

Detox Daily Tasks:	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Check with your doctor regarding this detox. You take full responsibility for your health.	X					
Take your measurements	X					X
Stock your refrigerator with organic Non-GMO foods from your detox shopping list.	X	X	X	X	X	X
Take 5-long deep breaths before each meal and stay in the present moment during your meal without TV, or cell phone use. Walk at least 10-minutes after each meal to help your digestion.	X	X	X	X	X	X
Drink 32-64 ounces of filtered water in glass or stainless steel water bottle. Stay hydrated! Focus on drinking one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water.	X	X	X	X	X	X
Chew your food about 25-times or until its liquid to support digestion. Practice slowing down and pausing.	X	X	X	X	X	X
Walk at least 30 minutes most days. Get in nature if you can thinking of things you're grateful for.		X	X	X	X	X
Activated Charcoal: Take 1Tbsp in a glass of water 2 hours before or after meds. Take upon rising, before bed and at least once more during the day. (Can take up to six times a day.)			X	X	X	X
Detox Foot Pads: Peel off adhesive sticker and place detox pad in the center of adhesive. On clean, dry feet put foot pad in the bottom center of foot. Wear socks to help keep it in place. Keep on 6-8hrs. Discard after use and wash feet.			X	X	X	X
Liver Health: Shake bottle well. Take 1 ml twice daily. Preferrably once in the morning and before bed. (20-30 minutes before activated charcoal.)			X	X	X	X
Oxy-Powder: Take 4 capsules with a full glass of purified water before bed. If you do not achieve 3-5 bowel movements the next day, increase by 2 capsules each night until you achieve 3-5 movements. Drink plenty of water while using Oxy-Powder. Tip: Adding fresh lemon juice to your water will increase the effectiveness of Oxy-Powder.						
Organic Vegan Protein Powder: Mix with water or any organic non-dairy milk. Can add any organic fruit. BK = Breakfast.			Any 3-Days BK	Any 4-Days BK + Any 4 Dinners	Any 4-Days BK	Any 2-Days
ASEA REDOX: Drink four ounces every day. Two ounces in the morning and two ounces in the evening. (20-30 minutes before activated charcoal.)			X	X	X	X
Try not to use the microwave on your food or Skip Meals.						
Helpful: Limit or eliminate watching the news, or scary, violent tv shows or movies. Limit conversations that upset you.						
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