



Root Alchemy Acupuncture
Blair Sylvan Grey, Doctor of Oriental Medicine
(505) 699-4188
www.elementalintegration.co

Patient: _____ Date: _____ Herb Formula	Upon Rising (empty stomach)	Breakfast	Mid- AM	Lunch	Mid PM	Dinner	Before Bed (empty Stomach)	Information

Please stop taking herbs and contact me if any adverse reactions occur. (505) 699-4188