

MORNING	HIGH GLYCEMIC FOODS
<p>Empty stomach: Syclovir, wait an hour before taking Homozon. You can go back to sleep after this for an hour if you like.</p> <p>1 HR LATER: Homozon & Lemon Juice or Citric Acid. *EFT*</p> <p>Oil Pull and/or Passive Lymph, then I2 or CS Gargle.</p> <p>Topical: paint w/ I2 or Ki: mesentary, liver, interest points, pregnalalone</p>	<p>sugar, alcohol, grains, legumes white rice, bread, whey, dairy white potatoes, pasta, corn carrots, apples, bananas, grapes nuts, peanut products, vinegar</p>
BREAKFAST	LYMPHATIC
<p>SMOOTHIE *Powdered Protein*EFAs*Greens!*Low Glyc veg/fruit FOCUS: *B's*Iron*Oils*Anti-Ox*D*Trace/Macro Minerals*Enzymes Apple*Apricot Kernal Seeds*Circulation*Fiber (soluble & insoluble)</p>	<p>Niacin, Rebounding, Dry Brushing then Shower</p>
1 HOUR LATER away from food	CIRCULATION
<p>Iodine, anti-parasitics if desired. Sole or trace minerals if needed.</p>	<p>cayenne, fenugreek, hawthorne IP6, grapeseeds, turmeric, niacin</p>
LATER: Absorb, Bind, Flush:	HERB TEAS TO SIP
<p>Selenium*Chlorella*Ascorbic Acid* Salt* Msm* Coral Minerals*IP6</p>	<p>Parsley, Red Raspberry, Nettle Oat Straw, Red Clover, Dandelion</p>
LUNCH	
<p>Either Raw Juice or Warm Veggies and Good Source of Protein: Eggs: Sulfur/B/Lecithin, Garlic: sulfur/anti-bug, Nut. Yeast/(Se) & Oils FOCUS: *B's*Iron*Oils*Anti-Ox*D*Trace/Macro Minerals*Enzymes *Enzymes*Circulation*Flax Seed Meal (or other good sol/insol fiber)</p>	ABSORB/LIVER/HERX
1 HOUR LATER away from food	PHYSICAL
<p>IODINE and Parasite herbs, maybe zapping.</p>	<p>YIN: Qi Gong, Yoga, Walking YANG: Cardio/Strength Training</p>
LATER: Absorb, Bind, Flush:	<p>Electrolytes after or zeta water</p>
<p>Selenium*Chlorella*Ascorbic Acid* Salt* Msm* Coral Minerals*IP6</p>	SPIRITUAL
BEFORE 7PM, LIGHT FOOD, if any!	<p>Every day in mirror: I Love You.</p>
<p>small amount of veggie or fruit, preferably raw.</p>	<p>Mantras, Meditation, Audios EFT, Run light through the body</p>
*IF NEEDED:	<p>Laugh, be silly, be creative.</p>
<p>*AT LEAST AN HOUR BEFORE BED: Homozon & Lemon Juice</p>	<p>Read on 1 new subject a day.</p>
BED - before Midnight	EVENING Alternate:
<p>Sleepy options that may differ on real need: ornithine, gaba, taurine. FOCUS: Aminos, Minerals/Magnesium/OR IP6, Olive Oil for liver. TOPICAL: Any DMSO Concoctions: Iodine, 3% H2O2, Neem, A, E, CS *let the dms0 dry before getting in the covers!</p>	<p>zapping castor oil packs clay pack yoga toes Iodine Sea Pearl</p>