

DETOXIFICATION

Days 1 - 7

- UC 2 times/day

| Days 1 - 7 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • UC 2 times/day |
| <ul style="list-style-type: none"> • alkaline broth • fresh raw fruit • raw or steamed low carbohydrate vegetables |
| <ul style="list-style-type: none"> • non-gluten grains |
| <ul style="list-style-type: none"> • fresh ocean Fish • organic chicken • organic turkey • Organic eggs, soy • Flax, Sesame, Pumpkin, Squash, Sunflower, Almonds, Cashews, Brazil, Pecans, Walnuts |
| <ul style="list-style-type: none"> • Butters from above nuts, tahini, hummus |
| <ul style="list-style-type: none"> • healthy dressing • herbs, seasonings |
| <ul style="list-style-type: none"> • spring or purified water (at least ½ gal.[≈2 ltr]) • freshly juiced fruits (1/2-1/3 diluted) or vegetables |
| <ul style="list-style-type: none"> • nut and seed milk • herbal teas (organic) • |

| Day 13 | Day 14 | Days 16-21 |
|------------------------------|------------------|-------------------|
| s/day | • UC 3 times/day | • UC 2 times/day |
| | • Same | |
| ce | • Reintroduce | • Reintroduce |
| ce | • Reintroduce | • Reintroduce |
| | • Reintroduce | • Reintroduce |
| | • Reintroduce | • Reintroduce |
| | | • Reintroduce |
| | | • Reintroduce |
| ame, Pumpkin, , Sunflower | • Reintroduce | • Reintroduce |
| | | • Reintroduce |
| | | • Reintroduce |
| | | |
| | | • Reintroduce |
| ce | • Reintroduce | • Reintroduce |
| | | |
| l-1 gal) | | |
| | | Organic primarily |
| | | • Reintroduce |
| | • Reintroduce | • Reintroduce |
| | | |

Improving *HEALTH* Expectancy From the Inside Out

Toxin Source

How we Perceive and React

Consider one man's story.



Do You Identify?

Oh Yeah!

Don't think about purpose

Identified Purpose, but no Progress

Being On-Purpose is **Freeing** & Stimulating

KNOW What You Water



LIFE

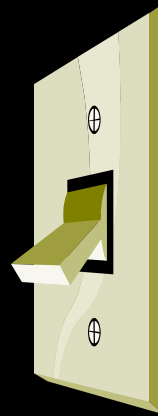
Problems

Failures

Needs

Pains

Desires



Wants

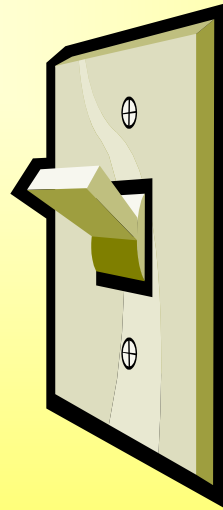
Confusion

Double-minded

Being On-Purpose

Begin with the End in Mind

Needs
Wants
Desires



Problems
Pains
Failures

Clarity
through
Perception & Response

Improving *HEALTH* Expectancy

From the Inside Out

**Mental
Stress**

Toxin Source

--MIND--

WORRY

How we Perceive and React

Solution #2

Clearly Identify Purpose

Live Consistent with your Purpose

-- Lawrence Jones

- founder of Piney Woods School near Jackson Miss.

Wants Lists

Wants List

Title: Physical / Health/ Recreational

☐ 1 A. _____

☐ 2 C. _____

☐ 3 E. _____

☐ 4 G. _____

☐ 5 I. _____

☐ 6 K. _____

☐ M. _____

☐ O. _____

☐ Q. _____

☐ P. _____

☐ N. _____

☐

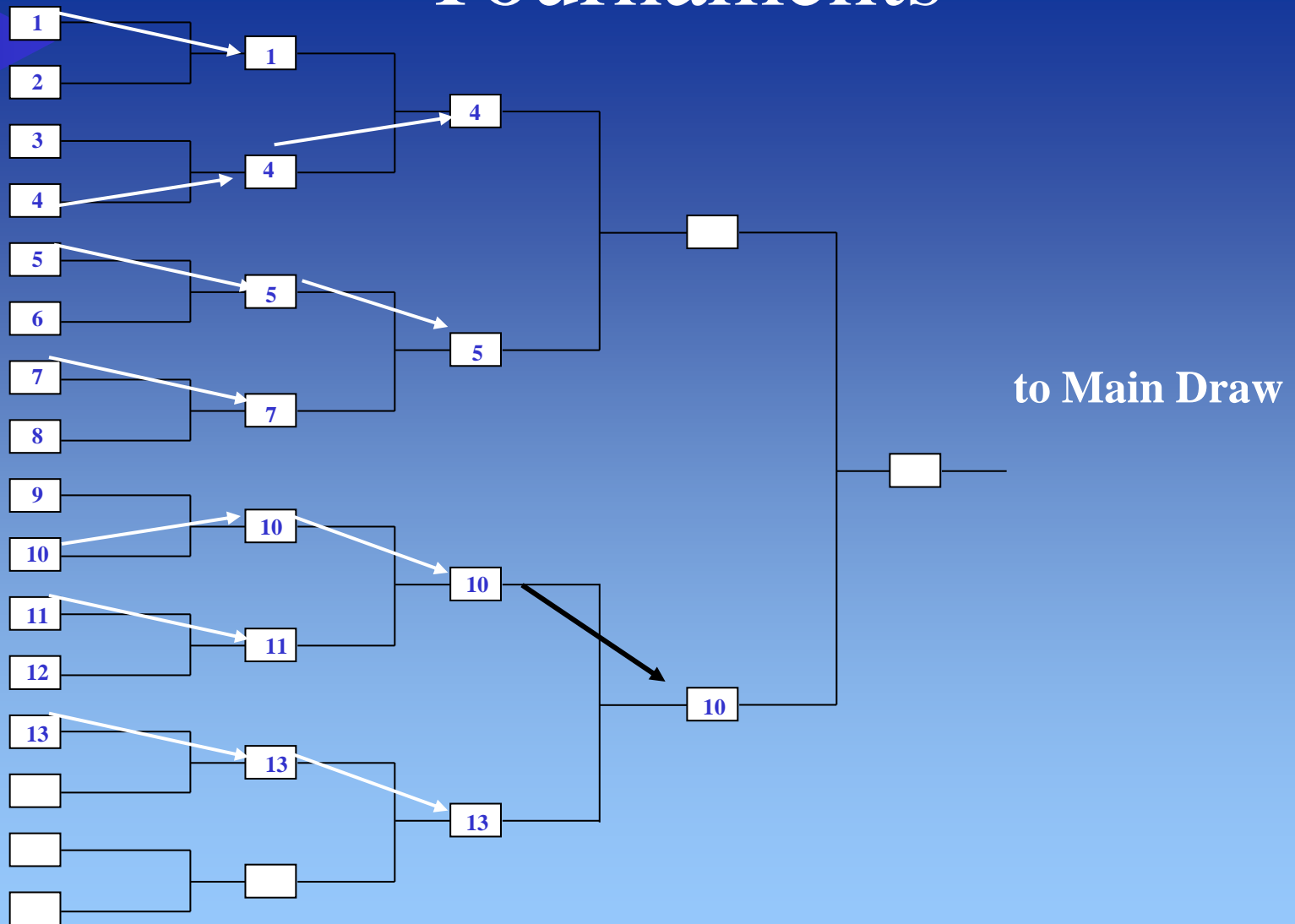
Wants vs. Priorities

Saying “NO” to increasingly better opportunities
and saying “Yes” to the BEST opportunities

**For EVERY
Decision**

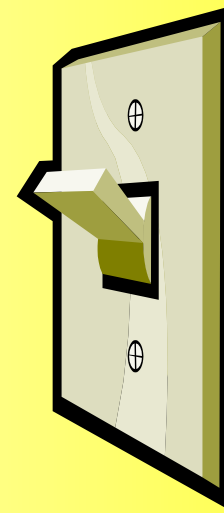
With NO Regrets

Tournaments



On-Purpose

This Switch is a
Trigger



[illegible]

Improving *HEALTH* Expectancy

From the Inside Out

**Mental
Stress**

Toxin Source
--MIND--

WORRY

How we Perceive and React

Solution #3

Face Worry Head-On

Example: You know your supervisor
wants you not promoted.

WRITE the Facts

Make a Decision
Act

Solution #4

Get Perspective

People Forget

People Motivated by Insecurity

People have Different Perspective

Incorrect

Correct

1/2, close your eyes







Solution #4

Get MORE Perspective Look for the Positive

Ex. Dripping faucet or huge waterfall as it dries up.

Don't Exaggerate Importance

Ex. “Would you take a Million dollars for what you have?”

-- What body part would you give up?

"Life is too short to be-little."

-- Benjamin Disraeli

“I had the blues, until upon the street I met...” - Harold Abbot

May not Happen

Most things we worry about don't happen.

Solution #5

Cooperate with the Inevitable

What's the Worst?

Accept it

Improve on the Worst

Solution #6

Place a STOP-LOSS order

On the PAST, On the FUTURE...

On TIME, On EFFORT

What's it Worth?

When will that be spent?

Solution #7

Get Rid of the Dark with Light

Keep Busy

— with both Body and Mind

Day 5 ()

Space for Gratitude

Today's plan:

Morning Activity:

📖 Quiet sitting ()

📖 **Stretching:** 15 min. Reformatting Stretchercises

📖 **Exercise:** 20 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming)

📖 **Crunches:** 20 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming)

Purpose:

Reformat Muscles and their Nerves to NORMAL

Motion

Position

Eating Options:

☉ **Breakfast:** 1 Papaya^α (steamed or raw), 1 almond butter sandwich on rice bread; Nut or Seed Milk

☉ **Snack:** 1 serving UltraClear // **Food Track:** Veggie Juice

☉ **Lunch:** Bean Crisps with raw carrot sticks(or shredded) and snow peas

☉ **Snack:** 1 serving UltraClear // **Food Track:** Celery sticks & Brazil Nuts

☉ **Dinner:** Tempeh Salad** with Salmon – may add salmon to salad or eat on side

α -- cut Papaya in half. Spoon out seeds. Eat with spoon.

Foot Circle, Knee & Groin Stretch Kneeling Groin Stretch



Brain Chemical Solution

Determining and Supporting our Biochemistry Profile

Food journals

Learn the difference between feelings based on these chemicals.

Note how foods affect your mood.

Eat 3 Meals at regular intervals

Eat sufficient PROTEIN at each meal

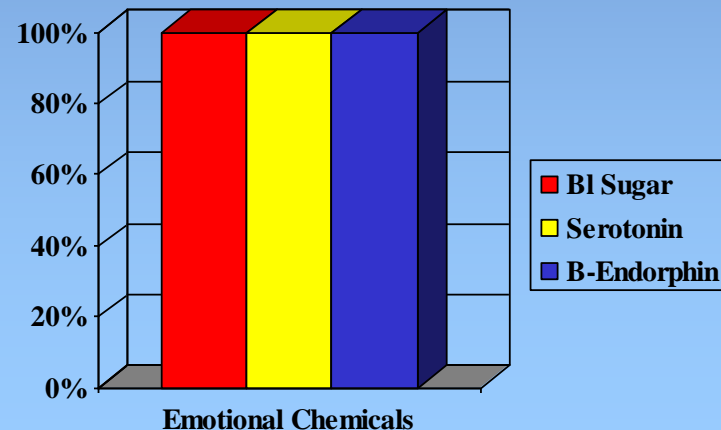
FAT is OK and has good feed back for fullness

Take Supplements

More COMPLEX carbs

incl. for snack

Less SIMPLE carbs



Preview Modified Fast

Days 7 - 9

| Days 7, 8, & 9 | Day 10 | Day 11 | Days 12-20 |
|------------------|------------------|------------------|-----------------------------|
| • UC 5 times/day | • UC 4 times/day | • UC 3 times/day | • UC 2 times/day, then 0 |

Improving *HEALTH* Expectancy From the Inside Out

Toxin Source

What We *See* and How We *React*
Too Many Toxins on the Conveyor

Solution #1

Avoid Mental & Emotional Toxicity
Slow Down the Production

Avoid Mental & Emotional Toxicity



Anything or anyone that makes you feel anything less than wonderful

- Irritating, stressful, negative, or generally downer people



Media: TV, newspaper

Watching the news(something stressful)...



stomach acid ↑ or ↓ by up to 60 %

Day 10

Space for Gratitude

Today's plan:

Morning Activity.

Y Begin **Media Fast**: No TV, Radio, Newspaper

Y Quiet sitting (meditation) 10 minutes / Journal writing 5-10 minutes

Y **Stretching**: 15 minutes

Y **Exercise**: 20 minutes brisk walking or other aerobic activity (running, biking, swimming).

Continue 10 push-ups, 25 sit-ups (omit if you have lower back problems)

While you may have an increase of energy at this stage, it is wise to conserve your energy and not over-do it exercising

Eating Options:

beginning to really free your body to clear things out...

⊙ **Breakfast**: 1 serving UltraClear // **Food Track**: Rice Cereal and tbl Flax 1 oil

⊙ **Snack**: 1 serving UltraClear // **Food Track**: ¼ C. Brazil nuts

⊙ **Lunch**: 1 serving UltraClear // **Food Track**: Carrot-Cabbage salad and

⊙ **Snack**: 1 serving UltraClear // **Food Track**: ¼ C. almonds

⊙ **Dinner**: 1 serving UltraClear // **Food Track**: Spinach-Kale w/ ground flax

**Remember to drink plenty of fluid throughout the day -- at least 40 ounces(5 glasses, 1/3 gal) in addition to the servings of juice or UltraClear.

**If you feel you are needing more substance, add either Bieler's Broth or Alkaline Broth

Evening Activity:

Continue **Media Fast**: No TV, Radio, Newspaper

Epsom salt bath.

Preview Week 2 Reintroduction Days 10 - 13

| Days 7, 8, & 9 | Day 10 | Day 11 | Days 12-20 |
|------------------|------------------|------------------|-----------------------------|
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Food Allergies may cause Unexpected Reactions



Use Your Team



Stand Strong
Stand Strong