

Blood Clots 120 Day Program

Dietary Recommendations: This diet will speed the healing and can be followed throughout your lifetime.

- raw vegetables and fruits
- some whole grains
- no suga
- No processed grains or foods.
- Drink water only
- No meat or dairy.

Supplements:

Multiple Digestive Enzymes: 30 a day - 5 with each meal and 3 times a day and take five on an empty stomach(one hour from food).

Protease Enzymes: 4 capsules three times a day on an empty stomach, can be taken with the Multiple Digestive Enzymes dose.

Probiotic Blend: 4 capsules at night right before going to bed.

Vitamin E: 3000 IU total using both in equal amounts of Tocotrienals and mix Tocopherols.

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon