

# LIFESTYLE PACK



PHASE 3 JOURNAL

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

DAY 61

DAY 62

DAY 63

DAY 64

DAY 65

DAY 66

DAY 67

## 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

**REMEMBER:**

- 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.

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DAY 69

DAY 70

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