

# Daily Action List

## Week 2: The Kidney Detox

	Action	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Sleep more							
2	Cayenne pepper							
3	Water: 1 liter daily							
4	Vegetable Juice: ½ Liter Daily							
5	Cranberry Juice: ½ Liter Daily							
6	Tea: 1 cup daily of bearberry or dandelion							
7	Eliminate Salt							
8	Decrease Animal Protein					X	X	X
9	Eliminate Animal Protein	X	X	X	X			

