



Daily Protocol

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Dr. Venus
375 Redondo Ave. Unit 275
Long Beach, CA 90814

DoctorVenus.com



Phase 1 Daily Protocol

Start reducing sugars and proteins. All animal protein should be organic.

Upon Rising

- Stretch, sigh, practice deep breathing to replenish yourself
- Hydrate with purified water with juice of ½ lemon
- Dry brush or hot towel scrub
- Exercise in whatever way feels appropriate
- Take a probiotic and Vitamin C or Ester C

Breakfast

- Water. Or optional cup of green tea (limit to two cups per day, if caffeinated)
- Breakfast option of your choice

Mid-morning

- Hydrate
- Take a standing forward bend or walk break
- Smoothie or snack of your choice

Lunch

- Hydrate with purified water with juice of ½ lemon
- Optional: detox tea (smooth move, nettle, or dandelion)
- Lunch option of your choice

Afternoon

- Hydrate
- Snack option of your choice
- Detox tea or green tea

Before Dinner

- Hydrate with purified water with juice of ½ lemon

Dinner

- Dinner option of your choice

Before Bed

- Detox
- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level/notes

Phase 2 Daily Protocol

No animal protein

Upon Rising

- Stretch, sigh, deep breathing, *Replenish* yourself
- Hydrate with purified water with juice of ½ lemon
- Drink the lemon and olive oil cocktail (1 tablespoon of organic extra virgin olive oil and half a squeezed lemon)
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take a probiotic and Vitamin C or Ester C

Breakfast

- Water. Or optional cup of green tea (limit to two cups per day, if caffeinated)

- Breakfast option of your choice

Mid-morning

- Hydrate with purified water with juice of ½ lemon
- Take a standing forward bend break if at work
- Smoothie or snack of your choice

Lunch

- Lunch option of your choice
- Optional: detox tea

Afternoon

- Hydrate
- Smoothie or snack of your choice
- Optional: Detox tea

Before Dinner

- Hydrate with purified water with juice of ½ lemon

Dinner (remember no nightshades or corn)

- Dinner option of your choice

Before Bed

- Detox Bath
- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level/notes

Phase 3 Daily Protocol

Will start adding back animal proteins.

Upon Rising

- Stretch, sigh, deep breathing, *Replenish* yourself
- Hydrate with purified water with juice of ½ lemon
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic and Vitamin C or Ester C

Breakfast

- Water. Or optional cup of green tea (limit to two cups per day, if caffeinated)
- Breakfast option of your choice

Mid-morning

- Hydrate
- Take a standing forward bend or walk break if at work (or even if not)
- Smoothie or snack of your choice

Lunch

- Lunch option of your choice
- Optional: detox tea

Afternoon

- Hydrate
- Smoothie or snack of your choice
- Optional: detox tea

Before Dinner

- Hydrate

Dinner

- Dinner option of your choice

Before Bed

- Detox Bath
- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for.