

# SpaceAge<sup>®</sup> Natural Health Center

Please Call Health Care Support Help Line: 949—861—8164 for Information & Assistance

Internet: [www.space-age.com](http://www.space-age.com)

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## 1st Month Calendar for Detoxification + Rejuvenation Kit

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

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## 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 Detoxify your Body once every six months. Record Basal Temp. BT = ° F (maintain B.T. &gt; 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>Continue <b>End</b> pH = B.T. = ° F</p>	<p><b>5th week</b> 2 Super Kidney Care (M + E) Digestive Aid B4 (Meals) 2 to 4 Special Colon Cleanse (B)  <b>NOTE:</b> For your convenience doses (E) can be taken any time from Evening to Bedtime.</p>	<p>Continue  BP =        /</p>	<p>Continue If you did not achieve 2 Bowel Movements - 1 in the Morning and Evening, 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 <b>End</b> If you did not achieve 2 Bowel Movements (M + B) / day continue 3 to 4 capsules of Colon Cleanse in 2nd week.</p>	<p><b>6th week</b> Detoxifier (M + E) 2 LivMax (M + E) Lung Clear (M + E)  <b>OPTIONAL:</b> 2 to 4 Sp. Colon Cleanse (B)</p>	<p>Continue</p>	<p>Continue pH = B.T. = ° F</p>	<p>Continue BP =        /</p>	<p>Continue W =        Kg Fat =        %(    )</p>	<p>Continue</p>
<p>Continue <b>End</b></p>	<p><b>7th week</b> Energizer (M and / or A) Liver Tonic (M + E)</p>	<p>Continue</p>	<p>Continue pH = B.T. = ° F</p>	<p>Continue</p>	<p>Continue BP =        /</p>	<p>Continue</p>
<p>Continue</p>	<p><b>8th week</b> Continue</p>	<p>Continue till Sunday</p>	<p>BP =        / pH =</p>	<p>W =        Kg B.T. =        ° F</p>	<p>Repeat this Calendar next month with any balance inventory.</p>	<p>Remember to Detoxify your Body once every six months.</p>