

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

<b>General Detox Steps 1 -30*</b>	date	date	date	date	date	date
<b>1. Airways</b> - tongue, mouth, respiratory, sinus lungs, large intestine						
<b>2. Brain</b> - CNS, ANS, pituitary, pineal, hypothalamus, cerebellum, brain stem						
<b>3. Brain</b> - spine, nerves, connectivity						
<b>4. Circulation</b> - heart, pericardium						
<b>5. Circulation</b> - arteries, veins						
6. Digest - digestion, small intestine, stomach, spleen						
<b>7. Digest</b> - pancreas, jejunum						
<b>8. Endo-Exocrine</b> - thyroid, parathyroid						
<b>9. Endo-Exocrine</b> - apocrine sweat glands, adrenals						
<b>10. Filters</b> - liver						
<b>11. Filters</b> - gall bladder						
<b>12. GU system</b> - kidney						
<b>13. GU system</b> - bladder, vagina, ovaries, prostate, testes						
<b>14. Housing</b> - bone regeneration, spine						
<b>15. Housing</b> - muscles, ligaments, fascia						
<b>16. Immune</b> - immune, bone marrow, red blood cells, white blood cells						
<b>17. Lymphatics</b> - thymus, lymphatics, diaphragm						
<b>18. Jacket</b> - skin						
<b>19. Jacket</b> - complexion, lips, hair, nails						
<b>20. Karma</b> - intelligence, pituitary						
<b>21. Senses</b> - ESP, pineal, tongue taste, touch, nose, hearing, sight						
<b>22. Emotion</b> - love giving, love receiving						
23. Emotion - anger, joy, meditation, grief, fear, hypothalamus, amygdala						
<b>24. Microbiology</b> - normal flora, pathogens, virus, bacteria, parasites, helminths, tapeworm, pinworm roundworm, flukes, amoeba, protozoa, rickettsia, spirochete, yeast, fungus, mycobacterium, prion						
<b>25. Metal</b> - mercury, lead, asbestos						
<b>26. Nourish</b> - excretory system, muscular system						
<b>27. Nourish</b> - reproductive and digestive systems						
<b>28. Nourish</b> - blood, vascular system, respiratory system						
<b>29. Nourish</b> - nervous system, endocrine system						
<b>30 Nourish</b> - immunity system (Glutathione)						

\*If you experience a detox reaction while going through any of the 30 steps/journeys, take a day or two break from coiling then repeat the step. However, during a break, Herx Help may be used up to 2 times per day for detox reactions. If a Herx Help journey is run, include "HH" in the date box and the number of times, for example, "HH2". Any step/journey may be repeated several times until it can be done without detox reactions.