

9 STEPS

To Detoxifying & Rejuvenating
the Immune & Respiratory System
through your Daily Wellness Protocols



REMEDIES FOR:

SNEEZING
SHORTNESS OF BREATH
WHEEZING
FEVER

COUGHING
MUCUS CONGESTION
CHEST PAIN
STRESS



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STEP 1

TONIC #1 TO DECONGEST MUCUS IN SINUS AND LUNGS

Kidney/Liver Flush: Blend 1-2 cloves of fresh garlic, 2 juiced limes, ¼ teaspoon of cayenne pepper, 2 tablespoons of organic apple cider vinegar. Blend with 8oz of warm water and drink. (Omit cayenne pepper if you have HBP)



TONIC #2 TO DECONGEST SINUS AND LUNGS

Put 2-3 drops of Breath of Life Formula under the tongue or in 8oz of warm water.

STEP 2

STEP 3

TONIC #3 TO REJUVENATE IMMUNE SYSTEM

Add 1 tablespoon of *Green Life Nutritional Formula* or *Supa Mega Greens* to 8oz of water, blend and drink. For more potent rejuvenation, take 8oz of green juice with your nutritional formula daily. (You may also use spirulina, wheat grass, flaxseed and psyllium instead of *Green Life Formula*)



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STEP 4

BATH TO DETOX FULL BODY

1-2 lbs of Dead Sea salt or Epsom salt into a hot tub of water. For a stronger detoxification and greater circulation, add 2 cups of fresh pressed ginger to the bath water. Soak in the tub for 30 min. Be sure to emerge chest and back into the bath water. Massage chest while bathing. (Those with HBP skip this step)



SHOWER TO DETOX RESPIRATORY SYSTEM

After a 30 min Epsom salt bath or take a hot shower and allow the water to run over the face, chest & back.

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STEP 6

INVERT TO INCREASE CIRCULATION

Invert on your bed to increase circulation, lay on bed and elevate legs up the wall. You may also place 3 pillows at the foot of your bed, one on top of the other.

Lay flat on your back and place legs over the pillows. Breathe deep; inhaling and exhaling for 21 times. Relax for 15 min- 20 min. Visualize optimal wellness while inverting.



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STEP 7

MINIMIZE OR AVOID THE FOLLOWING TOXIC FOOD
CONSUMPTIONS THAT CHALLENGE THE IMMUNE AND
RESPIRATORY SYSTEM

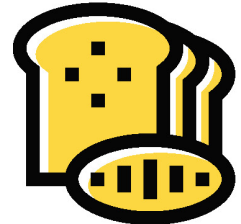


ANIMAL PROTEIN: (Immune Challenge Contributor)

pork, beef, chicken, lamb, goat, fish

STARCH: (Mucus Contributor)

white rice, bread, pasta, spaghetti



DAIRY: (Mucus Congestion Contributor)

milk, cheese, ice cream, eggs, yogurt, butter

SUGAR: (Stress Contributor)

cane sugar, syrup, honey, maple syrup
or artificial substitutes



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STEP 8

CONSUME THE FOLLOWING ANTIVIRAL FOODS THAT DETOX
AND REJUVENATE THE IMMUNE AND RESPIRATORY SYSTEM

- ✓ Fresh vegetable juices (i.e. chard, kale, celery, scallions etc.)
With 8oz of H₂O.
- ✓ Fresh fruit juices (i.e. grapefruit, tangerines, pineapple etc.)
With 8oz of H₂O
- ✓ 2 salads a day at lunch and dinner.
- ✓ Prepare a plant- based protein soup including beans,
lentils, or peas. Add chopped vegetables
- ✓ Ripe avocado, 1-2 a day and okra 2-3 times a week in
salads or vegetable soups.



Drink a total of 32 -64oz of Alkaline or distilled room
temperature water daily. Kidney liver flush water
(see Step 1) or Sea Moss water.

STEP 9

