

Product	Notes	Breakfast	Lunch	Dinner	Bedtime
<b>Sovereign Siler</b>	Only for the 1st month	1 TBS			
<b>Aloe Vera Juice</b>	Only for the 1st month	1 TBS			
<b>Vitamin D/K2 liquid</b>		10 drops			
<b>Methyl Guard Plus by Thorne</b>	Keeps homocysteine levels in check	1 capsule		1 capsule	
<b>MediClear SGS by Thorne</b>	Includes many nutrients	1 scoop		1 scoop	
<b>Omega Plus by Thorne</b>	Lowers inflammation, promotes normal brain function, and helps rebuild myelin	2 capsules		2 capsules	
<b>Perma-Clear by Thorne</b>	Heals gut permeability (leaky gut)	2 capsules			2 capsules
<b>Formula SF722 by Thorne</b>	Maintains a healthy balance of gut flora	2 capsules		2 capsules	
<b>Berberine by Thorne</b>	Promotes healthy blood sugar metabolism and maintains a healthy microbiome*	1 capsule		1 capsule	
<b>Zinc</b>	Helps your immune system and metabolism function	1 capsule		1 capsule	
<b>Dismuzyme Plus 5000 by Biotics Research</b>	Fights free radicals	1 capsule	1 capsule	1 capsule	
<b>KappArest by Biotics Research</b>	Strong anti-inflammatory with antioxidants and phytonutrient components	1 capsule			
<b>CurcumRx by Biotics Research</b>	Powerful antioxidant to lower inflammation	1 capsule		1 capsule	
<b>Ultra Vir-X by Biotics Research</b>	Promotes immunity from viral infections such as EBV	1 capsule	1 capsule	1 capsule	
<b>Drink Green Tea</b>					
<b>Drink Kombucha</b>					
<b>Ground Flax Seeds</b>	2-3 TBS				
<b>Eat Sauerkraut</b>					
<b>NO Sugar</b>					
<b>NO Grains or breads</b>					
<b>NO Dairy</b>					
<b>NO Red Meat - Eat Chicken, Turkey &amp; Fish</b>					