

Daily Action List

Week 1: The Lung Detox

	Action	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	No mucus-forming food (milk or dairy)							
2	Morning teaspoon of mash (garlic, onion, and honey)							
3	Deep Breathing Exercises							
4	Lung Intensive Sports or Exercise (like swimming)							
5	Greens Powder or Chlorophyll-rich food							
6	Glutathione-rich food (e.g. asparagus, broccoli, avocado, or spinach)							
7	Milk's Thistle (tea or capsule)	X	X	X				
8	Massage (once this week)							

