

**HOUR****0****Night 1 (Begin Fast)**30 Minutes Before Bed:

Consume (1) serving each of Thorne **Liver Cleanse** and Intek **Detox** with a minimum of 12 oz glass of water mixed with (1) serving of Alpha Lion Superhuman **Sleep Powder**.

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**, **QuintEssential Ocean Minerals** packet, and Thorne **Essential Aminos**. 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 while taking (1) serving of **Qualia Senolytic** (if purchased).

Complete the following:

*"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 (mix with warm, not boiling, water).

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".

Recommended: Take a hot shower or bath before bed.

Enjoy an even better, more restful, restorative night of sleep!

**HOUR****36****Morning 2**Upon Waking:

Consume (1) serving of **Qualia Senolytic** (if purchased) with a glass of spring or filtered water.

*"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.