

# THE BASELINE

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- Safely work up to the full dose of the Lifelong Vitality Pack
- Terrazyme: 1 capsule 5 times/day. On waking, breakfast, lunch, dinner, before bed.
- Citrus oil in water- drinking 1/2 your body weight in ounces per day.

essential wellness

# HOW TO WORK UP TO THE FULL DOSE OF LLV

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- Start with 1/2 dose of LLV- 1 capsule of each supplement twice/day
- After two weeks, if \*feeling fine\*, increase to 3/4 dose of LLV- 3 caps of each supplement/day (\*BM's, Digestion, Energy, Skin)
- After two weeks, if feeling fine\*, increase to full dose of 2 caps of each supplement twice/day
- If someone does not feel great at the half dose, reduce to 1/4 dose- 1 capsule of each supplement per day. If that is still too much, start with the Alternate Protocol for several months before retrying the LLV.



# ALTERNATE PROTOCOL

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- A-Z Vitamins- 2 tabs/day
- IQ Omega- 1 tsp/day
- Terrazyme 1 cap 5X/day
- PB Assist Junior 1-2 packets/day
- Citrus Oils in water- 1/2 your bodyweight in ounces
- Enteric Coated Peppermint 2 caps/day
- Topical oils on the bottoms of the feet twice/day (Zendocrine and Lavender)

