

Clock time

		Lemon Tea	1/2 Lemon in hot water
		Wait 15 minutes	
	Only when NOT on peroid	Female	1 1/2 tsp - half coffee mug of hot water - once a day - when not on period
		Wait 15 minutes	
		Nufem	1 tsp - half coffee mug of hot water - 3 times a day
		Wait 15 minutes	
		Oregano Oil	2 drops under the tongue
		Wait 15 minutes	
	SKIP SUNDAY	Echinacea	2 tbsp - full mug of boiling water - wait until it cools
		Wait 30 minutes	
		LB # 2 (round 1)	2 tsp - in 6 to 8 ounces of water - shake vigorously & drink immediately - follow with 6 to ounces of water
		Wait 45 minutes	
	BREAKFAST		
		Superfood	2 tbsp - in 6 ounces of fresh juice - shake vigorously & drink right away - take with food
		Wait 30 minutes	
		Olive Leaf - AM	See chart
		Wait 20 minutes	
		Nufem	1 tsp - half coffee mug of hot water - 3 times a day
		Wait 15 minutes	
	3 hours after previous	LB # 2 (round 2)	2 tsp - in 6 to 8 ounces of water - shake vigorously & drink immediately - follow with 6 to ounces of water
		Wait 45 minutes	
	LUNCH		
		Olive Leaf - MID	See chart
	3 hours after previous	LB # 2 (round 3)	2 tsp - in 6 to 8 ounces of water - shake vigorously & drink immediately - follow with 6 to ounces of water
		Wait 3 hours	
	3 hours after previous	LB # 2 (round 4)	2 tsp - in 6 to 8 ounces of water - shake vigorously & drink immediately - follow with 6 to ounces of water
		Wait 15 minutes	
	DINNER		
		LB #1	1 Pill
		Superfood	2 tbsp - in 6 ounces of fresh juice - shake vigorously & drink right away - take with food
		Wait 45 minutes	
		Nufem	1 tsp - half coffee mug of hot water - 3 times a day
		Wait 15 minutes	
		Olive Leaf - PM	See chart
		Wait 15 minutes	
	3 hours after previous	LB # 2 (round 5)	2 tsp - in 6 to 8 ounces of water - shake vigorously & drink immediately - follow with 6 to ounces of water

Olive Leaf				Total
Day 1	1 Pill - Morning	0	1 Pill - Night	2
Day 2	1 Pill - Morning	0	1 Pill - Night	2
Day 3	2 Pills - Morning	0	1 Pills - Night	3
Day 4	2 Pills - Morning	0	2 Pills - Night	4
Day 5	3 Pills - Morning	0	3 Pills - Night	6
Day 6	3 Pills - Morning	3 Pills - Noon	3 Pills - Night	9
Day 7 +	3 Pills - Morning	3 Pills - Noon	3 Pills - Night	9