

7a.m. or upon waking:

Drink 1 liter/quart of distilled water, with 15 drops LL Prime pH, and 1 tsp. of SuperGreens Powder. *Optional: You can also add 1 tsp. of Super Soy Sprouts to your SuperGreens drink, or you can eat 1 tsp. of Super Soy Powder and then immediately drink your SuperGreens. Also you can add some fresh lemon juice to your SuperGreens drink if desired.

7:30 a.m.

Take 5 drops under the tongue of the following LL Colloidals. Take them one after another. These products will be found in your Balance, Basics, or Ortho Packs:

LL Biolight
LL MycoDetox I
LL Noni
LL Trace Minerals
LL Ortho Plex
LL Caprilenic
LL B-Complex
LL Silver Plus
LL Catalyst Complex

7:35 a.m.

Do 10 minutes of exercise on a Rebounder mini tramp, (for additional information contact the pH Miracle Center at 760.751.8321)

8:00 a.m.

Drink AvoRado Kid Super Green Shake
([Back to the House of Health 2 page 35](#))

Please drink until you are satisfied, not too full.

With your shake, take the following InnerLight capsule formulas:

Fibrada Plus 4 capsules if under 65
2 capsules if over 65.

Note: for ANY specific health challenge, also take 1 capsule of the TARGET InnerLight Product, for example:

- Heart challenge - 1 capsule of Heart Plus
- Liver challenge - 1 capsule of Liver Plus
- Kidney challenge - 1 capsule of Kidney Plus
- Lung challenge - 1 capsule of Lung Plus
- Adrenal stress - 1 capsule of Adrenal Plus
- Thyroid challenge - 1 capsule of Metaboline
- Allergy challenge - 1 capsule of Thymus Plus
- Inflammation challenge - 1 capsule of Inflammex and Marine Borage Oil
- Female Reproduction challenge - take 1 capsule of Woman's

- Formula and 5 drops of colloids in Woman's Pack.
- Men's Reproduction challenge - take 1 capsule of Men's Formula and 5 drops of colloids in Men's Pack.
 - Pancreas challenges- take 1 capsule of Pancreas Plus and 5 drops of colloids in the DiaBalance Pack.
 - Mental or Emotional challenges - take 1 capsule of the MindMax Formula and 5 drops of colloids in the Environmental Pack
 - Lower Bowel challenge - take Aloe Vera juice 1 Tablespoon, 3 times a day, on an empty stomach, upon waking, before lunch, and before going to bed.

9:00 - 12:00 noon

Drink 1 & a ½ liters/quarts of distilled water, with 15 drops LL Prime pH, and 1 tsp. of SuperGreens Powder.

*Optional: You can also add 1 tsp. of Super Soy Sprouts to your SuperGreens drink, or you can eat 1 tsp. of Super Soy Powder and then immediately drink your SuperGreens. Also you can add some fresh lemon juice to your SuperGreens drink if desired.

12:30 PM

Take all InnerLight Colloidals, one after another, under the tongue (same list as at 7:30am) and TARGET colloids you need.

1:00 PM

Drink **GRASSOUP** (found on The pHMiracle Center website under "[Free Stuff](#)") and take all InnerLight Capsule products (same list as at 8:00am) Drink until you are satisfied, not too full.

2:00 - 5:00 PM

Drink 1 liter/quart of distilled water, with 15 drops LL Prime pH, and 1 tsp. of SuperGreens Powder.

*Optional: You can also add 1 tsp. of Super Soy Sprouts to your SuperGreens drink, or you can eat 1 tsp. of Super Soy Powder and then immediately drink your SuperGreens. Also you can add some fresh lemon juice to your SuperGreens drink if desired.

5:30 PM

Take all InnerLight Colloidals, one after another, under the tongue (same list as at 7:30 am) and TARGET colloids you need.

6:00 PM

Eat **Healing Soup** ([page 43 in the Back to the House of Health](#) recipe book or page 231 in [The pH Miracle book](#)), and take all InnerLight

Capsule products (same list as at 8:00 am). Eat until you are satisfied, not too full.

7:00- 9:00 PM

Drink more SuperGreens or plain distilled water with LL Prime pH and lemon in it.

ADDED Note: If at any time of the day, you are still hungry, you can have more soups, shakes, or SuperGreens drink. You can also do fresh vegetable juicing (no carrot or beet during this 10 day feast because of sugar content) and keep most of the vegetables green. (There are many juicing recipes in Cleanse Announcement and Back To The House of Health recipe book available at InnerLight). Also for Maximum Alkalizing benefits you can dilute fresh vegetable juice by putting one part vegetable juice to 10 parts distilled water and add 5 drops of LL Prime pH drops.

Repeat this process for 10 - 21 days.