



THE M'LIS WELLNESS PROGRAM



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	eliminate meat, dairy, refined sugars & flours Wellness Combo. Detox.Group #1	continue as day before	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	fresh fruit & veggies Wellness Combo. Detox. Group #1 Body Wrap & Massage	fresh fruit, veggies, and whole grains Wellness Combo. Detox. Group #1	continue as day before add yogurt, stm. veggies, lean protein (fish, poultry, egg) Wellness Combo. Detox. Group #1	continue as day before	continue as day before may add nuts, seeds and other sensible foods Wellness Combo. Detox. Group #1

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	continue as day before (see day 10)	continue as day before Body Wrap & Massage	continue as day before	continue as day before eliminate meat, dairy, refined sugars & flours	continue as day before eliminate meat, dairy, refined sugars & flours	DETOXIFY Detox. Group #1	DETOXIFY Detox. Group #2	DETOXIFY Detox. Group #3	fresh fruit & veggies Wellness Combo. Detox. Group #1 Body Wrap & Massage	follow day 7; in subsequent days, gradually introduce foods as above (see days 8-10)

WELLNESS COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
DAILY	1		1
EVENING PRIMROSE OIL	3		3
FLAX SEED OIL	3		3
PROBIOTIC	3		3
THYROID	2		1
VITAL	1		1
VITAMIN D	2		2
ENZYME	Take 2 with each meal, or with M'lis Instant Meal		
INSTANT MEAL	Drink up to 2x daily		
SLENDER AID	Take 2 as often as necessary (up to 3x/day) to appease appetite and regulate blood sugar		
TRANQUILITY	Take 2 every 4 hours as needed for stress		

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8

Exercise for a minimum of 20-30 minutes 5 times/week, and drink at least 1/2 your body's weight in ounces of water daily. To maintain wellness, continue to provide the body with 100% nutrition with M'lis DAILY and CALCIUM supplements, along with a well balanced diet. M'lis recommends DETOXIFICATION 3-4 times each year for overall health.