

# COWDEN SUPPORT PROGRAM

## Schedule & Instructions



**NutraMedix** 

Providing Quality Natural Products Since 1993

## COWDEN SUPPORT PROGRAM INSTRUCTIONS

The **Cowden Support Program (CSP)** is a protocol that utilizes 14 different **NutraMedix** products taken rotationally according to a set schedule. All products serve an essential purpose and are prepackaged into individual monthly sets (34% savings over purchasing individually). Those starting the program should begin with Month 1 and must follow the program in numerical order.

### IMPORTANT! READ THIS BEFORE STARTING!

The **Cowden Support Program (CSP)** is not effective unless you are drinking 3 quarts (liters) of water throughout the day.

Drinking 2-3 oz (60-90 ml) of pure drinking water every 10-15 minutes during all waking hours causes most of the water to go into the cells, hydrate the cells, mobilize toxins out of the cells, and ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body nor does it mobilize toxins out of the body.

Avoid drinks that are not hydrating (black tea, green tea, coffee, soda, alcohol, etc.). Vegetable and some fruit juices (lemon & lime) are hydrating. Herbal teas are hydrating if they don't have a lot of sugar. The best sweetener for herbal teas is **NutraMedix STEVIA**.

- Shake the liquid products well before each use.
- To ensure the proper dosage, dispense drops by holding the dropper at a 45-degree angle.
- Mix the liquid products, of each dose, together in a glass, porcelain or paper cup (not Styrofoam, plastic, or metal) then add at least 4 oz (120 ml) of water. Do not use distilled, sparkling, or reverse-osmosis water. Let sit for at least 1 minute before drinking (longer is fine - up to 2 days).
- If a HERX reaction is suspected (feeling worse in any way than you were before), take 20 drops of **BURBUR-PINELLA** in 2 oz (60 ml) of clean water every 10 minutes for up to 2 hours before resuming the program. The easiest way to do this is to add 4 full droppers of **BURBUR-PINELLA** to a bottle of water and sip it over a 2-hour period, repeating as many times as necessary until feeling better. If the symptoms still exist by the time of the next scheduled dose of microbial defense products<sup>\*</sup>, then skip that dose. If this happens more than once, then consider increasing the dosage every 1-2 days instead of every dose. **NOTE: Extra product may be required for this use.**
- Avoid all known food allergies. If you are unaware of any food allergies you may have, we recommend avoiding all common food allergens – cow dairy products, wheat products, corn-based products, peanuts and peanut oil, soy products, black pepper, white pepper, and sugar (may substitute **NutraMedix STEVIA**).
- **WARNING:** Fibers and most products that act as binders can be taken at least 30 minutes after a dose of any product on the CSP and at least 4 hours before a dose of the CSP products. Certain binders such as Activated Charcoal, Calcium Bentonite Clay, and Cholestyramine (Questran) should be taken **ONLY** if absolutely necessary.
- Some people choose to use additional supplements while taking the **Cowden Support Program (CSP)**. It is best to take the **NutraMedix** products as indicated on the dosing schedule and any additional supplements after meals and at least 1 hour after the CSP dose.

\* **BANDEROL, CUMANDA, ENULA, HOUTTUYNIA, MORA, SAMENTO, STEVIA, and TAKUNA**

## COWDEN SUPPORT PROGRAM INSTRUCTIONS

- Additional **NutraMedix** microbial defense products that are not part of this program (**BARBERRY, CHANCA PIEDRA, EZOV, MAPALO, NONI, QUINA, and TANGARANA**) as well as ALL other pharmaceutical antibiotics and herbal antimicrobial agents from other companies, can be taken daily from day 4 to day 78 of the **Cowden Support Program**. After day 78, they **MUST ALL BE STOPPED** for at least the same 36-hour period every 2 weeks when the other microbial defense herbs are stopped (pharmaceutical antibiotics should be stopped **AT LEAST 12 hours** before the **NutraMedix microbial defense products\*** are stopped).
- If you have received a long course or multiple short courses of antibiotics, it is best to avoid ALL sugars and ALL high glycemic index foods from day 18 to day 78.
- **ADDITIONAL NUTRAMEDIX PRODUCTS:** For extreme fatigue, 20 drops of **ADRENAL** can be taken, twice-daily 10 – 15 min. before breakfast and lunch for at least 4 months. For stress and difficulty sleeping, 15 drops of **AMANTILLA** can be taken as needed throughout the day, after meals and 30 drops at bedtime (repeat during the night as needed).
- **IMPORTANT:** Reorder products for your next month at least 2 weeks in advance to ensure no interruption of the program.
- Dr. Cowden recommends following this program until feeling well, then continuing the program for 2 more months. If one chooses to follow the program for more than 9 months, Dr. Cowden recommends repeating months 7, 8, and 9 until they feel well, then continuing this cycle for 2 more months.

### MONTH 1



\* **BANDEROL, CUMANDA, ENULA, HOUTTUYNIA, MORA, SAMENTO, STEVIA, and TAKUNA**

THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 1 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><u>30 min before BREAKFAST</u></p> <p>PARSLEY 10 drops</p> <p><u>30 min before LUNCH</u></p> <p>BURBUR-PINELLA 20 drops</p> <p><u>30 min before DINNER</u></p> <p>PARSLEY 10 drops</p> <p><u>At BEDTIME</u></p> <p>BURBUR-PINELLA 20 drops</p>	<p><u>30 min before BREAKFAST</u></p> <p>PARSLEY 10 drops</p> <p><u>30 min before LUNCH</u></p> <p>BURBUR-PINELLA 20 drops</p> <p><u>30 min before DINNER</u></p> <p>PARSLEY 10 drops</p> <p><u>At BEDTIME</u></p> <p>BURBUR-PINELLA 20 drops</p>	<p><u>30 min before BREAKFAST</u></p> <p>PARSLEY 10 drops</p> <p><u>30 min before LUNCH</u></p> <p>BURBUR-PINELLA 20 drops</p> <p><u>30 min before DINNER</u></p> <p>PARSLEY 10 drops</p> <p><u>At BEDTIME</u></p> <p>BURBUR-PINELLA 20 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><u>30 min before BREAKFAST</u></p> <p>BANDEROL 1 drop</p> <p>PARSLEY 10 drops</p> <p>TAKUNA 1 drop</p> <p>MAGNESIUM 2 caps</p> <p>SERRAPEPTASE 1 cap</p> <p><u>30 min before LUNCH</u></p> <p>BURBUR-PINELLA 20 drops</p> <p>SAMENTO 1 drop</p> <p>SPARGA 10 drops</p> <p>STEVIA 1 drop</p> <p><u>30 min before DINNER</u></p> <p>BANDEROL 2 drops</p> <p>PARSLEY 10 drops</p> <p>TAKUNA 2 drops</p> <p>MAGNESIUM 2 caps</p> <p>SERRAPEPTASE 1 cap</p> <p><u>At BEDTIME</u></p> <p>BURBUR-PINELLA 20 drops</p> <p>SAMENTO 2 drops</p> <p>SPARGA 10 drops</p> <p>STEVIA 2 drops</p> <p>SEALANTRO 40 drops</p>	<p><u>30 min before BREAKFAST</u></p> <p>BANDEROL 3 drops</p> <p>PARSLEY 10 drops</p> <p>TAKUNA 3 drops</p> <p>MAGNESIUM 2 caps</p> <p>SERRAPEPTASE 1 cap</p> <p><u>30 min before LUNCH</u></p> <p>BURBUR-PINELLA 20 drops</p> <p>SAMENTO 3 drops</p> <p>SPARGA 10 drops</p> <p>STEVIA 3 drops</p> <p><u>30 min before DINNER</u></p> <p>BANDEROL 4 drops</p> <p>PARSLEY 10 drops</p> <p>TAKUNA 4 drops</p> <p>MAGNESIUM 2 caps</p> <p>SERRAPEPTASE 1 cap</p> <p><u>At BEDTIME</u></p> <p>BURBUR-PINELLA 20 drops</p> <p>SAMENTO 4 drops</p> <p>SPARGA 10 drops</p> <p>STEVIA 4 drops</p>	<p><u>30 min before BREAKFAST</u></p> <p>BANDEROL 5 drops</p> <p>PARSLEY 10 drops</p> <p>TAKUNA 5 drops</p> <p>MAGNESIUM 2 caps</p> <p>SERRAPEPTASE 1 cap</p> <p><u>30 min before LUNCH</u></p> <p>BURBUR-PINELLA 20 drops</p> <p>SAMENTO 5 drops</p> <p>SPARGA 10 drops</p> <p>STEVIA 5 drops</p> <p><u>30 min before DINNER</u></p> <p>BANDEROL 6 drops</p> <p>PARSLEY 10 drops</p> <p>TAKUNA 6 drops</p> <p>MAGNESIUM 2 caps</p> <p>SERRAPEPTASE 1 cap</p> <p><u>At BEDTIME</u></p> <p>BURBUR-PINELLA 20 drops</p> <p>SAMENTO 6 drops</p> <p>SPARGA 10 drops</p> <p>STEVIA 6 drops</p> <p>SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 1 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 7 drops            PARSLEY 10 drops            TAKUNA 7 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 7 drops            SPARGA 10 drops            STEVIA 7 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 8 drops            PARSLEY 10 drops            TAKUNA 8 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 8 drops            SPARGA 10 drops            STEVIA 8 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 9 drops            PARSLEY 10 drops            TAKUNA 9 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 9 drops            SPARGA 10 drops            STEVIA 9 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 10 drops            PARSLEY 10 drops            TAKUNA 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 10 drops            SPARGA 10 drops            STEVIA 10 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 11 drops            PARSLEY 10 drops            TAKUNA 11 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 11 drops            SPARGA 10 drops            STEVIA 11 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 12 drops            PARSLEY 10 drops            TAKUNA 12 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 12 drops            SPARGA 10 drops            STEVIA 12 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 13 drops            PARSLEY 10 drops            TAKUNA 13 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 13 drops            SPARGA 10 drops            STEVIA 13 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 14 drops            PARSLEY 10 drops            TAKUNA 14 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 14 drops            SPARGA 10 drops            STEVIA 14 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 15 drops            PARSLEY 10 drops            TAKUNA 15 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 15 drops            SPARGA 10 drops            STEVIA 15 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 16 drops            PARSLEY 10 drops            TAKUNA 16 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 16 drops            SPARGA 10 drops            STEVIA 16 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 17 drops            PARSLEY 10 drops            TAKUNA 17 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 17 drops            SPARGA 10 drops            STEVIA 17 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 18 drops            PARSLEY 10 drops            TAKUNA 18 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 18 drops            SPARGA 10 drops            STEVIA 18 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60mL) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 1 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 19 drops            PARSLEY 10 drops            TAKUNA 19 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 19 drops            SPARGA 10 drops            STEVIA 19 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 20 drops            PARSLEY 10 drops            TAKUNA 20 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 20 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 21 drops            PARSLEY 10 drops            TAKUNA 21 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 21 drops            SPARGA 10 drops            STEVIA 21 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 22 drops            PARSLEY 10 drops            TAKUNA 22 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 22 drops            SPARGA 10 drops            STEVIA 22 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 23 drops            PARSLEY 10 drops            TAKUNA 23 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 23 drops            SPARGA 10 drops            STEVIA 23 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 24 drops            PARSLEY 10 drops            TAKUNA 24 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 24 drops            SPARGA 10 drops            STEVIA 24 drops</p>

BEST TIME TO ORDER PRODUCTS FOR MONTH 2

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 25 drops            PARSLEY 10 drops            TAKUNA 25 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 25 drops            SPARGA 10 drops            STEVIA 25 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 26 drops            PARSLEY 10 drops            TAKUNA 26 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 26 drops            SPARGA 10 drops            STEVIA 26 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 27 drops            PARSLEY 10 drops            TAKUNA 27 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 27 drops            SPARGA 10 drops            STEVIA 27 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 28 drops            PARSLEY 10 drops            TAKUNA 28 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 28 drops            SPARGA 10 drops            STEVIA 28 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 29 drops            PARSLEY 10 drops            TAKUNA 29 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 29 drops            SPARGA 10 drops            STEVIA 29 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 1 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<b><u>30 min before BREAKFAST</u></b>	<b><u>30 min before BREAKFAST</u></b>	<b><u>30 min before BREAKFAST</u></b>
BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap
<b><u>30 min before LUNCH</u></b>	<b><u>30 min before LUNCH</u></b>	<b><u>30 min before LUNCH</u></b>
BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops
<b><u>30 min before DINNER</u></b>	<b><u>30 min before DINNER</u></b>	<b><u>30 min before DINNER</u></b>
BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap
<b><u>At BEDTIME</u></b>	<b><u>At BEDTIME</u></b>	<b><u>At BEDTIME</u></b>
BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<b><u>30 min before BREAKFAST</u></b>	<b><u>30 min before BREAKFAST</u></b>	<b><u>30 min before BREAKFAST</u></b>
BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap
<b><u>30 min before LUNCH</u></b>	<b><u>30 min before LUNCH</u></b>	<b><u>30 min before LUNCH</u></b>
BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops
<b><u>30 min before DINNER</u></b>	<b><u>30 min before DINNER</u></b>	<b><u>30 min before DINNER</u></b>
BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap
<b><u>At BEDTIME</u></b>	<b><u>At BEDTIME</u></b>	<b><u>At BEDTIME</u></b>
BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops	BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops

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- MONTH 1 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS



*“Promise me you’ll always remember: You’re braver than you believe, and stronger than you seem, and smarter than you think.”*

*– A. A. Milne*

## MONTH 2



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 2 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 2 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 2 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>

**BEST TIME TO ORDER PRODUCTS FOR MONTH 3**

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 2 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 2 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

*“Believe in yourself and all that you are, know that there is something inside you that is greater than any obstacle.”*

*- Christian D Larson*

## MONTH 3



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 3 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 3 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 3 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>

**BEST TIME TO ORDER PRODUCTS FOR MONTH 4**

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            TAKUNA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

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- MONTH 3 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

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- MONTH 3 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

*“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”*

*– Mary Anne Radmacher*

## MONTH 4



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 4 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 2 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 4 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 6 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 8 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 4 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 12 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 14 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 16 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 18 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 20 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 22 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 24 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 26 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 28 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 4 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>

**BEST TIME TO ORDER PRODUCTS FOR MONTH 5**

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60mL) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS



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- MONTH 4 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

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- MONTH 4 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

*“When the unthinkable happens, the lighthouse is hope. Once we choose hope, everything is possible.”*

*– Christopher Reeve*

## MONTH 5



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 5 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

**THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY**

**- MONTH 5 -**

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

**IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS**

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- MONTH 5 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>

**BEST TIME TO ORDER PRODUCTS FOR MONTH 6**

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 drops SERRAPEPTASE 1 drops</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 5 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

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- MONTH 5 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS



*“Press forward. Do not stop, do not linger in your journey, but strive for the mark set before you.”*

*- George Whitefield*

## MONTH 6



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 6 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 6 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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**- MONTH 6 -**

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>

**BEST TIME TO ORDER PRODUCTS FOR MONTH 7**

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

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- MONTH 6 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

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- MONTH 6 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

*“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”*

*- Dale Carnegie*

## MONTH 7



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 7 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

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- MONTH 7 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 7 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>

**BEST TIME TO ORDER PRODUCTS FOR MONTH 8**

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>HOULTUYNIA 30 drops            BURBUR-PINELLA 20 drops            SAMENTO 20 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops            ENULA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

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- MONTH 7 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 20 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

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- MONTH 7 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

*“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”*

*- Dr. Martin Luther King, Jr.*

## MONTH 8



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 8 -

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops            MORA 30 drops            SAMENTO 20 drops            STEVIA 30 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops            BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 8 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 8 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>

BEST TIME TO ORDER PRODUCTS FOR MONTH 9

<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 drops SERRAPEPTASE 1 drops</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS



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- MONTH 8 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOUTTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

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- MONTH 8 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

*“Never let the things you cannot do prevent you from doing the things you can.”*

*– Coach John Wooden*

## MONTH 9



THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

- MONTH 9-

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops</p> <p><b>30 min before DINNER</b></p> <p>BANDEROL 30 drops PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops</p>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

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- MONTH 9 -

<input type="checkbox"/> DAY 7	<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>

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- MONTH 9 -

<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14	<input type="checkbox"/> DAY 15
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>
<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18
<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops            SEALANTRO 40 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SAMENTO 30 drops            SPARGA 10 drops            STEVIA 30 drops</p>	<p><b><u>30 min before BREAKFAST</u></b></p> <p>BANDEROL 30 drops            PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>30 min before LUNCH</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops</p> <p><b><u>30 min before DINNER</u></b></p> <p>PARSLEY 10 drops            MAGNESIUM 2 caps            SERRAPEPTASE 1 cap</p> <p><b><u>At BEDTIME</u></b></p> <p>BURBUR-PINELLA 20 drops            SPARGA 10 drops            SEALANTRO 40 drops</p>

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- MONTH 9 -

<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 22	<input type="checkbox"/> DAY 23	<input type="checkbox"/> DAY 24
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

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- MONTH 9 -

<input type="checkbox"/> DAY 25	<input type="checkbox"/> DAY 26	<input type="checkbox"/> DAY 27
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>
<input type="checkbox"/> DAY 28	<input type="checkbox"/> DAY 29	<input type="checkbox"/> DAY 30
<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p>	<p><b>30 min before BREAKFAST</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>30 min before LUNCH</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops</p> <p><b>30 min before DINNER</b></p> <p>PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap</p> <p><b>At BEDTIME</b></p> <p>CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops</p>

**Please Note:** Dr. Cowden recommends following this program until feeling well, then continue the program for 2 more months. If one chooses to follow the program for more than 9 months, then Dr. Cowden recommends repeating **months 7, 8, and 9** until they feel well, then continue the program for 2 more months.

**IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60mL) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS**



*“Determination gives you the resolve to keep going in spite of the roadblocks that lay before you”*

*– Coach John Wooden*



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