



Weekly Healing Planner

I am blessed, I am loved, I am healed

www.tonyhealer.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM	AM	AM	AM	AM	AM
Mid-day	Mid-day	Mid-day	Mid-day	Mid-day	Mid-day	Mid-day
Eve	Eve	Eve	Eve	Eve	Eve	Eve
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

This Weeks Goal:
And so it is

Detox & Elimination:
Every day, in every way

Suggestions:
💧 = Hydration,
🔥 = Pain spike,
🩸 = Assessment
😊 = Energy boost
🤢 = Symptom
🚽 = Bowel movement
🌟 = Holistic
Treatment

Intake: Thoughts, Dreams Emotions, Nutrition, Hydration, Electrolytes & Juicing:
Fear secretes acids; but love and trust are sweet juices.
— Henry Ward Beecher