

pro·to·col
30 DAY DETOX

PROGRESSION CHART

Week 1

Water:	start drinking as much of the 3 quarts of water per day. This is 12 cups, or 6 pints of water.
Supplements:	start Megapan, Zinc, Paramin, Enzaid, EPA-DHA, and D3 <i>Day 1 - 3 1 dose at breakfast</i> <i>Day 4 - 6 add lunch dose</i>
Food:	start to be aware of sugar including from natural sources try to cover your plate 50% (or more than usual) with cooked veggies once a day Sudden tiredness can be the result of the body detoxifying. Healing takes energy

Week 2

Water:	continue as above, use an "Water Your Body" App to keep track of how much you're actually drinking. your body WILL get used to the amount of water.
Supplements:	add Kelp <i>Day 7 - 9 add Kelp to breakfast and lunch doses</i> <i>Day 10-13 add dinner dose with all supplements</i>
Food:	Increase veggies to 50% of plate twice a day. look for ways to replace simple carbohydrates with whole grain. Make the switch slowly so as to not stress yourself out too much.

Week 3 & 4

Water:	trick: drink 1 pint at waking. Always drink between meals, not with them.
Supplements:	add the optional TMG (between meals or at bedtime) If you start to feel too anxious or can't get to sleep at night, try taking Kelp with breakfast and lunch only and cut back TMG.
Food:	By now most meals are 50% or more of cooked veggies. Try increasing that to 75% Remember quality proteins are poultry, game, and the occasional red meat. Look for grass fed. It may cost a bit more but you'll notice the flavor is better. By the way taste buds tend to change. Notice as food sensitivities come and go. They tend to pop up and go away on the program as certain minerals and toxins move around.

At the end of 4 weeks see how you feel. If you decide to continue, you can purchase another pro-to-col 30 DAY DETOX or order her personalized Nutritional Balancing Program based on your Hair Mineral Analysis. Call 408.800.SELF