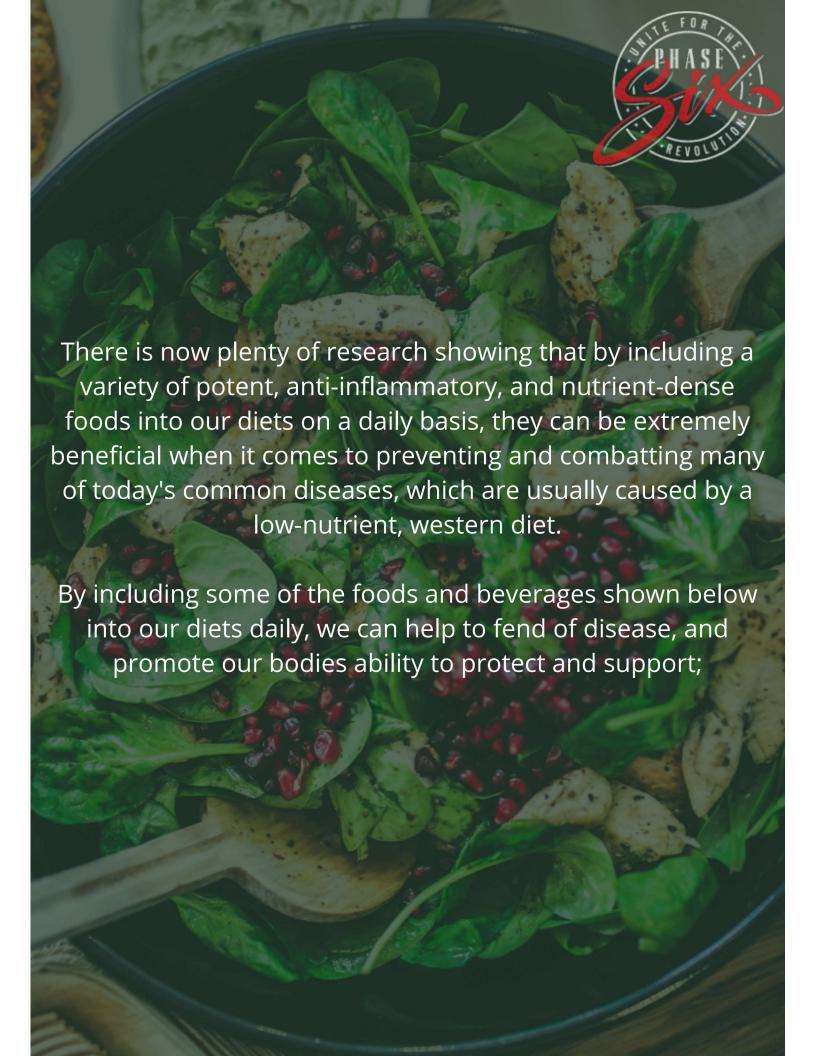
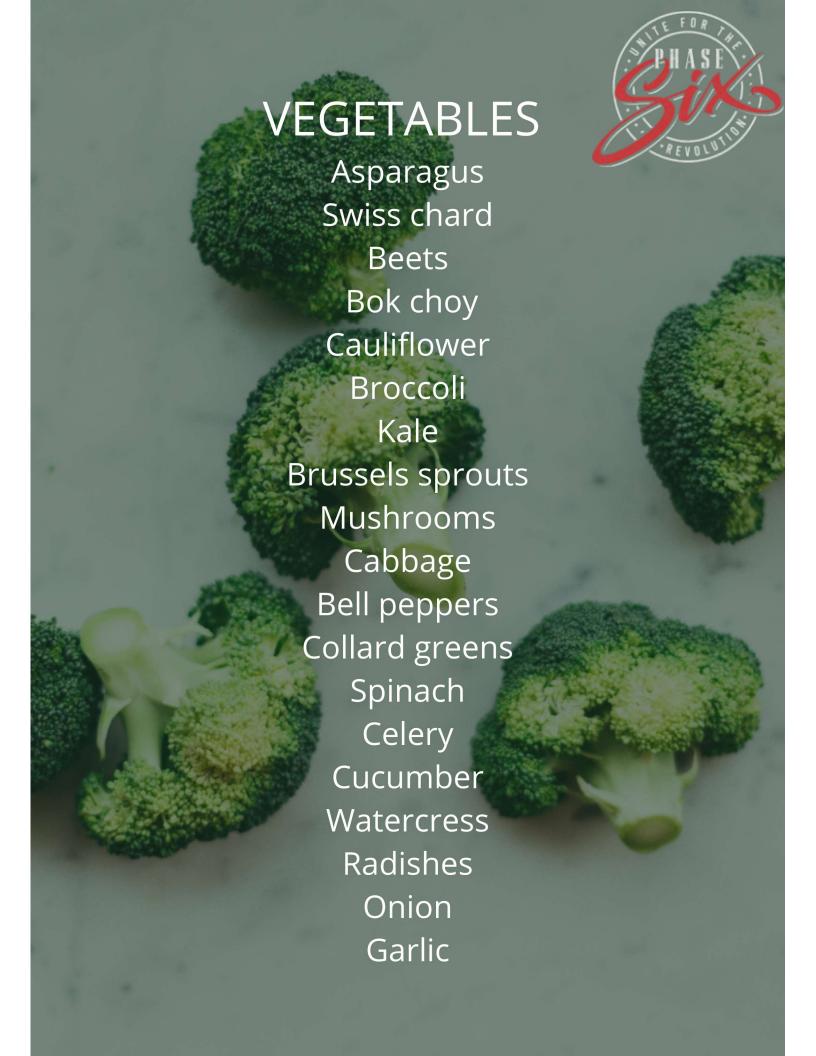


Phase II: Nutritional Optimization

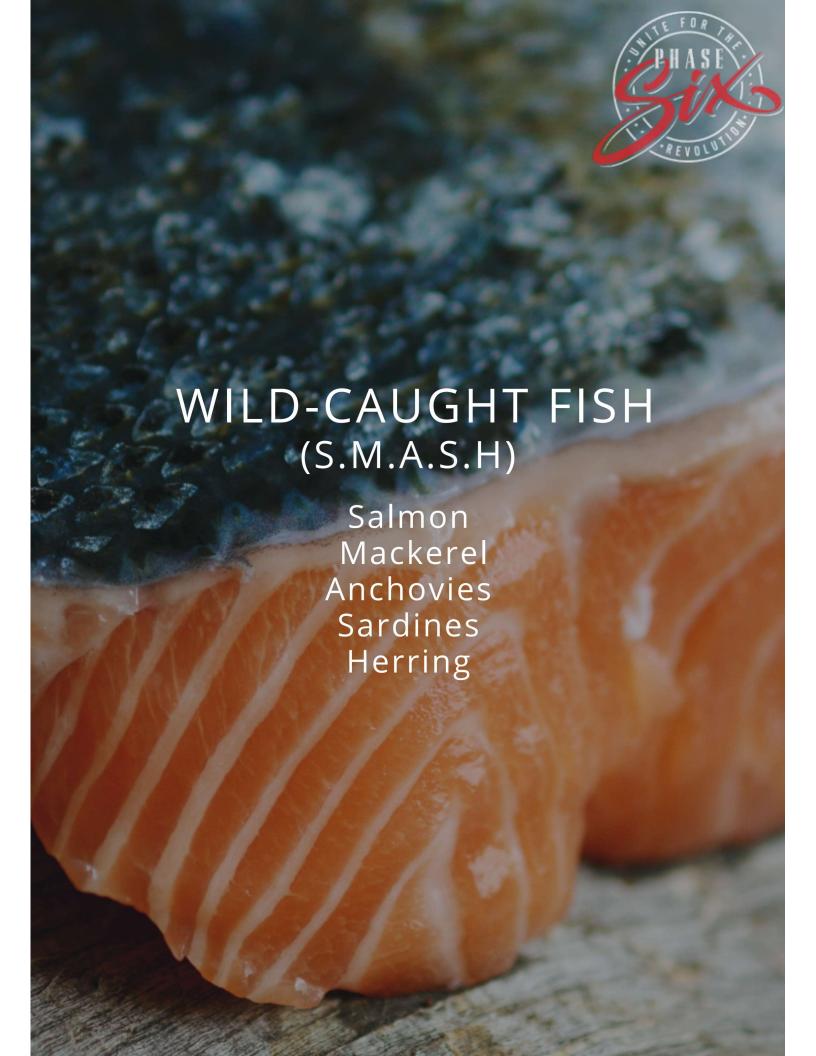


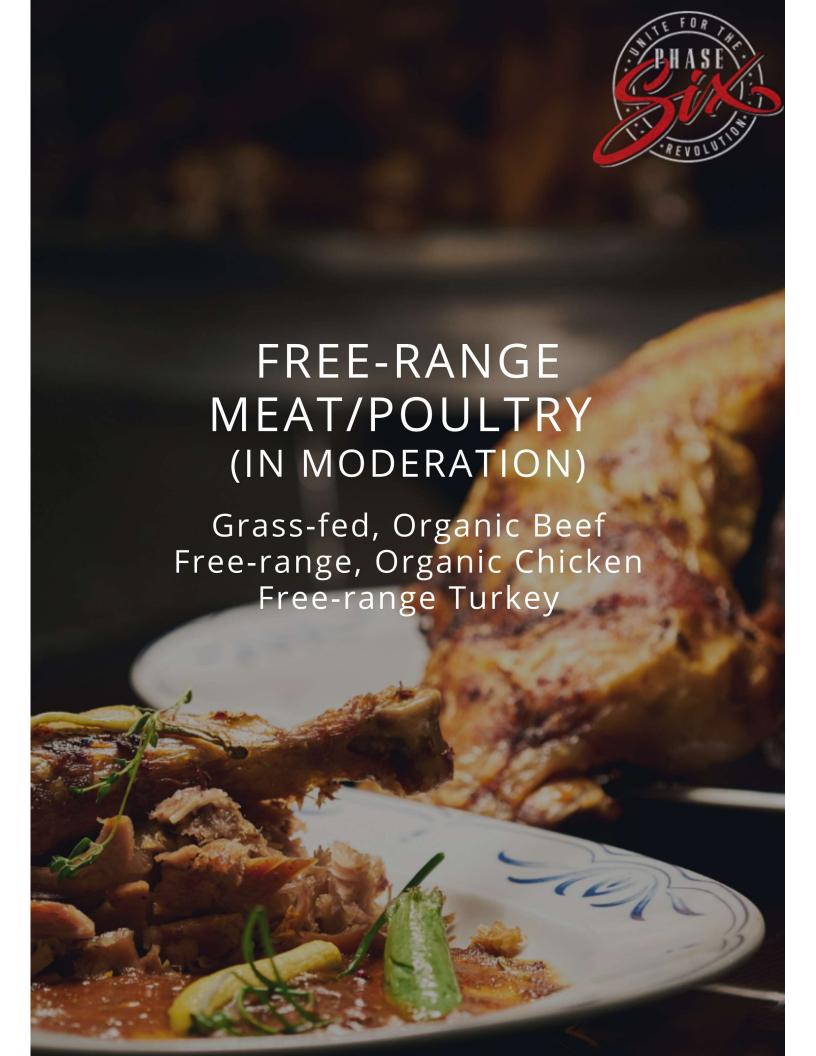


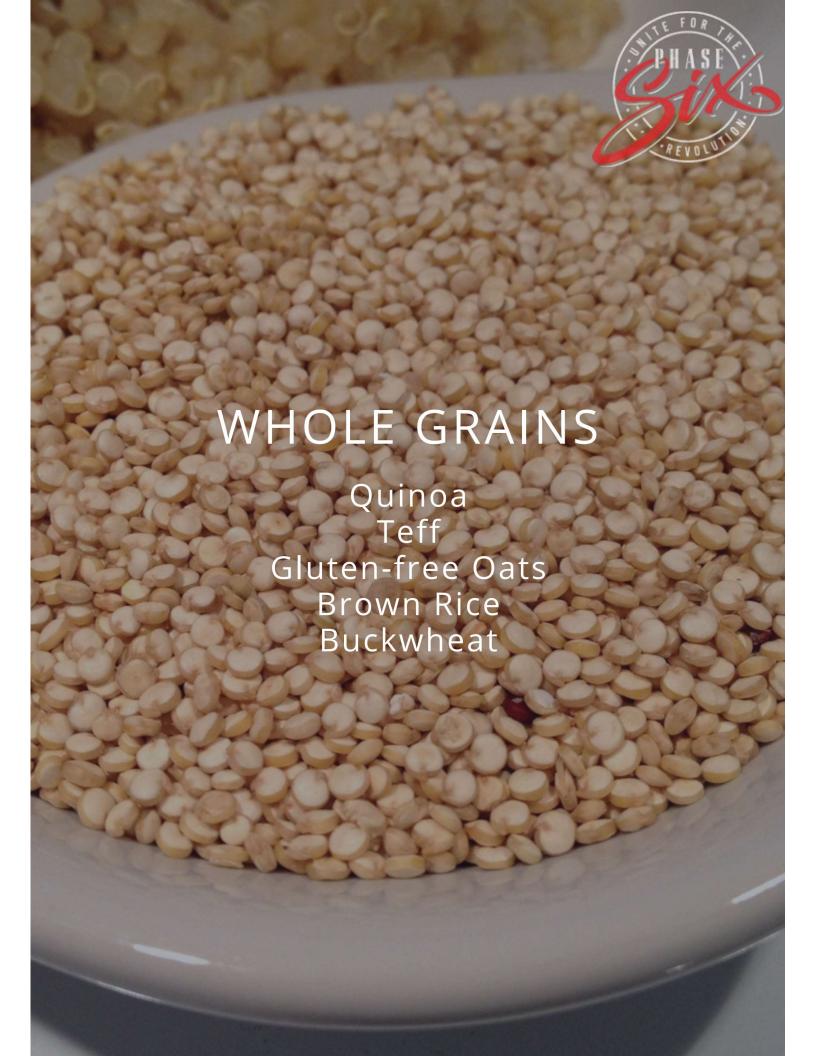














BEVERAGES*

Cold-pressed Juices (4 to 8 ounces of fresh, unsweetened juice daily)

Coffee

(max 2-3 cups/day, avoid sugar/creamer)

Chlorophyll

(15-30ml/day, can be mixed in water/straight)

Bone Broth

(chicken/beef)

Green Tea

(1-2 cups/day)

Herbal Tea

(caffeine-free: peppermint, chamomile, ginger, or turmeric)

Apple Cider Vinegar
(1-2 tbsp/day taken straight/mixed with water)

Kefir

(Coconut/Water/Goats Milk)

Kombucha

(choose a low sugar option)

*Some beverages should be avoided if you're taking certain medications. Some juices/smoothies that include grapefruit juice or very high amounts of vitamin C from certain powdered fruits, can potentially interact with Warfarin, certain allergy medications, gastrointestinal medications, antidepressants, anti-cancer drugs, and those used to manage kidney stones.

Coffee and caffeinated teas should ideally be avoided by who suffer from anxiety/heart palpitations, and should only be consumed in limited amounts during pregnancy.

