

4.1 Basic Schedule For Rejuvenating & Therapeutic Purposes

TIME	PROG	REF	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th
7:00 A.M	Cleansing Drink	5.1 (page 11)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7:15	Tissue-Building Drink	5.2 (page 11)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7:15	1 Sachet of Immuflora	6.6 (page 13)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7:30	Water Enema							Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	
	Coffee Enema	7.2 (page 17)						Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	
	Skin Scrubbing	7.4 (page19)						✓	✓	✓	✓	✓	
8:00	***Breakfast***	9.2 (page20)	EAT AS USUAL			✓	****Breakfast-	✓	✓	✓	✓	✓	
8:30	Health Drink	6.1 (page12)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10:00	Cleansing Drink	5.1 (page 11)							✓	✓	✓	✓	
10:15	Tissue-Building Drink	5.2 (page 11)							✓	✓	✓	✓	
11:30	Health Drink	6.1 (page12)							✓	✓	✓	✓	
12:00 noon	***Lunch***	9.2 (page20)	EAT AS USUAL				****Lunch-	✓	✓	✓	✓	✓	
1:00	Cleansing Drink	5.1 (page 11)					✓	✓	✓	✓	✓	✓	
1:15	Tissue-Building Drink	5.2 (page 11)					✓	✓	✓	✓	✓	✓	
2:30	Health Drink	6.1 (page12)					✓	✓	✓	✓	✓	✓	
4:00	Cleansing Drink	5.1 (page 11)						✓	✓	✓	✓	✓	
4:15	Tissue-Building Drink	5.2 (page 11)						✓	✓	✓	✓	✓	
5:30	Health Drink	6.1 (page12)						✓	✓	✓	✓	✓	
6:00	Water Enema		Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	Water Enema	Water Enema
	Coffee Enema	7.2 (page 17)		Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema	Coffee Enema
	Skin Scrubbing	7.4 (page19)		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7:00	* Cleansing Drink	5.1 (page 11)			✓	✓	✓	✓	✓	✓	✓	✓	
7:15	Tissue-Building Drink	5.2 (page 11)			✓	✓	✓	✓	✓	✓	✓	✓	
7:30	***Dinner***	9.2 (page20)	EAT AS USUAL						****Dinner -	✓	✓	✓	
Anytime	Flaxseed Oil	6.8 (page 14)		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Anytime	MorLife Herbal Tea	6.7 (page 14)		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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<u>WATER ENEMA</u>	
Enema Bucket	
Distilled Water	1 litre
Natural Apple	1 tablespoon
<u>COFFEE ENEMA</u>	
Enema Bucket	
Distilled Water	1 litre
Pure Enema	3 heaped tablespoons
Natural Apple	1 tablespoon
<u>SKIN SCRUBBING</u>	
Cellande han	1/4 - 1/2 teaspoon

<u>CLEANSING DRINK</u>	
Distilled Water (room temperature)	1 glass
Natural Apple Cider Vinegar	1 teaspoon
Pure Raw Honey	1 teaspoon
Herbal Klenz Powder	1 heaped teaspoon
<u>TISSUE BUILDING DRINK</u>	
Spirulina Tablets (80 gms - 400 tablets)	8 tablets

<u>HEALTH DRINK</u>	
Fruit Juice	8 oz / 250ml
K Salt	1/4 teaspoon
Super Green Food Plus (30 Sachets)	1 sachet
<u>ANYTIME</u>	
Flaxseed Oil	1-2 tablespoon per day
MorLife Herbal Tea (25 bags)	1- 2 tea-bag per day
<u>IMMUFLORA</u>	
Immuflora	1 sachet per day