

HOUR

0

## Night 1 (Begin Fast)

Before Bed

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

Warm 12-16oz. of water in tea kettle or saucepan. Pour warm to hot water into mug, and mix contents of (1) packet of Laird Superfoods "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.

## Morning

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: Keto NAT Ketones 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 12-16oz of spring or filtered water. Allow 2-3 mins to fully dissolve and consume immediately.

"Rebound" for 2 minutes.

Dry Brush entire body.

5 minute cold/hot intermittent shower.

HOURS

18  
-24

## 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

## 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

## Hour 36+: Morning 2

Wake up and repeat the following as outlined above in "Morning 1"

"Rebound" for 2 minutes

5 minute cold/hot intermittent shower.

HOW AMAZING AND ENERGIZED DO YOU FEEL!?

Break your fast whenever you'd like, or when your intermittent fasting window allows for "feeding" time.

Break your fast gently.