

THE NORTH AMERICAN CLEAN THE HECK OUT CALENDAR

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PREPARATION TIME						
For more information, go to: www.howhealthworks.com						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK ONE						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK TWO						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK THREE						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK FOUR						

Write in the dates, and place this calendar on your refrigerator. Check off the days as they roll by. Keep inspired.

WEEK #1: EASING IN...

Get used to a new regimen. Taper down the habitual foods and cravings. Stay inspired: read the booklets and watch the videos. Listen to the tapes in your car.

SPECIAL FOCUS on
**** Intestinal Cleansing ****

WEEK #2: DETOX ...

Allow for more sleep. Don't misinterpret the symptoms, your body is cleansing. Join the online NACHO group, and share your experiences. Connect with others.

SPECIAL FOCUS ON
**** INTESTINAL CLEANSING ****

WEEK #3: SWEAT & MOVE

Move the lymph. Get bodywork and exercise. If you haven't sauna'd yet, go multiple times this week. SWEAT

WEEK #4: REBUILD

Increase your superfood usage. Double your green drink. REBUILD your cells with the best ingredients they've seen in decades.