

PARASITE CONDITION PROTOCOL

Supplementation Regimen:

- Opti-Para: 2 capsules 2 times a day in between meals
- Optimal 1 Digest-A-Meal: 2 capsules 2 times a day in between meals
- Soft Cleanse: 1 pak morning and evening

OPTIONAL (if needing antioxidant support):

- Add Optimal Fruit & Veggie Plus, one serving daily.



Nutrition Regimen:

- Follow the Optimal Health Solutions 21 Day Blitz Challenge.
 - Eliminate all white flour, fried foods, and carbonated drinks.
 - Limit added sugar intake to 50g daily.
 - Consume more raw foods.
- OR-
- Follow the Optimal Health Solutions 63 For Me Eating Plan.

Exercise Regimen:

- Exercise is 20 minutes a day of vigorous aerobics.