

SpaceAge[®] Natural Health Center

Rev.03

Please Call Health Care Support Help Line: +1-949-861-8164 for Information & Assistance

Internet: www.space-age.com

E-mail: consult2008@space-age.com

Zoom Meeting ID: 407 826 4641 (for video consultations by prior appointment)

DETOXREJ-M60PLUS-EXP

1st Month Calendar for Detoxification + Rejuvenation Kit

<p>A = Afternoon B = Bedtime BkF = Breakfast D = Dinner E = Evening L = Lunch M = Morning End = Begin new list tomorrow</p>	<p>X 1 = once a day X 2 = twice a day X 3 = thrice a day Meals = with Meals B4 = half hour before Each Row below represents one week; each Box one day of the week.</p>	<p>Digits in Red indicate change in dose or new items added to Program. Introduce new Herbal capsules in a gradual manner.</p>	<p>Please start Program where marked: Begin here ↓ Enter any other Special Herbs you take in the Calendar below.</p>	<p>Drinking 8 to 12 glasses of water daily helps to remove Toxins. Avoid alcohol. Vegetarian Diet is recommended, but is optional during Detoxification.</p>	<p>Remember to Detox & Rejuvenate your Body once every six months. Record Basal Temp. BT = ° F (maintain B.T. > 97.5 ° F for optimum metabolism)</p>	<p>Age: years Height: ft. in. W = lbs Fat = % () BP = / BPs = /</p>
<i>Sun</i>	<i>Mon</i> Begin here ↓	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
<p>Enter Program start date here: Date: pH = B.T. = ° F</p>	<p>Energizer (M + A) 1st week Super Kidney Care (M + E) GastritiX (M + E) 2 Special Colon Cleanse (B) NOTE: For your convenience doses (E) can be taken any time from Evening to Bedtime.</p>	<p>Energizer (M + A) Super Kidney Care (M + E) GastritiX (M + E) 2 to 4 Sp. Colon Cleanse (B) IMPORTANT NOTE: Sp. Colon Cleanse is not a laxative and does not cause watery motions.</p>	<p>Continue If you did not achieve 2 Bowel Movements - 1 in the Morning and Bedtime, increase dose of Colon Cleanse gradually to 4 capsules.</p>	<p>Continue A Clean Colon results in a soft well formed stool which floats on water.</p>	<p>Continue Increase dose of Colon Cleanse gradually to 4 capsules to achieve soft well formed stool which floats on water.</p>	<p>Continue pH = B.T. = ° F</p>
<p>Continue End If you did not achieve 2 Bowel Movements (M + B) / day continue 3 to 4 capsules of Colon Cleanse in 2nd week.</p>	<p>Energizer (M + A) 2nd week GastritiX (M + E) Detoxifier (M + E) LivMax (M + E) Lung Clear (M + E) Digestive Aid B4 (Meals) ProBioz (B) Pancreatin after (L + D) OPTIONAL: 2 to 4 Sp. Colon Cleanse (B)</p>	<p>Continue IMPORTANT NOTE: Pancreatin is a digestive enzyme which needs to be taken twice a day half to one hour after any two meals: BkF or L and D.</p>	<p>Continue IMPORTANT NOTE: Sp. Colon Cleanse is not a laxative and does not cause watery motions. So it is quite safe to gradually increase the dose from 2 to 4 capsules.</p>	<p>Continue pH = B.T. = ° F</p>	<p>Continue BP = / P =</p>	<p>Continue W = lbs Fat = % ()</p>
<p>Continue End</p>	<p>Energizer (M + A) 3rd week GastritiX (M + E) Liver Tonic (M + E) Digestive Aid B4 (Meals) ProBioz (B) Pancreatin after (L + D)</p>	<p>Continue</p>	<p>Continue pH = B.T. = ° F</p>	<p>Continue</p>	<p>Continue BP = / P =</p>	<p>Continue IMPORTANT NOTE: Please complete Monthly Update Form next week.</p>
<p>Continue</p>	<p>Continue 4th week</p>	<p>Continue till Sunday</p>	<p>Continue</p>	<p>BP = / pH =</p>	<p>W = lbs B.T. = ° F</p>	<p>Continue</p>

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DETOXREJ-M60PLUS-EXP

2nd Month Calendar for Detoxification + Rejuvenation Kit

<p>A = Afternoon B = Bedtime BkF = Breakfast D = Dinner E = Evening L = Lunch M = Morning End = Begin new list tomorrow</p>	<p>X 1 = once a day X 2 = twice a day X 3 = thrice a day Meals = with Meals B4 = half hour before Each Row below represents one week; each Box one day of the week.</p>	<p>Digits in Red indicate change in dose or new items added to Program. Introduce new Herbal capsules in a gradual manner.</p>	<p>Enter any other Special Herbs you take in the Calendar below.</p>	<p>Drinking 8 to 12 glasses of water daily helps to remove Toxins. Avoid alcohol. Vegetarian Diet is recommended, but is optional during Detoxification.</p>	<p>Remember to Detox & Rejuvenate your Body once every six months. Record Basal Temp. BT = ° F (maintain B.T. > 97.5 ° F for optimum metabolism)</p>	<p>Age: years Height: ft. in. W = lbs Fat = %() BP = / BPs = /</p>
<i>Sun</i>	<i>Mon</i> Continue here ↓	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
<p>NOTE: Doses this month are double of those that you took last month for most items</p> <p>Continue</p> <p>End</p> <p>pH =</p> <p>B.T. = ° F</p>	<p>^{5th week} 2 Super Kidney Care (M + E) Digestive Aid B4 (Meals) 2 to 4 Colon Classic (B) OPTIONAL: Energizer (M and / or A) NOTE: For your convenience doses (E) can be taken any time from Evening to Bedtime.</p>	<p>Continue</p> <p>BP = /</p> <p>IMPORTANT NOTE: Colon Classic is not a laxative and does not cause watery motions.</p>	<p>Continue</p> <p>If you did not achieve 2 Bowel Movements - 1 in the Morning and Bedtime, increase dose of Colon Classic gradually to 4 capsules.</p>	<p>Continue</p> <p>A Clean Colon results in a soft well formed stool which floats on water. IMPORTANT NOTE: Please complete Monthly Update Form for 1st month, if not done so far.</p>	<p>Continue</p> <p>Increase dose of Colon Classic gradually to 4 capsules to achieve soft well formed stool which floats on water.</p>	<p>Continue</p> <p>pH =</p> <p>B.T. = ° F</p>
<p>Continue</p> <p>End</p> <p>If you did not achieve 2 Bowel Movements (M + B) / day continue 3 to 4 capsules of Colon Classic in 2nd week.</p>	<p>^{6th week} 2 Detoxifier (M + E) 2 LivMax (M + E) 2 Lung Clear (M + E) ProBioz (B) Pancreatin after (L + D) OPTIONAL: Energizer (M and / or A) 2 to 4 Colon Classic (B)</p>	<p>Continue</p> <p>IMPORTANT NOTE: Pancreatin is a digestive enzyme which needs to be taken twice a day, half to one hour after any two meals: BkF or L and D.</p>	<p>Continue</p> <p>IMPORTANT NOTE: Sp. Colon Cleanse is not a laxative and does not cause watery motions. So it is quite safe to gradually increase the dose from 2 to 4 capsules.</p>	<p>Continue</p> <p>pH =</p> <p>B.T. = ° F</p>	<p>Continue</p> <p>BP = /</p> <p>P =</p>	<p>Continue</p> <p>W = Kg Fat = %()</p>
<p>Continue</p> <p>End</p>	<p>LivMax (M or E) ^{7th week} Liver Tonic (M + E) OPTIONAL: Energizer (M and / or A)</p>	<p>Continue</p>	<p>Continue</p> <p>pH =</p> <p>B.T. = ° F</p>	<p>Continue</p>	<p>Continue</p> <p>BP = /</p> <p>P =</p>	<p>Continue</p> <p>IMPORTANT NOTE: Please complete Monthly Update Form next week.</p>
<p>Continue</p>	<p>^{8th week} Continue</p>	<p>Continue till Sunday</p>	<p>BP = /</p> <p>pH =</p>	<p>W = lbs</p> <p>B.T. = ° F</p>	<p>Repeat this Calendar next month with any balance inventory.</p>	<p>Remember to Detox & Rejuvenate your Body once every six months.</p>