

30 Days to a New Life

Dr. Schulze's
CREATING POWERFUL HEALTH
Since 1979

**Make
2018 Your
Healthiest
Year Yet!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
5-DAY BOWEL DETOX						
8	9	10	11	12	13	14
5-DAY LIVER DETOX						
15	16	17	18	19	20	21
5-DAY KIDNEY DETOX						
22	23	24	25	26	27	28
5-DAY BOWEL DETOX						
29	30	<p>Tips for a succesful Detox</p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  Get up and move ONE HOUR a day </div> <div style="text-align: center;">  Use positive affirmations to LOVE yourself and others </div> <div style="text-align: center;">  Eat fresh Garlic EVERYDAY </div> <div style="text-align: center;">  Lighten up and Laugh A LOT </div> </div>				