	2	506	Toxic Radiation
10/02/12	16	2	519	Toxin Autoimmune
05/02/13	30	3	663	Trim Allergy
01/29/13	10	1	947	Trim Health 1
01/29/13	40	4	948	Trim Health 2
01/29/13	23	3	949	Trim Health 3
01/29/13	12	2	950	Trim Health 4
01/29/13	10	1	951	Trim Health 5
01/29/13	28	4	952	Trim Health 6
01/29/13	24	4	953	Trim Health 7
05/02/13	54	7	664	Trim Intol
12/09/12	12	1	598	Trim Plateau
02/01/13	20	1	579	Trim Quick
05/07/13	30	5	927	Trim Reset
05/03/13	40	4	901	Trim Sensitive
12/09/12	30	5	597	Vagus Nerve
11/21/12	36	3	537	Venomous Bite
10/17/12	28	4	520	Viral Cleanse
10/11/12	40	4	799	Viral Cleanse 2
12/09/12	20	2	599	Viral DeTox
01/30/13	15	3	960	Weight Reset
04/04/13	20	2	571	Weight Reset 2
10/11/12	60	6	534	West Nile
10/11/12	30	3	698	West Nile Inf
10/11/12	50	5	699	West Nile Inf 2
10/04/12	30	3	528	Whiplash
12/11/12	38	5	550	Yersinia Pestis

Date	Time	# Steps	Card #	Name
Date				Sorted by Date
09/22/12	18	3	512	Child 2
09/25/12	30	3	500	Pituitary Health
09/25/12	26	3	503	Neuro Disorder 1
09/25/12	34	5	504	Neuro Disorder 2
09/25/12	40	4	505	Neuro Disorder 3
09/25/12	12	2	577	Aura Trim
09/25/12	30	5	686	All Infections
09/26/12	40	4	645	Neuro Allergy 2
09/27/12	26	3	573	Carpal tunnel
09/27/12	30	2	589	Arthritis
09/27/12	26	3	604	Lymph Detox
09/27/12	30	3	626	Lymphatic NS
10/02/12	12	2	506	Toxic Radiation
10/02/12	12	2	507	Brain Reset
10/02/12	16	2	508	Asthma
10/02/12	20	2	510	Brain Detox
10/02/12	20	2	511	Child 1

10/02/12	6	1	515	Infant
10/02/12	18	3	516	Ear Infection
10/02/12	40	4	517	Glaucoma
10/02/12	30	3	518	Gout
10/02/12	16	2	519	Toxin Autoimmune
10/04/12	30	3	528	Whiplash
10/04/12	27	5	531	Peripheral Neuro
10/04/12	18	3	561	Pain Health
10/04/12	10	1	563	Thymus Parotid
10/04/12	30	3	565	Adhesions
10/04/12	10	1	572	Black Mold
10/04/12	18	3	583	Aura Health 3
10/04/12	30	3	633	Degenerative Dis
10/05/12	18	3	584	Aura Health 4
10/05/12	18	3	585	Aura Health 5
10/08/12	18	3	637	Mucosal Immune H
10/10/12	22	3	513	Child 3
10/10/12	26	3	669	Nervous System Health
10/10/12	34	5	691	Pituitary Trim
10/11/12	24	4	522	Heavy Metal
10/11/12	60	6	534	West Nile
10/11/12	20	2	697	All Virus
10/11/12	30	3	698	West Nile Inf
10/11/12	50	5	699	West Nile Inf 2
10/11/12	40	4	799	Viral Cleanse 2
10/15/12	45	3	770	AI Heart
10/15/12	20	2	771	AI Skin
10/15/12	10	4	772	AI Adrenal
10/15/12	40	4	773	AI Liver
10/15/12	42	4	774	AI Hypothalamus
10/15/12	26	3	775	AI Mammary
10/15/12	30	2	776	AI Muscle
10/15/12	20	1	777	AI Brain NS
10/15/12	20	2	778	AI Eyes
10/15/12	36	4	779	AI Testes
10/16/12	31	3	780	AI Bone Cartilage
10/16/12	26	3	781	AI Ovaries
10/16/12	22	2	782	AI Pancreas
10/16/12	40	4	783	AI Carb Metab
10/16/12	50	3	784	AI Parotid
10/16/12	20	1	785	AI Pituitary
10/16/12	36	4	786	AI Lungs
10/16/12	30	3	787	AI Prostate
10/16/12	50	3	788	AI Kidneys
10/16/12	60	5	789	AI Spleen
10/16/12	26	2	790	AI Thymus
10/16/12	40	3	791	AI Thyroid
10/16/12	45	4	792	AI Uterus
10/16/12	30	2	793	AI Female
10/16/12	30	2	794	AI Male
10/16/12	20	2	795	AI Esophagus
10/16/12	38	5	796	AI Tendons
10/16/12	31	3	797	AI Blood
10/16/12	26	3	798	AI Water
10/17/12	28	4	520	Viral Cleanse
10/17/12	40	4	767	AI Parathyroid
10/17/12	20	2	768	AI Lymph
10/17/12	35	3	769	AI Reticulin
11/12/12	20	2	509	Fibromyalgia
11/12/12	28	4	521	All Addictions
11/12/12	24	4	523	Meningeal Health
11/12/12	18	3	524	Systemic Inf
11/12/12	42	4	525	Hepatitis
11/12/12	20	2	527	Hernia
11/12/12	48	5	529	Lupus
11/12/12	36	4	530	Burns
11/12/12	43	5	532	Fractures
11/12/12	40	6	533	St / Sp
11/12/12	36	6	545	All Allergies
11/12/12	30	3	546	Artery Health
11/12/12	30	3	547	Smoking
11/12/12	36	6	548	Brain Stem H
11/13/12	12	2	549	Tendon Health
11/13/12	6	1	552	Cranial Nerves
11/13/12	30	5	553	HPA Axis Health
11/13/12	12	2	554	Pit Pineal Axis
11/13/12	12	2	555	HPG Axis Health

11/13/12	10	1	556	RSD
11/13/12	16	2	558	Disc Health
11/13/12	20	2	560	Pharynx Health
11/13/12	16	2	562	Esophagus Health
11/13/12	60	6	643	Sleep Apnea
11/15/12	40	4	566	BP Health
11/15/12	6	1	568	Parathyroid
11/15/12	20	2	569	Bursa Health
11/15/12	24	4	570	Ab Fat Retention
11/15/12	12	2	653	Foot Health
11/15/12	50	5	654	Breast Health
11/15/12	60	6	660	Fat Flushing
11/15/12	26	3	670	Free Radicals
11/15/12	46	5	693	Anti Aging 1
11/15/12	56	6	694	Anti Aging 2
11/20/12	26	3	567	Air Intolerance
11/20/12	40	4	640	Cell Salt Edema
11/20/12	32	4	644	Neuro Allergy 1
11/20/12	30	5	646	Neuro Allergy 3
11/20/12	18	3	647	All Attachments
11/20/12	20	4	648	All Spine Injury
11/20/12	12	2	649	All Aura Health
11/20/12	20	1	650	Hair Loss
11/21/12	22	3	536	Antigen Health
11/21/12	36	3	537	Venomous Bite
11/21/12	6	1	540	Eye CNS Connect
11/21/12	46	5	541	Digestive Health
11/21/12	56	5	542	Kidney Health
11/21/12	32	4	591	Meridian Health
11/21/12	15	1	592	Blood Health
11/29/12	36	6	900	All Infections
11/29/12	42	7	904	All Spinal Injury
11/29/12	24	4	907	NS Degeneration
11/29/12	24	3	908	Respiratory Distress
11/29/12	50	5	909	All Pain
11/30/12	36	4	593	Tonsil Health
11/30/12	20	2	594	Auricular Health
11/30/12	30	3	595	E D
12/09/12	21	4	501	Hypothalamus H
12/09/12	20	2	551	Neurotransmitter
12/09/12	50	5	596	Genetic Health 2
12/09/12	30	5	597	Vagus Nerve
12/09/12	12	1	598	Trim Plateau
12/09/12	20	2	599	Viral DeTox
12/09/12	18	3	602	Lung Colon DeTox
12/09/12	18	3	612	Ligament Health
12/09/12	20	3	655	Lung Health
12/09/12	30	6	676	All Emotions
12/09/12	40	6	921	All TBI
12/09/12	46	6	924	Surgery Wound
12/09/12	20	2	926	Joint Pain
12/11/12	24	4	502	Liver Health
12/11/12	38	5	550	Yersinia Pestis
12/11/12	24	4	636	Migraine HA
12/11/12	20	2	656	Retro Health
12/11/12	22	3	657	Aura Health 1
12/11/12	12	2	658	Fascia Health
12/11/12	24	4	659	Joint Health
12/11/12	12	2	665	Omentum
12/11/12	22	3	667	Scalp Hair
12/11/12	10	1	668	Diaphragm Health
12/11/12	22	3	671	Aura Health 2
12/11/12	20	2	672	Lymph Edema
12/11/12	18	3	673	All Digestion
12/11/12	6	1	674	Magnetic Organs
12/11/12	29	5	675	All Fat Flush
12/11/12	24	4	677	All Allergies
12/11/12	24	4	679	Reproductive Health
12/11/12	12	2	680	Bladder Health
12/11/12	18	3	681	Puberty
12/11/12	18	3	682	Genetic Mod Food
12/12/12	40	4	535	Fat Detox
12/12/12	56	7	684	All Neuro Disord
12/12/12	16	2	685	Conception to Birth
12/12/12	12	2	687	Alertness
12/12/12	6	1	688	Neuroplastic Stim
12/12/12	18	3	689	Stress Relief

12/12/12	24	4	690	Thyroid Trim
12/12/12	10	1	692	H Integration
12/12/12	32	6	695	All Parasite Inf
12/12/12	30	5	696	Lyme NS
01/29/13	18	3	941	Quick Start 1
01/29/13	6	1	942	Quick Start 2
01/29/13	36	6	943	Quick Start 3
01/29/13	22	3	944	Quick Start 4
01/29/13	36	6	945	Quick Start 5
01/29/13	18	3	946	Quick Start 6
01/29/13	10	1	947	Trim Health 1
01/29/13	40	4	948	Trim Health 2
01/29/13	23	3	949	Trim Health 3
01/29/13	12	2	950	Trim Health 4
01/29/13	10	1	951	Trim Health 5
01/29/13	28	4	952	Trim Health 6
01/29/13	24	4	953	Trim Health 7
01/30/13	20	2	514	All Brain Trim
01/30/13	20	2	526	Fat / Fungal
01/30/13	26	3	538	All Emotion Aura
01/30/13	16	2	539	Aura Attachment
01/30/13	6	1	954	Body Reset
01/30/13	6	1	955	Ligament Laxity
01/30/13	6	1	956	Cranial Faults
01/30/13	3	1	957	Neuro CoFactors
01/30/13	12	2	958	ACR
01/30/13	6	1	959	Altered DNA
01/30/13	15	3	960	Weight Reset
01/30/13	6	1	961	Skin Capillary H
01/30/13	16	2	963	Protein Utilize
01/30/13	22	3	965	Calcium Balance
02/01/13	20	1	543	Skin Health
02/01/13	40	3	544	Hormone Health
02/01/13	26	3	574	Skin D Tox
02/01/13	30	3	575	Structural Bal
02/01/13	30	2	576	Osteoporosis
02/01/13	16	2	578	Rapid Wt Loss
02/01/13	20	1	579	Trim Quick
02/01/13	20	2	580	TMJ
02/01/13	24	4	590	Brain Stem H 2
02/02/13	26	3	581	Fat Drainage
02/02/13	20	2	582	Fat Elimination
02/02/13	26	3	586	Shingle Pain
02/02/13	30	3	587	Staph Infection
02/02/13	15	1	588	STD
02/02/13	25	2	600	Liver GB DeTox
02/02/13	20	2	601	Panc Sp St DeTox
02/02/13	26	3	603	Kid Brain DeTox
02/02/13	26	3	605	Metallic Elements
02/02/13	20	2	606	Telomere
02/02/13	30	3	607	GB Health
02/02/13	30	3	608	Bone Health
02/02/13	36	4	609	Pineal Health
02/02/13	20	2	610	Jet Lag
02/02/13	24	4	611	Muscle Health
02/02/13	31	3	613	Teeth Health
02/02/13	20	2	614	Skull Ear Health
02/02/13	36	6	619	Sports Injuries
02/02/13	11	1	620	Genetic Health 1
02/04/13	24	4	621	Pituitary Reset
02/04/13	20	2	622	Prostate Health
02/04/13	26	3	623	Soft Tissues
02/04/13	18	3	624	Spleen Health
02/04/13	36	4	625	CA FAT
02/04/13	16	2	627	Fungicidal
02/04/13	26	3	628	Adrenal Health
02/04/13	40	4	629	HPA Reset
02/04/13	30	3	630	Neurotoxins
02/04/13	18	3	631	Aura Health 6
02/04/13	18	3	632	Chemical Detox
02/04/13	15	1	634	Pancreas Health
02/04/13	22	3	635	Immune Health
02/04/13	40	4	638	Adulterated Fats
02/04/13	40	4	639	Candida Fungal
02/04/13	30	5	678	Endocrine Bal
02/04/13	24	4	930	Thyroid Reset
02/04/13	24	4	931	All Fluids

02/05/13	26	5	932	All Systems
02/05/13	24	4	933	All Organs
02/05/13	31	5	934	All Glands
02/05/13	50	5	935	All Tissues
02/05/13	24	4	936	All Bone / Aura
02/05/13	31	3	938	All Autoimmune
02/06/13	12	2	615	H Integration 2
02/06/13	24	4	641	Thyroid Health
02/06/13	10	1	683	Pit Health 2
02/13/13	60	3	937	Allergy Protocol
02/13/13	90	3	939	Sensitivity
02/13/13	50	4	940	Intolerances
03/25/13	16	2	616	Spiritual Cleans
03/25/13	27	3	617	Lyme Sensitivity
03/25/13	24	4	618	Lyme Intolerance
03/25/13	24	4	642	Lyme Sensitive 2
03/25/13	15	1	651	Lyme Intolerant2
03/25/13	18	3	652	Lyme Sensitive 3
03/25/13	45	4	666	Lyme
04/04/13	20	2	557	All Cell Mutate
04/04/13	18	3	559	Depression
04/04/13	22	3	564	Stomach Health
04/04/13	20	2	571	Weight Reset 2
05/02/13	10	1	661	Hormone Sensitiv
05/02/13	15	1	662	Digestive Intol
05/02/13	30	3	663	Trim Allergy
05/02/13	54	7	664	Trim Intol
05/03/13	40	4	901	Trim Sensitive
05/07/13	31	5	902	Soft Tissue 2
05/07/13	42	7	903	HPA Allergy
05/07/13	28	4	905	Organ Allergy
05/07/13	36	6	906	Thyroid Pit
05/07/13	48	6	922	Thyroid Sensitiv
05/07/13	30	5	923	All Free Radical
05/07/13	30	5	925	Fluid Allergy
05/07/13	30	5	927	Trim Reset
05/07/13	18	3	928	Intolerance 2
05/08/13	26	3	929	Fat Autoimmune
07/01/13	20	2	910	Pituitary Circuit
07/01/13	20	2	911	Skin Fit