

Each morning:

- Glass of [Sole water](#) (24oz) with half a squeeze of lemon. Should taste pretty dang salty.
- 6-30 seconds of each of [these Yoga poses](#) with deep relaxed breathing.
- 5 minutes rebounding on a mini-trampoline (I like the [Jumpsport](#))
- OPTIONAL: [Rubber enema bulb](#) with 2 teaspoons baking soda, 1 teaspoon good sea salt. Do 1-2 min of ["cat-cow" yoga exercise](#) while retaining enema.
- [Squatty potty](#), no phone or books in "hunched over" position (mp3 player OK), instead use squat position, "squirm" and wiggle/move/twist/cross/uncross legs, etc. for 15-20 minutes

Workout/movement protocol:

- 2-3x/week Bikram Yoga 30-90 minutes
- 2-3x/week 20-40 minutes swimming laps, underwater hypoxic work, [aqua jogging](#), "non weight bearing" style pool work, preferably in mineral pool, not chlorine pool
- 2x/week super slow protocol from Doug McGuff's ["Body By Science"](#) book (takes 12-20 min)
- Every morning or every evening the protocol from book ["True To Form"](#) by Dr. Eric Goodman (takes about 10 min)
- As time permits, get through the entire [Qi Gong video series by Dr. Robert Peng](#), with a focus on the "lower dantian" parts:
- Every 1-3 days, [magnesium salts](#) bath (not epsom) - 20-30 minute soak

Diet:

- For 30 days, follow the elemental diet
- For breakfast, lunch and dinner you eat [1-2 scoops Thorne Mediclear SGS](#), blended with water or [organic bone broth](#), [organic stevia](#), 1-2 scoops [aminos](#), 1 teaspoon [good salt](#), ice to desired texture, 2 teaspoons [good extra virgin olive oil](#)
- For supplements, take [4 colostrum capsules](#) and [2 probiotics capsules](#) in morning, along with [2g L-glutamine](#)
- 3 full-spectrum [multivitamins](#) morning, 3 evening
- If bloating and gas, take 2 [Atrantil](#) with each meal for 30 days
- Optional: evening with glass of water 1 teaspoon [Triphala](#) powder, along with 400mg [MagSRT](#).
- 1x/week full 24 hour fast with only water, bone broth and supplements listed above

-After 30 days, switch to simply eating real food prepared properly, based on your own genetics, lab testing, blood work, and biomarkers. I am happy to walk you through this via [a consultation](#). If you simply want a "book" to walk you through this, then go to <http://www.BenGreenfieldFitness.com> and listen to my podcast episodes on "[Perfect Health Diet](#)" with Paul Jaminet, "[Deep Nutrition](#)" with Cate Shanahan or "[Wahls Protocol](#)" with Terry Wahls. Another good book is [Plant Paradox](#) by Dr. Stephen Gundry.