

REPAIR AND RESTORATION FOR OPTIMUM HEALTH
SAKILIBA M. MINES, MD

Join Dr. Mines and her Staff for 15 days detox program and adhere to the following regimen to take your body, mind, spirit and energetic to the next level of excellence.

Protect yourself from electromagnetic fields as much as you can (cell phones, cordless and wifi wireless communication) with BioPro. Visit the website: www.mvbiopro.com/dr.mines. Consume fresh, chemical-free, organic meats, fruits and vegetable. Avoid alcohol and caffeine. Sun exposure without spf especially if you have increase melanin in your skin.

1. Start the day with breakfast: organic fresh fruits, you can eat them as is or blend them with a half cup of goat or sheep yogurt. Lunch: big salad made of arugula, mixed greens, baby spinach, water cress, all the raw vegetable that you like, nuts, make your own dressing: olive oil, flax seed oil, balsamic vinaigrette, apple cider, sea salt, lots of garlic, make it exciting but no dairy, no meats.
2. Dinner: wash thoroughly all your organic vegetables and cook them in a large stainless steel or cast iron pot with filtered water, then blend it in the blender into a wonderful "veloute soupe" make enough for the week. No butter, no cream, you can use sea salt and organic oils. The 5 vegetables are: leaks, potatoes, turnips, celery stalks, and carrots.
3. As much as you can fast from negative situations and people, fast from noise: TV, radio, cell phones.
4. Get plenty rest in a dark room 6 to 8 hours.
5. Drink plenty water, take your weight in lbs divide by 20 and you have the amount of number of glasses of 8 oz of water needed for maintenance.
6. Take long walks in nature between 10am and 2pm for maximum VitaminD3, or whenever you can.
7. Continue all your supplements and/or medications prescribed by your doctor.

*Have a wonderful 2 weeks for a NEW YOU. In
Gratitude and Love Dr. Mines*