

# Daily Action List

## Week 4: The Colon Detox

	Action	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Eliminate foods without fiber							
2	Increase fiber-rich food							
3	Exercise							
4	Chew more (21 times)							
5	Water (2 liters daily)							
6	Colon herbs (dandelion, burdock, or yellowdock)							

