

| Detox Daily Protocols: | 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 | | | | | |
| Start eliminating sugar and alcohol. During detox do not consume them at all. | 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. | X | X | X | X | X | X |
| Drink 32-64 ounces of filtered water in glass or stainless steel water bottle not plastic. 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 |
| To support your digestion chew your food about 25-times before you swallow or until its liquid. Practice slowing down and pausing when you eat. | X | X | X | X | X | X |
| Walk at least 10 minutes most days. Get in nature if you can thinking of things you're grateful for. | X | X | X | X | X | X |
| Detox Days 1-3: Decrease solid food by 50-70%% and drink more organic soups & protein shakes. | | | X | | | |
| Drink a full 8oz glass of filter water with each supplement below: (If you don't like taking capsules, you can open them and add them to your shake.) | | | | | | |
| Take 4 Rebuild capsules in the morning on an empty stomach. Don't eat for at least 20-30 minutes. | | | X | | | |
| Take 2 Latero-Probiotic caps at least 20-min. before breakfast. (Can be taken with Rebuild.) | | | X | X | X | X |
| Take 3 capsules of intestinal build with each meal. | | | X | X | X | X |
| Take 4 Detox capsules at least 2 hours after dinner and meds. Do not eat again for the night. | | | X | | | |
| Detox Days 4-6: Consume ONLY organic soups and eat 3-5 shakes per day. | | | X | | | |
| NOTE: If you need soild food, eat small organic meals with mostly greens throughout your cleanse. | | | X | | | |
| Helpful Tips: Lemon helps water have flavor. Limit or eliminate watching the news, or scary, violent tv shows or movies. Limit conversations that upset you. | X | X | X | X | X | X |
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