

“Dr. Al” Danenberg
Balanced Metabolic Coaching

Periodontist
Certified Functional Medicine Practitioner
ADAPT Trained Health Professional
Certified Primal Health Coach
<https://drdanenberg.com/>

Consultation Materials

When scheduling the day of your consultation with me, make sure you submit your 3-Day Food Journals and Questionnaires at least 24 hours before your consultation time so I can review them.

Also, try to get your digital dental x-rays to my email address a day before the consult:
Al@DrDanenberg.com

Below, are the links to the 3-Day Food Journal and the Questionnaire.

Links to the 3-Day Food Journals:

[Day 1](#)

[Day 2](#)

[Day 3](#)

Links to the Questionnaires:

[Questionnaire \(part 1\)](#)

[Questionnaire \(part 2\)](#)

I'm looking forward to working with you!

Please let me know if you have any questions.

- Dr. Al