

<h2>Schedule</h2>	
5:00 a.m. Rising Time.	1.Take a cool shower or cool sponge bath. 2.Drink 32 ounces of warm water with the juice of one lemon. 3.Take a walk outdoors for 10-15 minutes, breath deep.
6:30 a.m. Herbal Tea 1-2 cups.	Personal devotional time
<i>List three things for which you are thankful:</i>	
7:00 Breakfast	80% Fresh Fruit (minimum): <hr/> Nuts and Seeds: <hr/> 20% cooked (at most):
Supplements:	
After Breakfast Walk for 20-30 min	Therapeutic: Clothing:
Stress Management	
10:00 a.m. Drink water, 32 oz with: Walk 5-15 minutes outdoors.	1 teaspoon charcoal as indicated
1:30 p.m. Lunch	80% Fresh Vegetables/ Herbs: <hr/> 20% cooked (at most):
Supplements:	
After Lunch Walk for 20-30 min	Outdoors
4:00 p.m. Water 32 oz Walk 5-15 minutes outdoors.	
6:30 p.m. Therapy, to end with going to bed.	Treatment:
To bed after treatment, or 9:00 p.m.	Charcoal Poultice etc:

Name: _____ Date: _____

Dx: _____

PROTOCOL

- ____: _____ **Rising Time.**
- Drink _____ oz of warm water with the juice of one lemon.
 - Take a cool shower or cool sponge bath.
 - Take a walk outdoors for 10-15 minutes, breath deep.
 - **List three things for which you are *thankful*:**

TEA:

80% Fresh Fruit (minimum):

____: _____ **Breakfast**

Nuts and Seeds:

20% cooked (at most):

Supplements:

Walk 10-15 min

Therapeutic:

Clothing:

2 hours after finish of breakfast.

____: _____ **Water** _____ oz with:

Walk 10-15 minute outdoors.

TEA:

____: _____ **Lunch**

80% Fresh Vegetables/ Herbs:
Or Savory Fruits

20% cooked (at most):

Supplements:

Walk 10-15 min

Outdoors

2 hours after finish of lunch.

____: _____ **Water** _____ oz with:

- **Walk** 10-15 minute outdoors.

____: _____ **Supper** (discouraged)

Walk

____: _____ **Therapy**

Treatment:

____: _____ **To bed** after treatment, **or**
no later than 9:29 pm.

Charcoal Poultice etc:

Window open.

Exercise:

Clothing:

Other (voice, fasting, service, prayer and anointing):