



November 1-7

| Focus This Week: | Saturday / Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--------|---|-----------|---|--------|
| Hydration Formula Bieler's Broth (2x/day) Eat As You Normally Do, Plus Double Favorite Veg/Fruit Chew Chew Chew Epsom Salt Baths (2-4x/wk) | Video Interview <i>"The Do's and Don't's of Cleansing"</i> with Marc Weill | | Group "Huddle" Call with Dana and Brent <i>Meet Cleanse Members</i> (6pm PT / 9pm ET) | | Live Q&A Call with Marc Weill <i>on Cleansing Questions</i> (4:30pm PT / 7:30pm ET) | |

November 8-14

| Focus This Week: | Saturday / Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Eliminate 7 Inflam. Foods Gummy Gut Healers Enemas (Water or Coffee) Hydration Formula Bieler's Broth (1x/day) Double Favorite Veg/Fruit Chew Chew Chew Detox Baths (2-4x/wk) | Video Interview <i>"Impact of Food on Reversing 'Uncurable' Illness"</i> with Dr. Terry Wahls | | Group "Huddle" Call with Marc David <i>on What Are You Craving?</i> (4pm PT / 7pm ET) | | Live Q&A Call with JJ Virgin <i>on Kicking Sugar Habits</i> (5pm PT / 8pm ET) | |

November 15-21

| Focus This Week: | Saturday / Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--------|--|--|--|--------|
| Gut Healing Chicken Bone Broth (2-3x/wk) Skin Brushing Optional Cleanse Kit Eliminate Inflam. Foods Gummy Gut Healers Enemas (Water or Coffee) Hydration Formula Bieler's Broth (1-3x/wk) Double Favorite Veg/Fruit Chew Chew Chew Detox Baths (2-4x/wk) | Video Interview <i>"Lyme, Leaky Gut, and Lifestyle"</i> with Dr. Leo Galland | | Group "Huddle" Call with Special Guest <i>on</i> (6pm PT / 9pm ET) | Live Q&A Call with Dr. Jerc <i>on Cleanse+ Kit Q&A</i> (@ 6pm PT / 9pm ET) | Group "Huddle" Call with Dana and Brent <i>on Moving into Holidays</i> (6pm PT / 9pm ET) | |