

# 7 STEP BLUEPRINT TO OPTIMAL HEALTH

## 1. FOUNDATIONAL FOODS

Diet is the foundation of all health. Start here if you haven't already.

1

## 3. DRAINAGE

Prepare your cleaning organs: liver, kidneys, lymph system, and more for the next steps so you don't get congestion of wastes.

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## 2. ENERGY

Your cells need to make enough energy in order to do the next 5 steps. Learn the best way to make it here.

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## 4. INTESTINES AND IMMUNE CLEANSING

The first act of cleansing starts in the gut. Many people get rid of actual parasites.

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## 7. CELLULAR IMMUNE CLEANSING

Some organisms live IN your cells and cause chronic symptoms. It's more common than you know and great results occur here in the final step.

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## 5. FULL BODY IMMUNE CLEANSING

Organisms from head to toe are targeted in this step now that the intestines and drainage organs are working well.

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## 6. POWERFUL DETOXIFICATION

Here's where weird smells may come out of your body- now you know you're detoxing!

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## LIFELONG OPTIMIZATION "0"

Learn the goal of optimization here- it's actually continual improvement so you will have an easier time during a crisis, pandemic, or accident.