Month 1

 Week 1, day 1: Get a professional colonic or do enemas with as much water as your body will hold at a time. 100 degree water. Hold until you can’t hold any longer; then kneed stomach vigorously. Release water. Keep doing until water runs clear. 8 – 24 hot water bottles.

Take extra magnesium and mineral during this day.

**Stop eating partially hydrogenated & hydrogenated oils.**

Week 2, Day 1 Repeat.

Week 3, Day 1 Repeat.

Week 4, Day 1 Repeat.

Month 2 $50.00

Week 4, Day 2 $50.00

 **HHA Circulation Plus powder**, bottle 1; 1 teaspoon AM & PM in juice - daily.

Extremely safe, can use with meds, even heart patients.

Month 3 $50.00

 HHA Circulation Plus powder, bottle 2; 1 teaspoon AM & PM in juice.

Month 4 $50.00

 HHA Circulation Plus powder, bottle 3; 1 teaspoon AM & PM in juice.

Month 5 $45.00

 2 weeks on **Inflazyme Forte**. Take on empty stomach. 2 tablets in AM, 2 Tablets in PM - daily

When done next day start taking

Month 6 -( no need for vitamins when taking this). $55.00

**Oral Chelate**, bottle 1, 3 tablets in AM; 3 Tablets in PM - daily,

Month 7 - no need for vitamins when taking this. $55.00

Oral Chelate, bottle 2, 3 tablets in AM; 3 Tablets in PM,

Month 8 - no need for vitamins when taking this. $55.00

Oral Chelate, bottle 3, 3 tablets in AM; 3 Tablets in PM,

Month 9 - no need for vitamins when taking this. $55.00

Oral Chelate, bottle 4, 3 tablets in AM; 3 Tablets in PM,

Month 10 repeat Oral chelate – optional bottle 5 $55.00

Month 11 repeat Oral chelate – optional bottle 6 $55.00