

I have a Miraculous Self-Healing Body. I am healthy!

Daily Schedule

Daily

- Fresh Air
- Prayer/Meditation
- Gentle Exercise
- Deep Breathing
- Forgiveness
- Plenty of Rest

Upon Rising:

- Prayer/Meditation

7:00 am

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)
- Vitamin B12 sublingual tablet (1)

8:00 am

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

8:30 am

- FiberCleanse (up to the first 90 days of The Hallelujah Recovery Diet; some people will require more cleansing than others) or B-Flax-D as directed

9:00 am

- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

9:30 am

- Mid-Morning Snack – Cut veggies, or greens smoothie with $\frac{1}{4}$ cup ground flax seed (minimal fruit)
- Digestive Enzyme capsule (1)
- Vitamin D3 capsule - 5,000 IU (1)
- Exercise, Sunshine, Rest, Deep Breathing

10:00 am

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

11:00 am

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

12:00 noon – Lunch meal

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsules (2)
- Professional Strength Probiotics capsule (1)
- BioCurcumin capsule (1)
- Hydrochloric Acid (2)
- Salad – Whole or blended

1:00 pm

- BarleyMax (1 tsp) mixed with 4 oz water
- Digestive Enzyme capsule (1)

2:00 pm

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

2:30 pm

- Mid-Afternoon Snack (Cut veggies, or greens smoothie)
- Digestive Enzyme capsule (1)
- Exercise, Sunshine, Rest, Deep Breathing

3:00 pm

- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

4:00 pm

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

5:00 pm – Supper meal

- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsules (2)
- Professional Strength Probiotics capsule (1)
- B12-B6-Folic Acid tablet (1)
- Prayer
- Salad – Whole or blended
- Hydrochloric Acid (2)
- Cooked food

6:00 pm

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)
- 7:00 pm
- BarleyMax (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

10:00 pm

- Be in bed a sleep.

The above is meant to be a guide for implementation of the recovery program. The goal is to flood the body with nutrition throughout the day so it has what it needs to heal and rebuild. This is a rigorous schedule – don't beat yourself up if you miss a juice, BarleyMax or supplement. Do your best... Remember, you have a miraculous self-healing body. You are healthy!