

Lifestyle Modification Guide

Phase 2

With KhaazRa MaaRanu

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We think it is a good idea to meet once a month or as often as necessary. Like minds create energy that make challengers that are normally difficult to some very fun, exciting and easy.

Let us take off from here!!!

- Lets begin by uncluttering our environments: home, work, car, closet, kitchen and lives
- Exercise aerobically (swimming, running, power walking, dancing, basketball, tennis, skating) and resistance workouts (circuit training, videos, free weights, calisthenics, isometrics). We do this 5 times a week and build up to 45 minutes a day
- Juicing: begin with 2 green vegetable (chlorophyll) juices every day. Mix 2 tablespoons of green powder with water, coconut water, rice milk or any fluids on the Lifestyle Modification Guide
- Start the day with protein shakes using rice milk and adding RED chlorophyll powders 3 times a day

The purpose of these juicing and supplementation suggestions are to:

- Stop glycation
- Turn off inflammatory reactions
- Rebalance the hormones

Supplements are:

Omega 3 fatty acid taken daily on an empty stomach

Vitamin C 1,000 – 6000mg per day

Quercetin 500mg 3 times a day

Antioxidant complex taken 4 times a day

Green Tea capsules taken 3 times a day

Vitamin E 200IU taken 3 times a day

Coenzyme Q10 100mg 3 times a day

This is the completion of STEP 1 during this process. Remember to ENJOY LIFE and STRIVE to THRIVE!!!

If you are already juicing and taking **Green Power**, continue to do so.

If you have any questions, comments or challenges, please call (407) 574-2532 or send an **email**

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