



## The Institute of Multidimensional Medicine, PLLC

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### SPRING DETOXIFICATION, REPAIR AND RESTORATION FOR OPTIMUM HEALTH

Join Dr. Mines and her Staff for 30 days to adhere to the following regiment to take your body, mind, spirit and energetics to the next level of excellence.

1. Protect yourself from electromagnetic fields as much as you can (cell phone, cordless and wifi wireless communication) with Biopro. You are invited to an important, informative and revealing talk on the unseen, unknown dangers of electromagnetic radiation. [www.mybiopro.com/dr.mines](http://www.mybiopro.com/dr.mines)
2. **Breakfast:** Fruits  
Protein; (eggs, fish)  
Greens; (kale, spinach, broccoli, asparagus)
3. **Lunch:** Big salad made of arugula, watercress, mixed greens, spinach, all the raw vegetables that you like, nuts, make your own dressing: olive oil, flax seed oil, balsamic vinaigrette, apple cider, lemon, sea salt, lots of garlic, make it exciting but **no dairy no meats.**
4. **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 or cream. The five vegetables are: leaks, potatoes, turnips, celery stalks, and carrots.
5. As much as you can, fast from negative situations and people. Fast from noise: TV, radio, and cell phones.
6. Get plenty of rest in a dark room 6 to 8 hours.
7. Drink plenty of water: take your body weight in pounds, divide it by 20 = number of glasses of 8 ounces of water needed for maintenance.
8. Take long walks in nature between 10am and 2pm for maximum Vitamin D3, or whenever you can.
9. Continue all your supplements and/or medications prescribed by your doctor.
10. Have a wonderful 4 weeks for a NEW YOU!