

Get R Done

Essentials

Superfood (lots)
Hormone Balancer
Gender/stage specific
Sleep Science
Wormless
Mover & Sweeper
Protect Tea or capsules

- 1) Order Products
- 2) Buy Organic foods
- 3) Organize clean water
- 4) Mini Trampoline or jump rope
- 5) Sleep habits conquered
- 6) Cold water therapy

Optionals

Heart
Immune Booster
Breathe
Brain

The Cleanse - modified for fast tracking

Week 1 - Fresh, raw foods as much as possible. Compress eating window to 4-6 hours

- Begin 5 days of the Wormless and kill the parasite!
- Begin increasing water or tea consumption/limit other liquids
 - add lemon/lime and Sea salt/baking soda to all water

Week 2 - Fresh, raw foods only. Eating window of 4 hours

- Begin the Mover and Sweeper as follows
 - Day -1 take 1 each
 - Day - 2 take 2 each
 - Day - 3 take 3 each and maintain for the rest of the cleanse.
- Continue 1 capsule of Wormless this week.
- Consume only water (with above added) or tea primarily

Week 4 - Fresh, raw foods only. Eating window of 1 meal.

- Begin the Protect Tea Flush and clear out your organs!
- Continue 1 Wormless and 2-3 Mover & Sweeper regiment.
- A good practice would be to add
 - Brain - clean/repair - 2-4 caps pm
 - Heart - clean/repair the heart and vessels - 2-4 caps pm
 - Breathe - purge the lymphatic system - 2-4 caps pm
 - Immune Boost - build immunity - 2-4 caps pm

Fast Tracking post flush and until desired weight is reached:

3 days full fast/1 day fresh
4 days full fast/1 day fresh
5 days full fast/1 day fresh
1 day full fast/1day protein/1 day carbs 4 hour eating window
(repeating 1,1,1- until the weight you dream of is realized!)

