

Taking back our power and making improved lifestyle choices are a liberation. Remain aware of attitudes towards what you do, think, eat and drink, as it affects EVERYthing. Stay gentle with yourself.

Cleansing also release OLD emotions out the tissue, allow them to flow and pass through you. Cry if you need to; shout if you want to! Hydrate and breathe through it 😊 Improvements all-round follow when persisting with our

5 Track Plan.



Track 4 is about Nutrition

A profound way to lower the burden on your body is to clean up what you put into it.

Our experience shows us that a plant-based, whole-food diet has the quickest results in the most beneficial way for the greater majority of people, applied to the greatest variety of health imbalances.

Firstly, lower the digestive burden on your system by fasting intermittently (that may be to not eat for 16 hours of the night/day). For example, one does **not eat** before 8 am and not after 4 pm / 10 am and 6 pm. Doing this fasting as a weekly or even daily practice benefits your health and your immune system greatly.

- Eating after 6 pm puts great digestive burden on our system through the night. At night our body should be busy with repairs to itself, cleaning, breaking down calcified tissue, regenerating us, rather than digesting heavy foods or flesh from other animals.
- Eat light meals at night and rather having the main meal at midday or even earlier, it helps to shift our constitution a great deal towards maintained health, as well as restoring our biological rhythm with the sun cycles.
- Homemade sauerkraut (not tinned or commercially packaged), and naturally fermented or pickled vegetables are great to improve your immune system function and will restore the microbiome in your gut (also known as probiotic – pro = for, biotic = life). It should be part of our daily intake (preferably on an empty stomach) 50minutes removed from a meal
- Avoid GMO and MSG foods.

It is a challenge to know which of your foods have been exposed to pesticides, growth hormones or antibiotics. Therefore, how you clean and prepare your foods is relevant.

- Our preferred natural cleaners to wash produce, grains, and legumes. ImmunoClean™, Hydrogen peroxide 35% food grade (always use very diluted – 1 tablespoon to 2 litres water to soak fruit and vegetables - ask us if you need guidance.) Further cleaning options from your own home include: vinegar, fulvic acid or aluminium-free bicarbonate of soda, and sea salt water to name a few.
- 70% of the world-produced antibiotics are given to animals. A reduction or exclusion of animal / flesh products from our diet should be reviewed. Antibiotic exposure and oestrogen-forming components are released into our body from the consumption of animals which have been raised industrially and commercially.

As we reduce our exposure to the multitude of toxins, our body also expels more efficiently that which has been stored in fat cells and lymphatic fluids. Make sure you continue to Hydrate continuously with electrolytes to support the process.

DAILY NUTRITION GUIDELINE

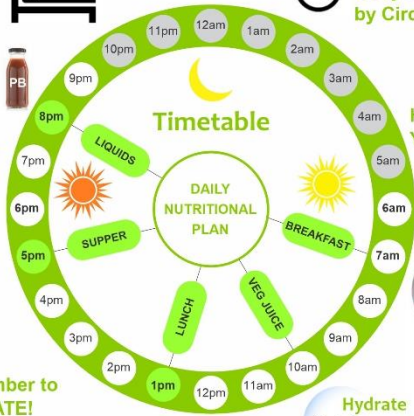
Liquids after 5pm:
Mineral Water
Herbal Teas
Broth

Sleep:
Night Time Rest

Body Regenerates
by Circadian Cycles



Dinner:
a Light
Meal



Hydrate When
You Wake Up



Remember to
HYDRATE!



Hydrate



Breakfast: Probiotic /
Frittata / Rolled Oats/
Banana / Pawpaw

Veg Juices or
Smoothies:
Freshly Made

Lunch:
Chickpeas / Beans /
Lentils/ Vegetables /
Grains / Fresh Salad



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