

EATING SCHEDULE OUTLINE

Day One and Two:



Take 10 drops, under the tongue, 3 times a day. Place drops directly under the tongue and retain there for at least 30 seconds. Avoid touching any part of the dropper with the tongue or mouth.

Drink one-half to one gallon of water throughout the day, ideally with coral calcium sachets.

Gorge yourself and eat as much food as you can throughout the day, mainly fatty foods.

Day Two:

Repeat Day One.

Day Three - End of Diet:



Weigh yourself immediately upon arising, after emptying the bladder, without clothes.

Continue to take 10 drops, 3 times a day under the tongue.

Drink one-half to one gallon of water throughout the day, ideally with coral calcium sachets.

Breakfast have only:

- black coffee (organic preferred), or
- organic green tea, or
- organic Yerba Mate tea, or
- organic Wu Long tea, or
- organic chamomile tea.
- You may have as much as you desire.



Throughout the morning drink as much organic green tea and coffee as you desire. Always make your tea with pure water, never tap water.

Lunch: eat 100 grams (weighed raw) of grilled (no oil or fat)

Organic grass fed beef or veal, or
Organic chicken breast (skinless), or
Wild Chilean sea bass, or
Flounder, or
Sole, or
Halibut, Shrimp, Crab, Scallops and Lobster.

One large handful of the following organic vegetables:

Spinach
Chard
Beet greens
Lettuces of any kind
Tomatoes
Celery
Fennel
White, yellow, or red onions
Red Radishes
Cucumbers
Asparagus, or
Cabbage



These can be eaten raw, steamed, grilled (without oil), or gently boiled. Do mix vegetables in the same meal.

You may also have 2 small organic apples, or 2 small organic grapefruits or 2 handfuls of organic strawberries, separately, throughout the day.

You may season any of the food with the juice of half an organic lemon, white or black pepper, organic raw apple cider vinegar, sea salt, organic garlic, organic basil, organic parsley, organic thyme, organic marjoram, or and other organic herb.

Absolutely no oil, butter, dressings, or anything else.

Dinner:

The same choices as for lunch. Do not, however, have two meals exactly the same in the same day.



DO NOT FORGET TO WALK AN HOUR A DAY, NONSTOP! IF YOU HAVE TO WORK UP TO IT, IT IS FINE. JUST AN EASY, STEADY PACE.

ENJOY, HAVE FUN.