

Sample Daily Schedule

	REMOVAL PHASE			REPLACE PHASE			
DAY	1	2	3	4	5	6	7
DATE							
	Wellness Guidelines, Daily Guidelines, Lemon Water, ACV Elixir, Colorful food	Wellness Guidelines, Daily Guidelines, Lemon Water, ACV Elixir, Colorful food	Wellness Guidelines, Daily Guidelines, Lemon Water, ACV Elixir, Colorful food	Self-massage, Steam Therapy, Morning Elixir Wellness Guidelines, Daily Guidelines	Self-massage, Steam Therapy, Morning Elixir Wellness Guidelines, Daily Guidelines	Self-massage, Steam Therapy, Morning Elixir Wellness Guidelines, Daily Guidelines	Self Massage, Wellness Guidelines, Daily Guidelines, Self-massage, Steam Therapy, Morning Elixir
	REPAIR PHASE				POST PHASE		
DAY	8	9	10	11	12	13	14
DATE							
	Liquid Diet, Wellness Guidelines, Daily Guidelines,	Kitchari 3X's a day, Wellness Guidelines, Daily Guidelines	Kitchari 3X's a day, Wellness Guidelines, Daily Guidelines,	Kitchari 3X's a day, Wellness Guidelines, Daily Guidelines,	Kitchari 3X's a day, Wellness Guidelines, Daily	Takra, Green leafy vegetables, gomasio seed powder, Wellness Guidelines, Daily Guideline Increase digestive herbs	Takra, Green leafy vegetables, gomasio seed powder, Wellness Guidelines, Daily Guidelines Increase digestive herbs