

Boost Daily Protocol

Upon Rising

- Stretch, sigh, deep breathing
- Hydrate with purified water with juice of ½ lemon or 1 tbsp of cider vinegar
- Dry brush or hot towel scrub to stimulate circulation and lymph
- Take a probiotic

Breakfast

- Lemon water or herbal tea (Tulsi, dandelion, cinnamon, ginger, chamomile) or green tea (limit two cups per day, if caffeinated green)
- Breakfast option of your choice

Mid-morning

- Hydrate with purified water, infused with fruit or juice of ½ lemon
- If able, do some gentle movement or walk
- Smoothie or snack of your choice, optional

Lunch

- Water with 1/2 lemon
- Lunch option of your choice
- Take a walk or standing forward bend break if at work
- Optional: herbal tea

Afternoon

- Hydrate with water
- Smoothie or snack of your choice, optional
- Pick and do one of the daily practices or exercise
- Herbal tea

Dinner

- 15 minutes before eating, hydrate with water and lemon juice
- Dinner option of your choice

Before Bed

- Elimination Bath or calming daily practice
- Take 1 tbsp. ground flax or chia seeds in 8 oz. water to help stimulate morning elimination.
- Do some light stretching, twist and deep breathing
- Journal about your energy level/notes.