

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 1 Food Enzyme with every meal including shakes. Continue until gone.			X	X	X	X
Take 2 Paratrex capsules 20 minutes before breakfast and 20 minutes before lunch. Continue until gone.			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. Continue with supplements.			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

