

SuperHero Schedule

Day 21: Monday 22nd May

7:00 ~ **Morning Oil Pulling** (1 tbs of Coconut oil and swish in mouth for 5 mins)

8:00 - 9:00 ~ **Morning Yoga with Fabrice**

~ **Juice Feasting ~ (Day 4 of 5)**

9:15 ~ **Morning Herbal Decoction** (1 Cup)

9:30 ~ **Morning Mix** of 1/4 tsp of Magnesium Chloride, 40,000 IUs of Vitamin D3, 1 tsp of MSM, 1/2 tsp of Liquid Light, 1 tsp of Sole and lemon juice in 4 oz of water; 3 Probiotics, 1 NAC, 2 Digestive Enzymes & 2 Iodoral

9:30 -11:00 ~ **90 min Deep Tissue Massage and Lymphatic Drainage with Fabrice**

12:00 ~ **Infrared Sauna Treatment @ *Tierra*** for 35 mins at 52 degrees C (drink 1 liter of water before)

~ Read: *The Secret Life of Plants* by Peter Tompkins and Christopher Bird ~

1:00 ~ **Afternoon Herbal Decoction**

2:00 to 4:30 ~ **Beach and Jungle Horseback Riding in Cocles ~**

5:00 ~ **Early Evening Double Coffee Enema**

6:00 ~ **Evening Herbal Decoction** with 2 Enzymes, 1 NAC, 2 Iodoral & 3 Probiotics & 2 full droppers of Mulungu in water; 1/4 tsp of magnesium chloride in 2 ozs of water

7:00 ~ Journal and Reflection Time

7:30 ~ Documentary: *Vaxxed*

9:00 ~ Lights Out - Ho‘oponopono Mantra: “I’m Sorry, please forgive me, I love, thank you”

“Forgiveness of others first starts with ourselves”