

Salubrious Reboot Checklist

Day 1

Day 2

Day 3

Day 4

Day 5

HEMPSEED/FLAXSEED (MORNING)					
BREATHING EXERCISES					
HEMPSEED/FLAXSEED(AFTERNOON)					
DETOX STRETCHES					
HEMPSEED/FLAXSEED (EVENING)					
WATER W/ HIMALAYAN SALT					
DRINK ALL JUICES					

BONUS ROUND OPTIONS:

DRY BRUSHING					
REBOUNDING					