

DETOX/RECOVERY WEEKLY CALENDAR

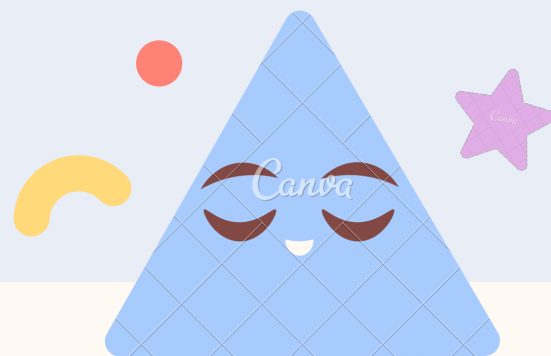
Week #:

Dates:

Clean Slate Monday

Goals:

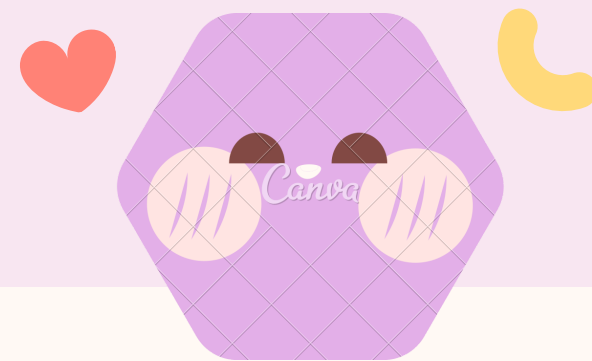
- All Liquids Diet
- Wake up mineral water, juicing, smoothies & blended soups with no calories after 7pm
- Gentle Yoga or hot yoga
- Walk for 30 min
- Evening enema (water or coffee)



Detox Tuesday

Goals:

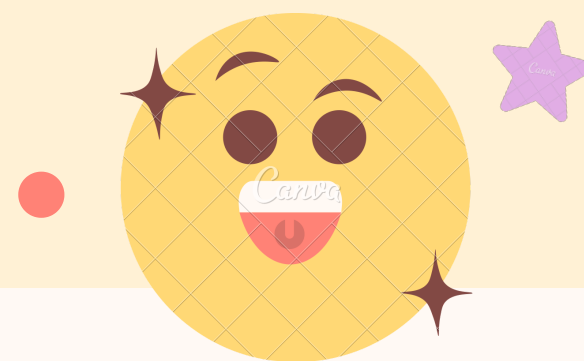
- Wake up Water/minerals
- Binders, dry brushing
- Sauna
- Liver support/ Detox supplements like 4-4-4
- 30 min workout or Rebounding
- Re mineralize
- Castor oil pack



Recovery Wednesday

Goals:

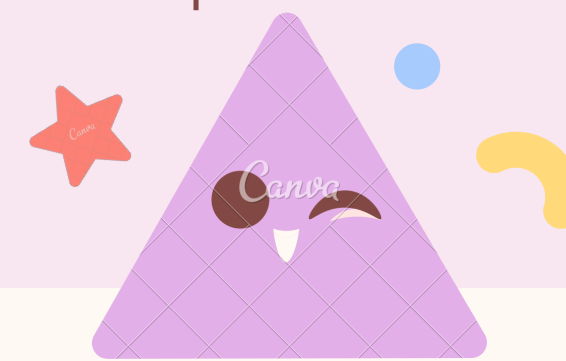
- Wake up water minerals
- Mineral water enema
- Gentle yoga or walking
- Gentle self massage or sonic slider (binder)
- PEMF or Biomat therapy
- Lots of CBD



Thoughtful Thursday

Goals:

- Wake up water minerals
- Detox/Liver supplements, Binders
- Sauna or Cold Plunge
- Active Lymphatic Drainage (rebounding, vibration plate or workout)
- Go to bed early, take extra CBD and sleep aids



Recharge Friday

Goal:

- Wake up water minerals
- morning walk
- stretching
- PEMF or biomat
- Gentle lymphatic like dry brushing or sonic slider
- Binder drink

