

Coiling Journey Schedules

Basic Guidelines:

- For **chronic issues**, commit to **3 times per week for 3 months**. After 1-2 weeks of revitalizing journeys and tune-ups, **run cleanses the rest of the 3 months!**
- **Coil 5 days maximum per week**, except if need **Detox Assist** (maximum 2 times day). (Nutrition Tune-Up, General Detox/Lymphatics, Circulation 5, Emotions or Nourish 30 may also be used in lieu of Detox Assist if found to be more helpful)
- Include a **hormone** and an **emotions** journey into your coiling schedule each week!
- **Take 3 break days between cleanse sets AND before making a new Voice Print!** May run gentle Revitalizing or General Detox (GD) journeys.
- Vitality choices tend to create the most detox responses AND the most noticeable improvement once balanced.
- **Drink water** before and after journeys.
- **Eliminate** at least twice a day.

1st Session: Revitalizing Journey: Demo Harmonizer, Balance the Mind, Brain Reboot, Deep Sleep, Pain Release, Positivity or Relax All

2nd Session: Positivity

3rd Session: Nutrition Tune-Up (full)

4th Session: Hormone Harmony (1,2,3)

5th Session: Nutrition Tune-Up (full)

Next: General Detox Steps 1-30 (recommended) **OR** begin **Cleanses** (practitioners with time constraints or owners having severe detox reactions with General Detox steps). **Cleanses** begin with **barrier items**/underlying factors, followed by **Lyme items**.

Pre-Cleanse Journeys: (optional)

1st session - Cleanse Primer and Closing only

2nd session - Primer, 1st Boost and Closing

3rd session - Primer, 1st and 2nd Boosts and Closing

4th session - Primer, all Boosts and Closing

Cleanses: Choose Cleanse Sets with 1 to 5 cleanse items, every other day for specified number of journeys (see key below). Take extra day(s) off for detox reactions. **Cleanse sets** below include barrier items and top Lyme pathogen. However each cleanse should be approached on an individual basis considering the the number of cleanse items to include, the Voice Print, an individual's intuition and/or a diagnosis from a medical professional.

1st Cleanse Set: Helminths/Roundworms, Yeast/Candida, Metal Toxicity 1, Toxins & Poisons

2nd Cleanse Set: Amoeba, Fungus/Mold/Mildew, Metal Toxicity 2, Vitality 2

3rd Cleanse Set: Vitalities 3, 26, 4, and Rickettsia Top Hits

4th Cleanse Set: Vitalities 34, 5, 14, Spirochete Top Hits

5th Cleanse Set: Vitalities 11, 19, 22 Microbes 3

6th Cleanse Set: Vitalities 27, 31, 33, Microbes 4 and Microbes 5**

Cleanse key:

1 cleanse item for 17 minutes, 4 times (every other day) within 8 to 20 days

2 cleanse items for 7 minutes, 6 times (every other day) within 12 to 25 days

3 cleanse items for 7 minutes, 8 times (every other day) within 16 to 30 days

4 cleanse items for 7 minutes, 9 times (every other day) within 18 to 30 days*

5 cleanse items for 7 minutes, 10 times (every other day) within 20 to 30**