

PROTOCOL | FRANCISCA RAMIREZ

SEPT 22 - 29

MON 22	TUES 23	WED 24	THURS 25	FRI 26	SAT 27	SUN 28
DINACHARYA TONGUE SCRAPING DRY BRUSHING ABHYANGA OILING	DINACHARYA TONGUE SCRAPING DRY BRUSHING ABHYANGA OILING	DINACHARYA TONGUE SCRAPING DRY BRUSHING ABHYANGA OILING	DINACHARYA TONGUE SCRAPING DRY BRUSHING ABHYANGA OILING	BREATHWORK JOURNEY	DINACHARYA TONGUE SCRAPING DRY BRUSHING ABHYANGA OILING	VIRECHANA PURGE DAY 7:00 AM START
ALL DAY LONG CCF-F TEA 1000 ML COLON CLEANSE	ALL DAY LONG CCF-F TEA 1000 ML COLON CLEANSE	ALL DAY LONG CCF-F TEA 1000 ML COLON CLEANSE	ALL DAY LONG CCF-F TEA 1000 ML COLON CLEANSE	ALL DAY LONG CCF-F TEA 1000 ML COLON CLEANSE	ALL DAY LONG CCF-F TEA 1000 ML COLON CLEANSE	FOLLOW VIRECHANA PROTOCOL
BREAKFAST 9:00	BREAKFAST 9:00	BREAKFAST 9:00	BREAKFAST 9:00	BREAKFAST 9:00	BREAKFAST 9:00	PREPARE CONGEE
LUNCH 1:00	LUNCH 1:00	LUNCH 1:00	LUNCH 1:00	LUNCH 1:00	LUNCH 1:00	HERBAL TEA WITH HONEY
DINNER 7:00	DINNER 7:00	DINNER 7:00	DINNER 7:00	DINNER 7:00	DINNER 7:00	STAY IN BED REST AND RELAX
AFTERNOON OR EVENING NAPPING PRACTICE AND/OR SAUNA	AFTERNOON OR EVENING WATER ENEMA	AFTERNOON OR EVENING NAPPING PRACTICE AND/OR SAUNA	AFTERNOON OR EVENING WATER ENEMA	AFTERNOON OR EVENING NAPPING PRACTICE AND/OR SAUNA	AFTERNOON OR EVENING WATER ENEMA	NOTHING IN NO SUPPLEMENTS NO COLON POWDER
PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL	PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL	PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL	PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL	PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL	PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL	PM - DINACHARYA HUMMING BREATH FOOT MASSAGE JOURNAL

SEPT 29 - OCT 6

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SEPT 22 - 29

[illegible]

SEPT 29 - OCT 6

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