

SpaceAge[®] Natural Health Center

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

Internet: www.space-age.com

E-mail: consult2008@space-age.com

DETOXREJ60

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>
Sun	Mon Begin here ↓	Tue	Wed	Thurs	Fri	Sat
<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)</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 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) OPTIONAL: 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 End</p>	<p>3rd week Energizer (M + A) GastritiX (M + E) Liver Tonic (M + E) Digestive Aid B4 (Meals)</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>4th week Continue</p>	<p>Continue till Sunday</p>	<p>Continue</p>	<p>BP = / pH =</p>	<p>W = Kg B.T. = ° F</p>	<p>Continue</p>

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2nd Month Calendar for Detoxification + Rejuvenation Kit

Sun	Mon Continue here ↓	Tue	Wed	Thurs	Fri	Sat
<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>
Continue End pH = B.T. = ° F	<p>Energizer (M + A) 5th week 2 Super Kidney Care (M + E) Digestive Aid B4 (Meals) 2 to 4 Special Colon Cleanse (B)</p> <p>NOTE: For your convenience doses (E) can be taken any time from Evening to Bedtime.</p>	Continue BP = /	<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>	Continue pH = B.T. = ° F
<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) 6th week Detoxifier (M + E) 2 LivMax (M + E) Lung Clear (M + E)</p> <p>OPTIONAL: 2 to 4 Sp. Colon Cleanse (B)</p>	Continue	<p>Continue pH = B.T. = ° F</p>	<p>Continue BP = /</p>	<p>Continue W = Kg Fat = % ()</p>	Continue
<p>Continue End</p>	<p>7th week Energizer (M or A) LivMax (M or E) Liver Tonic (M + E)</p>	Continue	<p>Continue pH = B.T. = ° F</p>	Continue	<p>Continue BP = /</p>	Continue
Continue	<p>8th week Continue</p>	Continue till Sunday	<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 Detox & Rejuvenate your Body once every six months.</p>