LIFESTYLE PACK



	X / / / / / / / / / / / / / / / / / / /
DAY 61	
DAY 62	
DAY 63	
DAY 64	
DAY 65	
DAY 66	
D/A/Y 67	

DATE STARTED: ______

PHASE 3 GUIDELINES

Follow these lifestyle guidelines as best you can and keep track of how you're feeling each day to see what practices are working best for you.

- 1. TRY SPENDING A FEW MINUTES EACH DAY HAVING SOME SKIN TO SKIN CONTACT WITH THE EARTH, OR PRACTICE GROUNDING WITH A CONDUCTOR
- Try to ground yourself daily in some way. Do one of the following if you can: go outside and play in the dirt or stand barefoot in the sand, walk barefoot on a concrete floor in your basement, or use a conducting mat or other conductor.
- 2. TO HELP YOU FIND OUT THE SOURCE OF YOUR PAIN OR FATIGUE TRY SOME ALTERNATIVE DOCTORS AND BLOOD TESTS
- 3. TO HELP YOU DEAL WITH YOUR PAIN AND FATIGUE SYMPTOMS BETTER TRY USING SOME ALTERNATIVE TREATMENTS
- Simple things you can use are castor oil packs and epsom salt baths.

TIPS

- Grounding doesn't need to be done for long, just a few minutes a day if possible. If you are consistent with it you will feel a difference in your pain and fatigue within a couple of days.
- If you cannot get vitamin C injections and can tolerate vitamin C supplements, a good range is 1000-3000 mg per day. This can greatly help lessen any inflammation in your body.

LIFESTYLE PACK



	X/////////////////////////////////////	
DAY 68		
DAY 69		
DAY 70		
DAY 71		
DAY 72		
DAY 73		
DAY 74		

DATE STARTED: _______

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LIFESTYLE PACK



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DAY 82	
DAY 83	
D/AY 84	
DAY 85	
DAY 86	
DAY 87	
DAY 88	

DATE STARTED: ______

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LIFESTYLE PACK



DAY 90

DATE STARTED:		
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