

Supplement schedule

Mark the ones you will take. Numbers give the suggested sequence within morning and evening.

Foundation support

	Wake	B	L	D	Bed
2 Electrolytes · 1 pinch sea salt per glass of water Throughout the day					
4 Quicksilver Scientific Dr. Shade's BitterX · 2 pumps × 3 30 minutes before meals, on an empty stomach		2	2	2	
5 G&G Full Spectrum Amino Acids · 1 tsp Mix with liquid to make a shot		1			
5 Magnesium · 200 mg × 3		200	200	200	
1 Binders Charcoal: 1 cap × 2 · Biocidin GI Detox + Zeolite: 1 cap × 2 Away from food — 30 minutes before or 2 hours after eating	1				1
3 Epsom salt 1 kg for a full-body bath, 250 g for foot baths 20 — 30 minute soak					

Deeper detox tools

	Wake	B	L	D	Bed
3 Coffee enema · 2 tbsp coffee + 500 ml water Phases 1 & 3: 1 — 2 × per week · Phase 2: daily Do in the morning — the coffee may keep you awake · see the Enema Guide					
4 ION* Gut + Microbiome · 1 pump per day 30 minutes before breakfast, on an empty stomach					
1 Castor oil pack · 30 min on the liver area, daily Do over dinner to save time · see the Castor Oil Pack Guide					
2 Dry skin brushing · daily Before your evening shower or bath					
4 Ancient Minerals Magnesium Oil + DMSO · 1 × per day After your shower: spray on the body, rub in, leave uncovered 30 minutes, then rinse DMSO is a potent solvent — wash your hands after use and keep treated skin away from fabric (it can dissolve dye). You may spray only arms and legs, or chest and tummy. Face also works					

Suggested morning sequence

Suggested evening sequence

B = breakfast · L = lunch · D = dinner. Pale dots mark when an unnumbered item is done.