



Use this chart to help record progress with our program. Mark with an “X” each day you are 100% compliant with both your **AM** and **PM** doses. Please bring this chart with you to your follow up visit at the end of Phase 2 after six months on the **Advanced Nutrient Therapy** protocol. Give small rewards for each milestone reached in the healing process. Best of luck. We know you can do this.

### Phase 2 Weekly Dosage Compliance Chart for Mensah Medical Patients


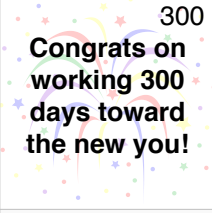
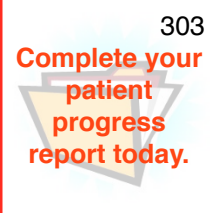

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 27</b> (Phase 2 Mensah Medical Patients)	183 <b>Phase 2 starts here, today. You are well on your way!</b> 	184 In the middle of every difficulty lies opportunity. -Albert Einstein	185 Trust yourself. You know more than you think you do. -Ben Spock	186 When you come to the end of your rope, tie a knot and hang on. -FDR	187 You will never do anything in this world without courage. -Aristotle	188 Worry does not empty tomorrow of it's sorrow, it empties today of it's strength. -Corrie Boom	189 All roads that lead to <b>SUCCESS</b> have to drive through <b>HARD WORK</b> .
<b>WEEK 28</b>	190 Life is 10% what happens to you and 90% how you react to it. -Charles Swindoll	191 It's a brand new day. You're alive. Do something meaningful about that.	192 Faith says yes when everyone around you says no.	193 Negative thoughts lead to failure. Think positive today.	194 Your challenges are your stepping stones to success.	195 You cannot expect victory and plan for defeat. -Joel Osteen	196 You can do anything you want to if you want it bad enough.
<b>WEEK 29</b>	197 The greatest act of faith some days is to get up and face another day.	198 Temptation is not to be feared but controlled. -Deborah Brodie	199 Begin again as often as you need to in order to stay on track.	200 <b>Celebrate 200 days on Advanced Nutrient therapy!</b> 	201 Turn lemons into lemonade -Kevin Cronin	202 You matter because you are you and no one else can take your place.	203 You have to work hard for what you want. -Lailah Gifty Akita

First three weeks of Phase 2.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 30</b>	204 No one can do everything but everyone can do something. -Max Lucado	205 Success isn't final, failure isn't fatal: it's the courage to continue that counts.	206 Don't spend time beating on a wall, hoping to transform it into a door. -Coco Chanel	207 The way to get started is to quit talking and begin doing.	208 It is hard to fail, but it is worse never to have tried to succeed. -Teddy Roosevelt	209 If you believe you can, you might. If you know you can, you will. - Steve Maraboli	210 Folks are usually about as happy as they make their minds up to be. -Abraham Lincoln
<b>WEEK 31</b>	211 Be believing; be happy; don't get discouraged. Things will work out.	212 <b>Complete your patient progress report today.</b>	213 <b>Celebrate 7 months on Advanced Nutrient Therapy today!</b>	214 It is often in the darkest skies that we see the brightest stars.	215 I don't think of all the misery, but of the beauty that still remains. -Anne Frank	216 Be faithful in small things because it is in them that your strength lies. -Mother Teresa	217 It always seems impossible until it's done. -Nelson Mandela
<b>WEEK 32</b>	218 Faith is about doing. You are how you act, not just how you believe.	219 Faith is not something to grasp, it is a state to grow into. -Mahatma Gandhi	220 Sorrow looks back, Worry looks around, Faith looks up. -Ralph Waldo Emerson	221 When you do what you fear most, then you can do anything. -Stephen Richards	222 The best way to cheer yourself is to try to cheer someone else up. -Mark Twain	223 Words are life. Positive words create positive life.	224 Above all, don't lie to yourself.
<b>WEEK 33</b>	225 Continuous effort - not strength or intelligence - is the key to unlocking our potential.	226 The thing with giving up is that you never know whether you could have done the job.	227 Change is hardest at the beginning, messiest in the middle and best at the end.	228 Happiness is when what you think, what you say, and what you do are in harmony.	229 He who can have patience can have what he will. -Ben Franklin	230 Peace begins with a smile. -Mother Teresa	231 Isn't it nice to think that tomorrow is a new day with no mistakes in it yet? -LM Montgomery
<b>WEEK 34</b>	232 It is better to offer no excuse than a bad one. -George Washington	233 Angry people are not always wise. -Jane Austen	234 No matter the situation, never let your emotions overpower your intelligence.	235 It's not what we do once in a while that shapes our lives. It's what we do consistently.	236 Fall in love with the process and the results will come.	237 You may have to fight a battle more than once to win it. -Margaret Thatcher	238 Doubt kills more dreams than failure ever will. Have faith.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 35</b>	239 Our wounds are often the openings into the best and most beautiful part of us.	240 It does not matter how slowly you go so long as you do not stop. -Andy Warhol	241 Forgive others, not because they deserve it, but because you deserve peace.	242 <b>Complete your patient progress report today.</b>	243 You'll never get ahead of anyone as long as you try to get even with him.	244 <b>Celebrate 8 months on Advanced Nutrient Therapy today!</b>	245 We are products of our past, but we don't have to be prisoners of it. -Rick Warren
<b>WEEK 36</b>	246 When we give cheerfully and accept gratefully, everyone is blessed. -Maya Angelou	247 Talking about problems is a bad addiction. Talk about your joys instead.	248 You are good enough, smart enough, and strong enough. Believe in yourself.	249 The future can be better than the present and you have the power to make it so.	250 Visualize what you want. See it, feel it, believe it. Make a mental blueprint & begin.	251 Be sure to thank somebody today. Gratitude makes you think of the good and forget the bad.	252 Just because you fail once doesn't mean you're gonna fail at everything.
<b>WEEK 37</b>	253 The darkest nights produce the brightest stars.	254 Be somebody that makes everyone else feel like a somebody.	255 The more you praise & celebrate your life, the more there is in life to celebrate. -Oprah Winfrey	256 Every time you smile at someone, it's an action of love, a gift to that person.	257 Always remember, your focus determines your reality. -George Lucas	258 To get out of your own sadness, put your focus on someone else and help them	259 Be gentle with yourself. You are doing the best you can.
<b>WEEK 38</b>	260 You have only failed when you've given up. Don't quit.	261 Obstacles are things a person sees when he takes his eyes off his goal.	262 We rise by lifting others. Help someone today.	263 Be kind, for everyone you meet is fighting a harder battle. -Plato	264 Just because something isn't happening for you right now doesn't mean it never will.	265 The man who moves a mountain begins by carrying away small stones. -Confucius	266 To escape fear you have to go through it, not around.
<b>WEEK 39</b>	267 Facts do not cease to exist because they are ignored. -Aldous Huxley	268 Strength comes from overcoming things you thought you couldn't do.	269 Don't believe everything you think. Focus on the positive today.	270 Rock bottom became the solid foundation on which I rebuilt my life. -J.K. Rowling	271 Without struggle there is no progress.	272 <b>Complete your patient progress report today.</b>	273 <b>Congrats! Today is the 1/2 mark to FINISHING phase 2!</b>

**Complete the Halfway Mark of Phase 2 and First 273 Days on Advanced Nutrient Therapy**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 40</b>	 274 <b>Call to schedule your 12 month follow up visit in 3 months.</b>	275 What we do comes out of who we believe we are.	276 It does not matter how slowly you go as long as you do not stop. -Confucius	277 No one can make you feel inferior without your consent. -Eleanor Roosevelt	278 Smile and let everyone know that today you are a lot stronger than you were yesterday.	279 It's not the load that breaks you down, it's the way you carry it.	280 Pain is temporary. It may last a day or a year, but it will end. If you quit, it lasts forever.
<b>WEEK 41</b>	281 Don't let your struggle become your identity.	282 Even if others give up on you, don't give up on yourself. You hold the determination to thrive.	283 Failure is only a temporary change in direction to set you straight for your next success.	284 You have power over your mind - not outside events. Realize this, and you will find strength.	285 Don't count the days, make your days count. -Muhammad Ali	286 You are confined only by the walls you build yourself.	287 Joy is a decision, a really brave one, on how you are going to respond to life.
<b>WEEK 42</b>	288 Success is connected to action. Successful people make mistakes but they don't quit.	289 The flower that blooms in adversity is the rarest and most beautiful of all.	290 Today is a good day to have a good day. Just do it.	291 No act of kindness, no matter how small, is ever wasted. -Aesop	292 Finishing a marathon is a state of mind that says anything is possible.	293 Happiness doesn't result from what we get, but from what we give.	294 Tears shed for another person are not a sign of weakness. They are a sign of a pure heart.
<b>WEEK 43</b>	295 Happiness is always there. You just have to choose to see it.	296 Stay strong and finish strong. Always remember why you are doing this.	297 It's not what happens to you that matters. It's how you react to it.	298 Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness	299 Doing good for others is not a duty, but a joy. It increases our own health and happiness.	 300 <b>Congrats on working 300 days toward the new you!</b>	301 Every day may not be good. But there is something good in every day.
<b>WEEK 44</b>	302 People will feel good about doing things with you if you are enthusiastic.	 303 <b>Complete your patient progress report today.</b>	304 The time is always right to do the right thing. So do it today.	305 Joy doesn't simply happen to us. We have to choose joy and keep choosing it every day.	 306 <b>Congrats! You've made it to 10 months of treatment today!</b>	307 Success is the sum of small efforts, repeated day in and day out. -Robert Collier	308 Be the reason someone smiles today.

**Schedule Your Follow Up Visit this Month During or Just After Your 40th Week of Supplementation**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 45</b>	309 The life you have left is a gift. Cherish it. Enjoy it to the fullest. Do what matters.	310 Nothing great is ever achieved without much enduring. -Catherine of Siena	311 The enemy is fear. We think it is hate; but, it is fear. -Mahatma Gandhi	312 You will overcome. You will win. No one can stop you except yourself.	313 Joy is a light that fills you with faith and hope and love. Be joyful today.	314 Enjoy the little things in life. For one day you will look back and realize they were big things.	315 If you treat people right they will treat you right ... ninety percent of the time. -FDR
<b>WEEK 46</b>	316 Hardships often prepare ordinary people for an extraordinary destiny -C.S. Lewis	317 How you react emotionally is a choice in any situation.	318 Our greatest glory is not in avoiding failure, but in our willingness to try again.	319 In times of stress, keep busy. Plow your energy into something positive.	320 The meaning of life is to find your gift. The purpose of life is to give it away.	321 99% of all failures come from people who've a habit of making excuses. -George W. Carver	322 It may not be tonight, tomorrow, or the next day, but things are going to be okay.
<b>WEEK 47</b>	323 Just when the caterpillar thought the world was over it became a butterfly.	324 Organize your life around your dreams and watch them come true.	325 Focus on the good. It's easy to look at the bad, but seeing the good brings joy.	326 Believe it is possible to solve your problem. Tremendous things happen to the believer.	327 No one can make you feel inferior without your consent. -Eleanor Roosevelt	328 The longer you hang on the harder it is to let go.	329 Forgive yourself for believing you are anything less than beautiful.
<b>WEEK 48</b>	330 Most of the things you worry about don't happen. That's a fact.	331 We all fall sometime but it's those that get back up and try again that make the difference.	332 The world is one big family and we need to help each other. Help someone today.	333 Life is like riding a bicycle. To keep your balance, you must keep moving. -Albert Einstein	334 <b>Complete your patient progress report today.</b>	335 Replace your fear of the unknown with curiosity.	336 Fear is false evidence appearing real. Don't give in to your fears.
<b>WEEK 49</b>	337 <b>Congrats! You've made it to the 11 month milestone!</b>	338 The only person you are destined to become is the person you decide to be.	339 Having a rough day? Place your hand over your heart. You are alive for a reason. Don't give up.	340 Your inner light is brighter, bigger, more powerful than anything trying to extinguish it.	341 Believe in yourself and all that you are. You are greater than any obstacle.	342 Never look down on someone unless you are helping them get up.	343 You are stronger today than yesterday. Face your fears and wipe your tears.

**Completion of the 11 Months of Advanced Nutrient Therapy!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 50</b>	344 Walk on with hope in your heart, and you'll never walk alone	345 Think positive and be positive and positive things will happen.	346 Without fear there cannot be courage. -Christopher Paolini	347 Fear is the glue that keeps you stuck. Faith is the solvent that sets you free.	348 Never say anything about yourself you do not want to come true.	349 When you stop expecting people to be perfect, you can like them for who they are.	350 Glory awaits you at the finish line. Keep going, you are nearly there.
<b>WEEK 51</b>	351 Hang in there. It may not be easy, but it is going to be worth it.	352 May your choices reflect your hopes, not your fears. -Nelson Mandela	353 You don't need a reason to help people. Just offer your assistance today.	354 If the road is easy, you're likely going the wrong way. -Terry Goodkind	355 There will be obstacles, there will be mistakes, but with hard work there are no limits.	356 Measure success by the number of obstacles you've overcome to reach your goals.	357 We rise by lifting others. Have you lifted someone else's spirit today?
<b>WEEK 52</b> (Your 12 month follow up should be this week or next week.)	358 Once you develop a habit of helping others you start to feel better about yourself.	359 You are what you do, not what you say you'll do.	360 Starting strong is good. Finishing strong is epic. You've got this.	361 Worry doesn't take away tomorrow's struggles. It takes away today's peace.	362 Life doesn't require that we be the best, only that we try our best.	363 <b>Complete your patient progress report today.</b>	364 <b>Congrats! Today YOU FINISHED phase 2!</b>

Please bring this Compliance Chart with you to your follow up visit. We look forward to seeing you and discussing your progress with Advanced Nutrient Therapy this week.

-Dr. Albert Mensah and Dr. Judith Bowman

**Time to Celebrate, Completion of the Last Month of Phase Two!**