

**HOUR
0**

Night 1 (Begin Fast)

Before Bed:

Consume (1) serving each of Thorne **Liver Cleanse** and Intek **Detox** with a minimum of 12 oz glass of water.

Warm 12-16 oz of water in tea kettle or saucepan. Pour warm to hot water into mug, and mix contents of (1) packet of **Laird Superfood Renew "Rest & Recover"** to create a nighttime tea to promote deep, restful sleep, reduce inflammation, and boost immunity. Sip until gone.

Once you've laid down for bed:

Perform breathwork exercise to fully engage your Parasympathetic Nervous System (rest & digest):
Complete 4-6 rounds of "4-7-8" breathwork.

Enjoy a great night's sleep and all the healing and restoration that comes along with it.

**HOUR
8**

Morning 1

Upon Waking:

Empty contents of serving of **Colostrum** into your mouth for 1 min as outlined in video, or simply add to rest of morning powders to be mixed with spring water.

Add/mix into spring or filtered water: **Pruvit NAT Ketone** packet, serving of **Vitamin C powder**, and **Quinton Ocean Minerals** vial. Shake/stir vigorously and consume immediately.

Next, add your two **Molecular Hydrogen** tablets to 12-16 oz of spring or filtered water. Allow 2-3 minutes to fully dissolve and consume immediately.

Complete the following:

Gratitude exercise. "Rebound" for 2 minutes. Dry Brush entire body. 5 minute cold/hot intermittent shower.

**HOURS
18
-24**

Mid-Day to Evening

Consume **Pruvit Bone Broth** packet any time during this window.

Consume 2 capsules of Activated **Charcoal** any time during this window, but at least 1 hour before or after consuming Pruvit Bone Broth.

**HOUR
24**

Night 2

Repeat exact same routine as outlined above in "Night 1".
Enjoy an even better, more restful, restorative night of sleep!

**HOUR
36**

Morning 2

Wake up and repeat the following:

Gratitude exercise. "Rebound" for 2 minutes. Dry Brush entire body. 5 minute cold/hot intermittent shower.

HOW AMAZING AND ENERGIZED DO YOU FEEL!?

Break your fast gently and consume **BPP & Dr. Mercola Digestive Enzymes** before eating anything.