

#	Practice	Action	Day 1	Day 2
1	Box breathing	On waking, open (free) box breathing App, and practice box breathing at 5 seconds intervals for 2 minutes.		
2	Chaga Mushroom Extract	Add 1 tspn of Chaga to your black coffee, stirring well, and a dash of milk if you like.		
3	DTI Rhythmic Exercise	Be sure to police your intensity, never exceeding your DTI threshold – this is relatively easier exercise.		
4	Dumbbell Strength Set	Choose your appropriate db weight, choose one of the 10-minute sets, and follow rep for rep.		
5	Cold Shower	Finish your shower with a 10-second blast of cold water, exposing your lymph's.		
6	Pampy's Porridge	Portion appropriately, enjoy.		
7	Green Tea (Japanese)	Enjoy your green tea.		
8	Downward dog on the hour	Set your alarm to practice a 10 second downward dog every hour.		
9	Bean Salad	Best mixed up and contained at home, portion to satisfy your appetite for the fast to come.		
10	Fasting	Drink to thirst and keep busy.		
11	Pre-biotic Formula	Mix with boiling water and load your gut.		
12	Glycine	2 tabs nightly with pre-biotic formula.		