



NATURAL
HERB MINERALS

Edition #1
2024

GUIDE

35 DAYS OF FASTING





Feeding the body is nourishing the soul. Each bite is an opportunity to sow health, clarity and well-being in our being. Mindful eating is an act of self-love that influences our emotions, thoughts and actions.

Choosing foods that harmonize with our essence is the first step towards a full and vibrant life.



Content

Introduction	
Reimagining Health and Wellbeing.....	5
1. “The natural forces within us are the true healers of the illness”. Hippocrates	6
2. Minerals: 12 Body Systems in which they are most commonly found	8
3. VEG Capsules	9
4. Basic concepts that you should know.....	10
4.1 Biofilm: Definition and Illustration	12
4.2 Autophagy: Definition and Illustration.....	14
4.3 Metabolism: Definition and Illustration	17
4.4 The PH Scale: Definition and Illustration	19
4.5 Benefits of an Alkaline lifestyle	20
5. 4 Forms of Fasting: Ancestral Healing	21
5.1 Key Steps for an Effective Detox	23
5.2 Definition of Fasting Parable Genesis 1:29	24
5.3 Intermittent Fasting Guide with a Focus on Alkalinity and Strengthening the Body With the 16/8 and 5:2 Method. 5.3.1 Guidance for the Feeding and Food Avoidance Window.	25
5.4 Benefits of Fasting and corresponding Ancestral Scriptures Physiological Impact of Different Durations of Fasting	26
5.5 With this Section, We Will Guide You to Achieve Your Goal of Completing a 35-day Detox	28
5.6 Detox Fasting: Cellular Guide	30

Content

6. Foods to Strengthen the Body	37
7. Foods to avoid	42
8. Nature's Pharmacy: An Essential Guide to Herbal Nutrition Plants Beneficial to the Organism	49
9. Vhealthy Creations: Healthy & Vegan Recipes	54
10. Tips for Integral Wellbeing	57
11. Legal Disclaimer	58
12. Unleash Your Fullest Potential 10 Reasons to Join the 90-Day Transformation Journey	59



Introduction: Reimagining Health and Wellness

Embark on a transformative journey to healing and wellness with this guide, which goes beyond a simple compendium of knowledge. It's a compass that connects you to ancestral wisdom, aligned with divine principles and your body's innate intelligence.

Discover how your body works like a unique biological machine and how you can optimize its functioning through food and natural products. We will explore:

- **The art of mindful fasting** as an ancient practice.
- **The science behind autophagy**, biofilm, and body pH.
- **Keys to contribute to your inner well-being** in a conscious way.
- **The power of artisanal products** rich in essential minerals.

With each chapter, we empower you with vital information to embrace a lifestyle that gives you the well-being you crave. Habits that we have personally experienced with extraordinary results.

Healing is not a luxury, it is a right. Our mission is to democratize it, creating a culture of self-management where you are the protagonist of your own healing. With the right information, you'll be able to make accurate decisions about the nutrients your body needs.

Let this be the first step to transforming your life and inspiring others.

¡Welcome aboard!

Natural Herb Minerals: Ancestral Health, Natural Wellness.



The natural forces within us are the true healers of disease".

Hippocrates

Our goal, with God's guidance, is to spread knowledge through our handmade products. We provide you with a variety of essential minerals and the highest concentration, all made in the USA.

We have experienced a genuine change in our own eating habits by following an alkaline plant-based lifestyle, we realized that our mission is to guide you through personal experiences and testimonials.

Healing needs to be affordable and our goal is to provide a culture that allows you to heal yourself with the right information. So you can make an accurate decision about what nutrients the body needs, the world needs natural healing.

Together, with love, compassion, forgiveness, and faith in humanity, we can accomplish it together.

Taking a good deed can help change your life and inspire the lives of others.












Minerals: 12 Systems of the Body in Which They Are Most Commonly Found

Periodic Table of
The elements

										5 B Boron	6 C Carbon	7 N Nitrogen
										13 Al Aluminum	14 Si Silicon	15 P Phosphorus
22 47.88 Ti Titanium	23 50.94 V Vanadium	24 51.99 Cr Chromium	25 54.94 Mn Manganese	26 55.85 Fe Iron	27 58.93 Co Cobalt	28 58.93 Ni Nickel	29 63.54 Cu Copper	30 65.38 Zn Zinc	31 69.72 Ga Gallium	32 72.63 Ge Germanium	33 74.92 As Arsenic	
40 91.22 Zr Zirconium	41 90.90 Nb Niobium	42 95.94 Mo Molybdenum	43 98 Tc Technetium	44 101.07 Ru Ruthenium	45 102.91 Rh Rhodium	46 106.42 Pd Palladium	47 107.87 Ag Silver	48 112.4 Cd Cadmium	49 114.82 In Indium	50 118.71 Sn Tin	51 121.76 Sb Antimony	
72 178.48 Hf Hafnium	73 180.95 Ta Tantalum	74 183.84 W Tungsten	75 186.21 Re Rhenium	76 186.21 Os Osmium	77 190.23 Ir Iridium	78 195.08 Pt Platinum	79 196.97 Au Gold	80 200.59 Hg Mercury	81 204.38 Tl Thallium	82 207.2 Pb Lead	83 208.98 Bi Bismuth	
84 208.98 Rf Rutherfordium	85 261 Db Dubnium	86 261 Sg Seaborgium	87 264 Bh Bohrium	88 264 Hs Hassium	89 271 Mt Meitnerium	90 272 Ds Darmstadtium	91 273 Rg Roentgenium	92 277 Cn Copernicium	93 284 Nh Nihonium	94 285 Fl Flerovium	95 286 Mc Moscovium	
58 140.12 Ce Cerium	59 140.91 Pr Praseodymium	60 144.24 Nd Neodymium	61 145 Pm Promethium	62 150.36 Sm Samarium	63 151.96 Eu Europium	64 157.25 Gd Gadolinium	65 158.93 Tb Terbium	66 158.93 Dy Dysprosium	67 162.50 Ho Holmium	68 164.93 Er Erbium	69 167.26 Tm Thulium	
90 232.04 Th Thorium	91 232.04 Pa Protactinium	92 238.03 U Uranium	93 237.05 Np Neptunium	94 244 Pu Plutonium	95 243 Am Americium	96 247 Cm Curium	97 247 Bk Berkelium	98 251 Cf Californium	99 252 Es Einsteinium	100 257 Fm Fermium	101 262 Md Mendelevium	


system
immunological



-  System Endocrine
-  System Highly strung
-  System Circulatory
-  System Respiratory
-  System Digestive
-  System Lymphatic
-  System Urinary
-  system reproductive
-  system skeletal
-  System Muscular
-  System Integumentary

*Our products contain essential minerals in high concentration to strengthen your body. By choosing **Natural Herb Minerals**, you benefit from the best in natural nutrition and health.*



Minerals: 12 Systems of the Body

These systems are generalized categories and many minerals have functions in multiple systems within the body.

System Highly strung	System Endocrine	System Circulatory	System Lymphatic
<ul style="list-style-type: none"> Potassium Manganese Lithium Rubidium Cesium Thallium Francium 	<ul style="list-style-type: none"> Iodine Selenium Zinc Magnesium Iron Calcium Copper 	<ul style="list-style-type: none"> Sodium Iron Hydrogen Oxygen Gallium Indian 	<ul style="list-style-type: none"> Iron Zinc Selenium Magnesium Copper
System Digestive	System Muscular	System Immunological	
<ul style="list-style-type: none"> Chloride Barium Bismuth Chlorine 	<ul style="list-style-type: none"> Magnesium Calcium Potassium Sodium Iron 	<ul style="list-style-type: none"> Zinc Iron Selenium Copper Magnesium 	<ul style="list-style-type: none"> Manganese
System Respiratory	System Urinary	System Reproductive	
<ul style="list-style-type: none"> Magnesium Selenium Zinc Iron Copper 	<ul style="list-style-type: none"> Chrome Molybdenum Vanadium Tungsten Carbon 	<ul style="list-style-type: none"> Zinc Selenium Magnesium Iron Calcium 	<ul style="list-style-type: none"> Copper
System Integumentary			System Skeletal
<ul style="list-style-type: none"> Sulfur Nickel Silicon Arsenic Platinum Rhodium 	<ul style="list-style-type: none"> Tin Aluminum Antimony Cadmium Ruthenium Silver 	<ul style="list-style-type: none"> Germanium Gold Mercury Palladium Bromine Lead Tellurium 	<ul style="list-style-type: none"> Calcium Match Fluorine Boron Strontium Beryllium Gadolinium Dysprosium Hafnium Thorium Titanium Uranium Yttrium Zirconium Europium Holmium Scandium Terbium Cerium Praseodymium Neodymium Promise Samarium Erbium Lutetium

Veg Capsules

They are packed with the following herbs that can help you get started on your new lifestyle change

The diagram illustrates two bottles of Veg Capsules, each surrounded by a circular arrangement of fresh herbs. The first bottle, labeled 'Step 1', is 'Purificátese' (Suplemento Alimenticio) and contains 150 capsules. The second bottle, labeled 'Step 2', is 'Irish Sea Moss' (Herbal Supplement) and contains 120 capsules. The ingredients for each are listed around the bottles with green lines connecting them to the products.

Step 1: Purificátese

- Root of burdock
- Walnut black
- Wormwood
- Bladderwrack
- Moss of sea

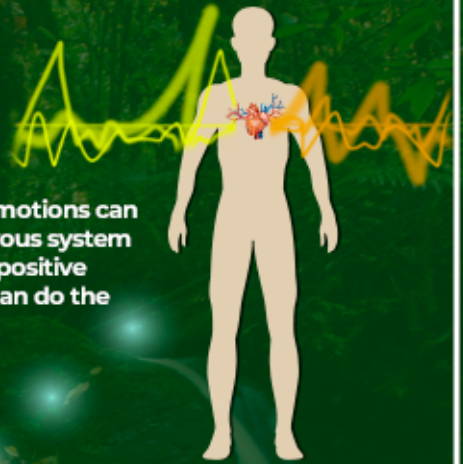
Step 2: Irish Sea Moss

- Moss of sea
- Bladderwrack

BASICS CONCEPTS YOU NEED TO KNOW



The magnetic field of the human heart can be measured several meters away from the body.



Negative emotions can create nervous system chaos, but positive emotions can do the opposite.

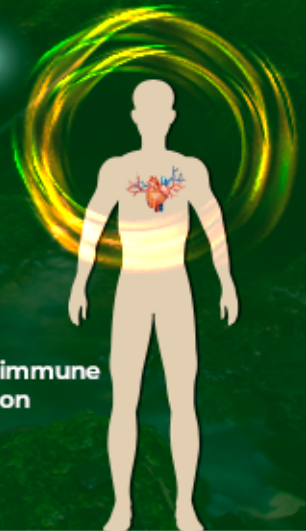
In fetal development, the heart forms and begins to beat before the brain begins to develop.



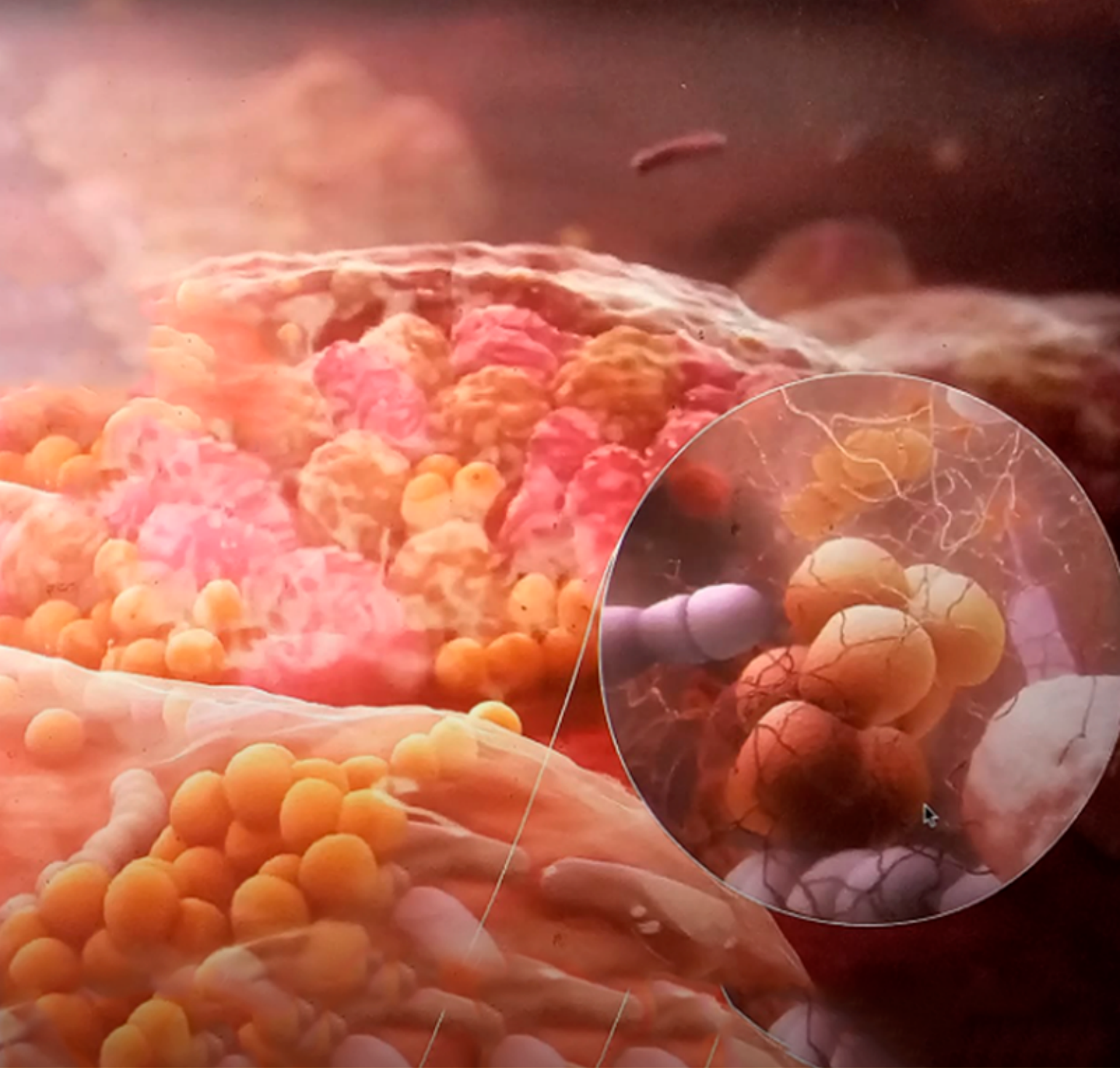
Positive emotions can increase your child's ability to make good decisions.



Positive emotions create physiological benefits in your body.



You can boost your immune system by focusing on positive emotions.



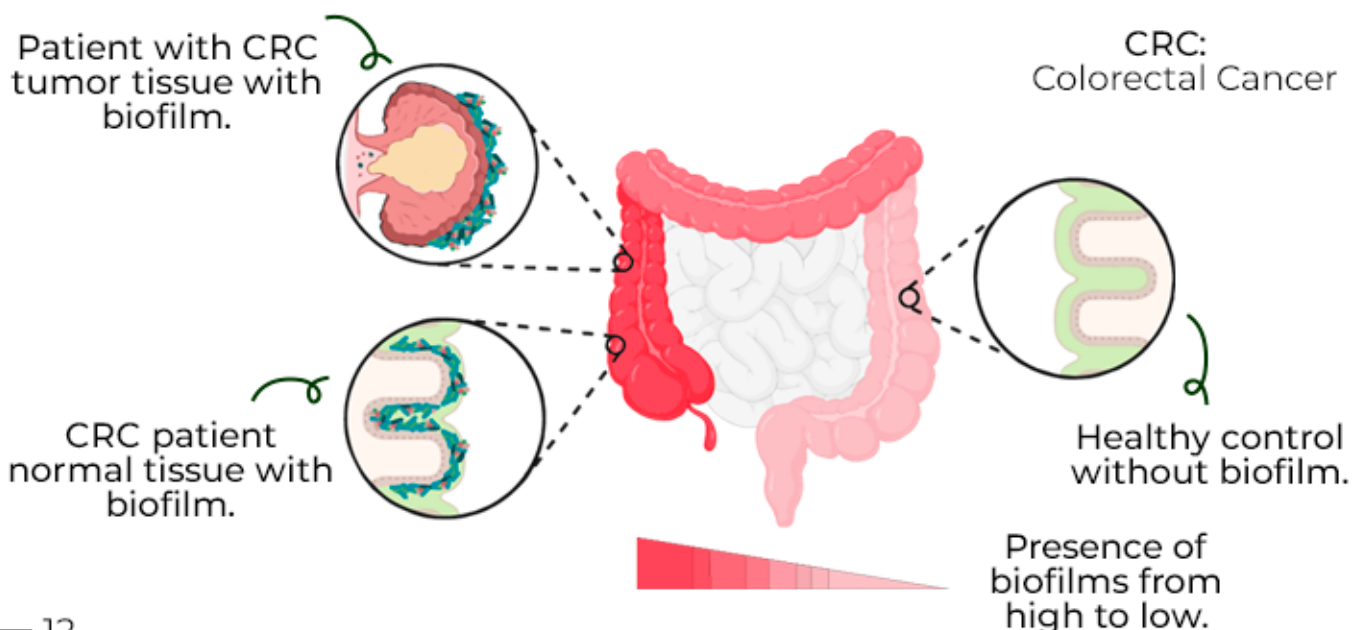
BIOFILM

Biofilm

Biofilms are complex microbial structures that adhere to surfaces through a matrix mainly composed of polysaccharides, proteins, lipids and extracellular DNA. Knowing this concept is important, since these microorganisms, which adhere to surfaces and surround themselves with a matrix that they themselves produce, can affect us internally and externally, positively or negatively.

In the skin, this biofilm plays a significant role, since in healthy conditions, it helps protect the skin against invading pathogens and contributes to the microbial balance of the dermis; while its imbalance could imply various skin conditions. A healthy diet promotes a balanced intestinal biofilm with beneficial bacteria, which perform vital functions such as facilitating the digestion of food, absorption of nutrients, development of the immune system and protection against pathogens; while a diet high in sugar and fat favors the growth of harmful bacteria, which can cause recurring diseases, and which also teach each other to protect themselves from antibodies and antibiotics, becoming stronger and making our recovery more difficult.

For this reason, at Natural Herb Minerals, we promote the consumption of native alkaline fruits and vegetables, coming from seeds not modified by human intervention; foods that contain a precise balance of neutrons and protons, resulting in electrically charged atoms. These electrically charged atoms contribute to the creation of electrically active cells in our body, promoting energy and vitality; instead of the sluggishness and destabilization caused by eating acidic and processed foods, leading to non-electrically active cells and a decrease in overall energy levels.



AUTOPHAGY



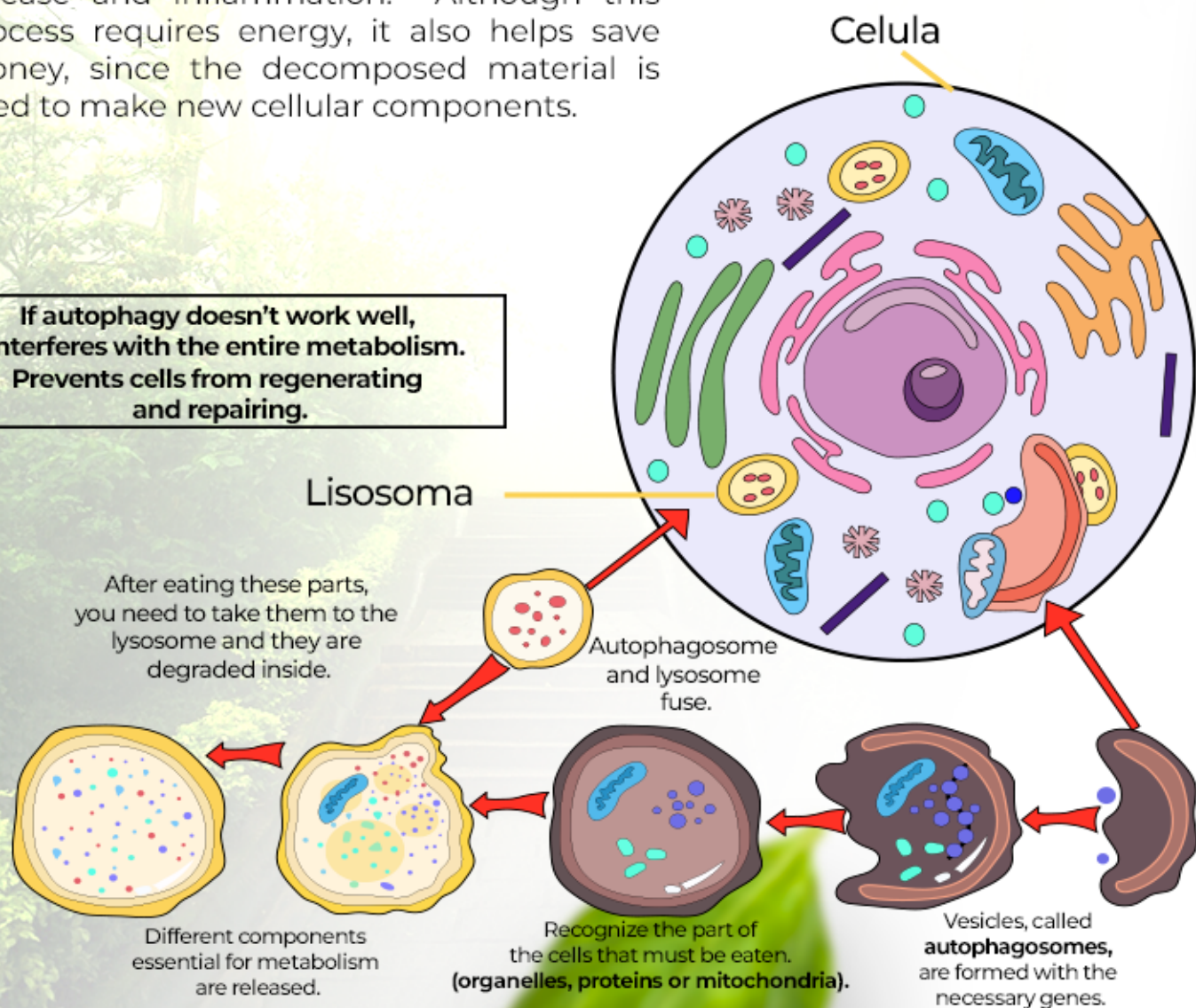
Autophagy

It is a cellular process that literally means "eating oneself", it is a natural recycling system that cleans the cell of what is not useful and potentially harmful, while taking advantage of what is valid to generate new cellular components.

During this process, cells produce the proteins necessary for their daily functioning and eliminate damaged or toxic components, essential for their survival. However, its failure can lead to serious diseases such as Parkinson's disease, Alzheimer's, type 2 diabetes and cancer, due to the of toxic molecules.

The absence of autophagy can cause the accumulation of biological waste, leading to disease and inflammation. Although this process requires energy, it also helps save money, since the decomposed material is used to make new cellular components.

If autophagy doesn't work well, it interferes with the entire metabolism. Prevents cells from regenerating and repairing.



METABOLISM



Metabolism

Metabolism is the set of chemical reactions that take place in the body's cells to convert food into energy. This energy is used for all bodily functions, from moving to thinking or growing.

This process is divided into catabolism (decomposition) and anabolism (synthesis).

Catabolism: It is the set of metabolic processes that are responsible for breaking down complex molecules into simpler units, releasing energy in the process. For example, the digestion of food and the breakdown of glucose into energy are catabolic processes. This released energy is essential for the functioning of the organism and is stored in the form of ATP (adenosine triphosphate), which can then be used for cellular activities.

Anabolism: Unlike catabolism, this involves all those metabolic processes that build complex molecules from simpler units, using energy in the process.

It is important to know the processes of our body to become aware and improve our habits for our health and well-being.

For example, after eating, food takes approximately six to eight hours to pass through the stomach and small intestine, therefore, the body will need that minimum of time to repair dysfunctional cells that are no longer useful and regenerate the body.

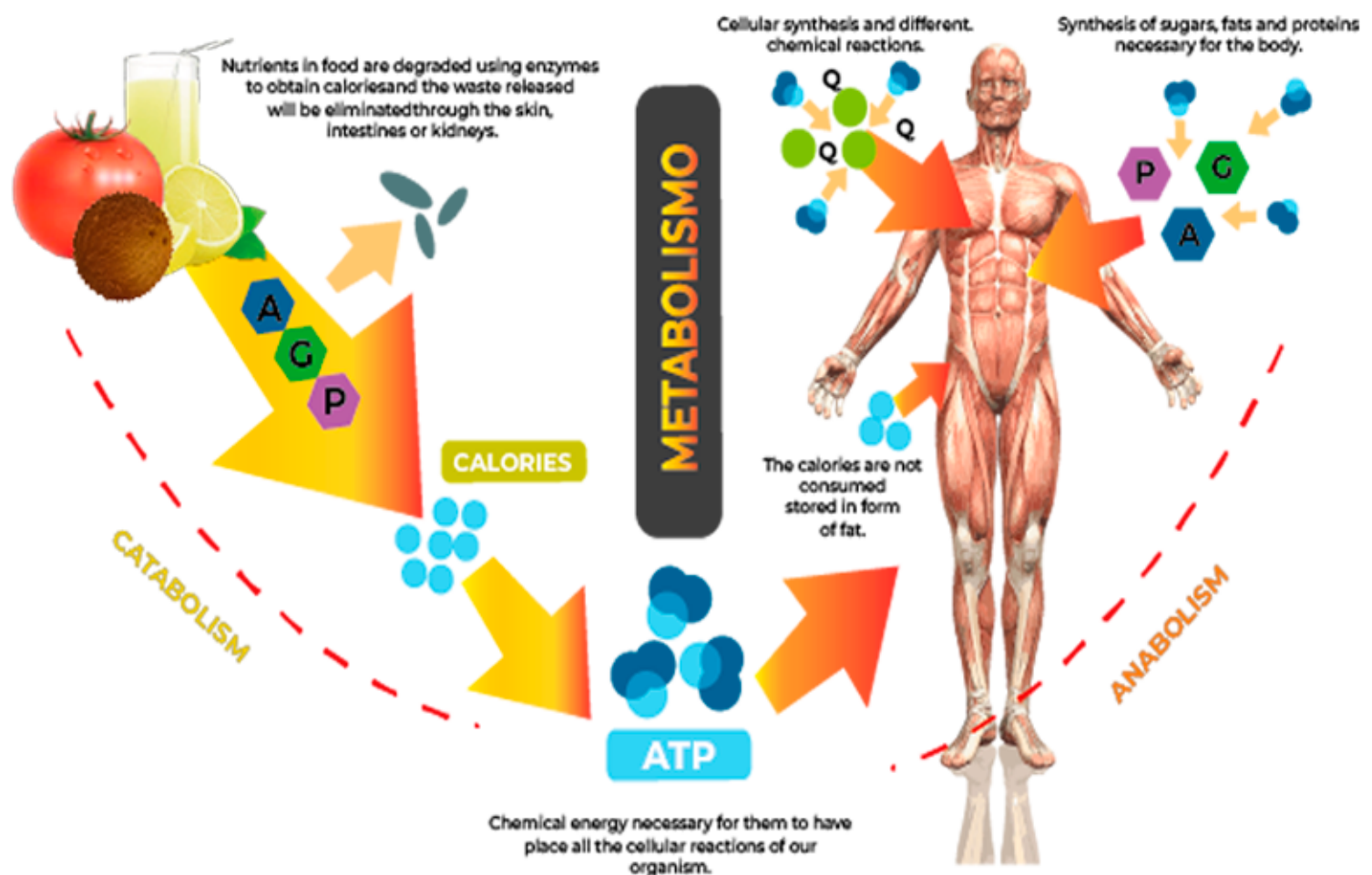
For this reason, at natural Herb Minerals, we recommend practicing autophagy and fasting as practices that contribute to the proper functioning of our body, since it allows the body to follow its natural and correct course, while extra components of the cells are discarded, which they are not vital to their functioning, while they provide energy to what is left of them.

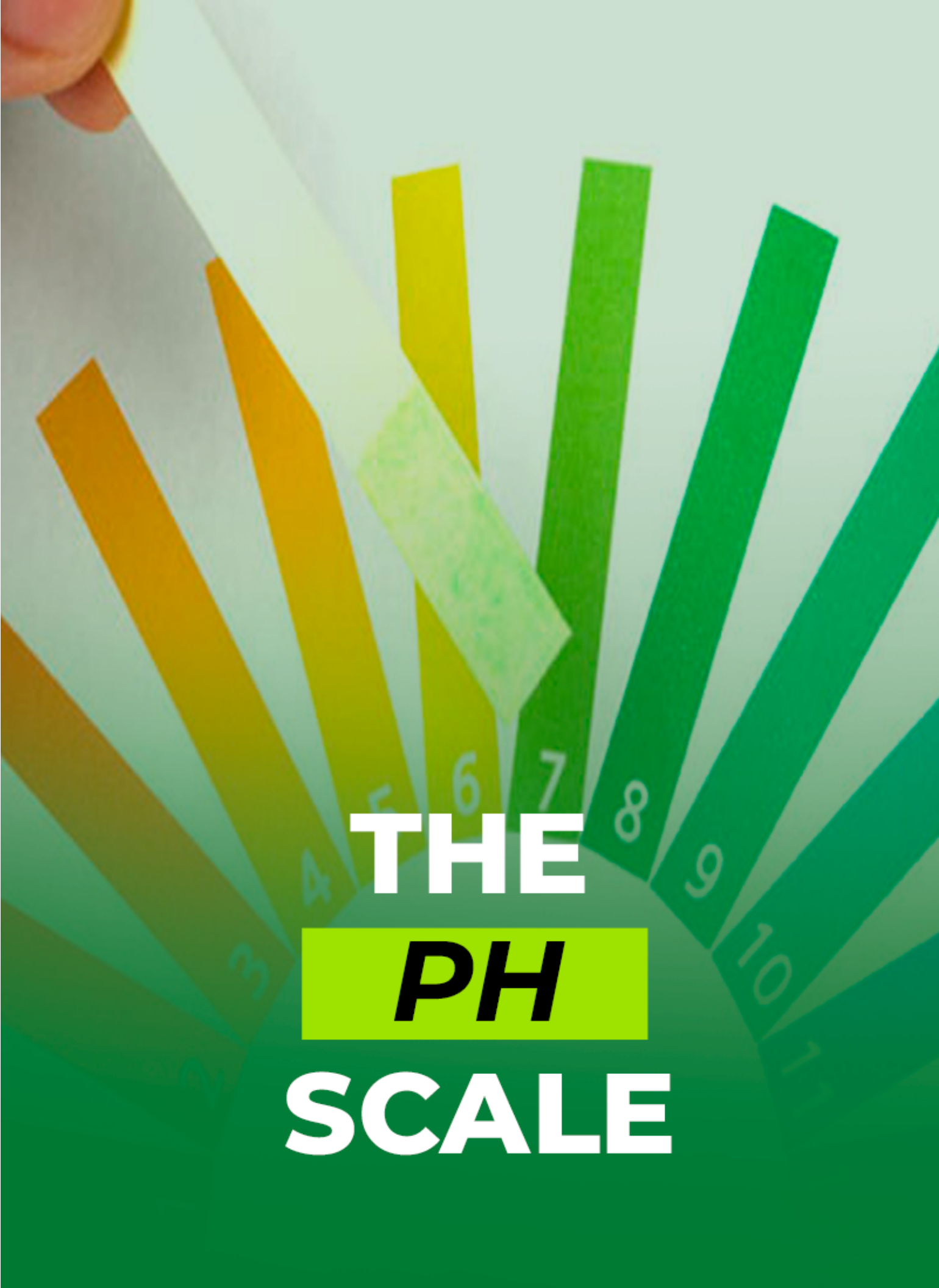
Metabolism

Factors such as age, sex, body composition, hormonal status and physical activity affect metabolic rate, influencing biofilm burning and body weight. A healthy metabolism is important not only for maintaining a healthy weight, but also for having energy for daily activities and reducing the risk of chronic diseases.

Metabolism is highly regulated to maintain energy balance and homeostasis in the body. This involves the coordination of numerous metabolic pathways and the response to internal and external signals.

Understanding metabolism is crucial to addressing diseases such as obesity and diabetes in inherited metabolic diseases.





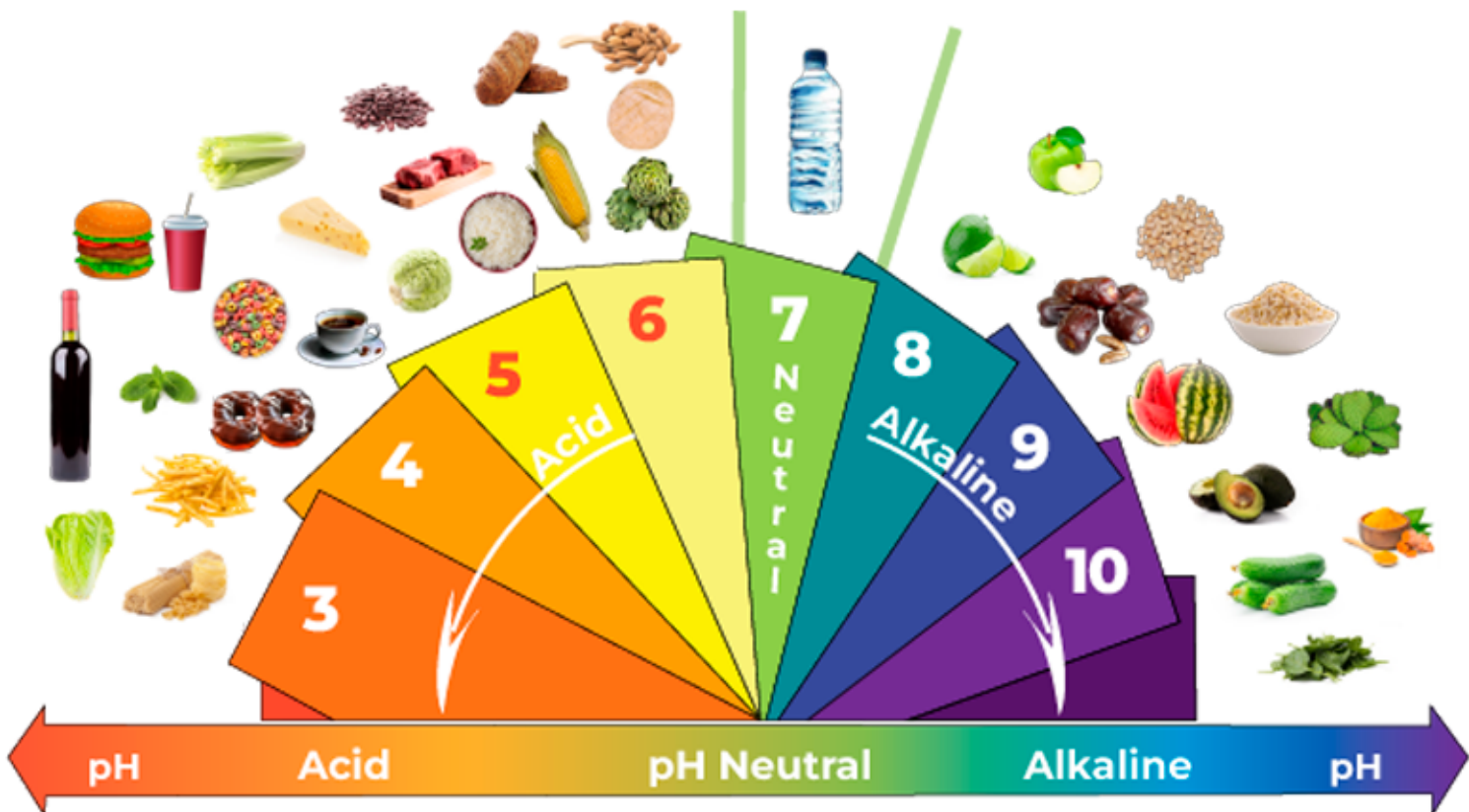
THE
PH
SCALE

PH SCALE

A balanced PH is crucial to ensure that oxygen reaches all the organs of our body and that the metabolic processes of our body can be carried out.

The pH of any substance ranges between values from 0 to 14. If a substance has a pH of 7 it will be a neutral substance, if it has less than 7 it will be acidic, while from 7 to 14, the substance will be basic.

The pH scale is logarithmic, meaning that a one-point change on the scale represents a 10-fold change in the acidity or alkalinity of the substance. For example, a substance with a pH of 5 is 10 times more acidic than one with a pH of 6. It is also important to note that the pH scale is inverse, that is, as the pH decreases, the acidity increases and as As pH increases, alkalinity increases



Benefits of an Alkaline Lifestyle

The alkaline diet is based on the premise that certain foods can affect the acidity and pH of body fluids, including blood and urine, and that this alteration can affect health. Therefore, consuming a selection of foods that promote a more alkaline pH in the body can help fight disease, improve energy, and facilitate weight loss. Foods that are considered alkalizing include fresh fruits and vegetables, nuts and seeds, while it is suggested to avoid those considered acidifying, such as meat, wheat, dairy, processed foods and alcohol, which is consistent with general recommendations for a healthy diet. Healthy nutrition.

The idea that an alkaline diet can significantly influence blood pH and therefore improve health is based on the classification of foods as “alkalizing” or “acidifying” according to their ion potential. Hydrogen (pH) or its effect on the body. (As we will explain later: list of allowed and not allowed foods). This pH balance is vital for the proper functioning of the body and is precisely regulated by the respiratory and renal systems.

Food components, for their part, play a crucial role in maintaining health at the cellular level, participating in processes that involve the movement and balance of electrical charges. These processes are essential for vital functions such as fluid balance, nerve signal transmission, muscle contraction, and pH regulation. Electrolytes, which are electrically charged minerals present in the diet, and antioxidants, which protect cells from oxidative damage, are key examples of how nutrition directly influences cellular chemistry.

The goal is a diet that not only avoids electrolyte imbalance and prevents oxidative stress, but a diet that promotes balance in each individual is also vital to promote maximum health.



4

Forms of Fasting

Ancestral Healing

Key Steps for an Effective Detox

There are certain steps in the healing process that cannot be avoided if you want results. These actions will always be the same with respect to curing any disease.

1 **Cleaning**

For effective detoxification, it is essential to consume herbs present in our Step 1 capsule formula (see page 9). These herbs facilitate cleansing at the intracellular level, essential to prepare the body for the efficient expulsion of toxins.

2 **Revitalization**

The inclusion of seaweed (seamoss) and bladderwrack is crucial in this phase. These marine nutrients are abundant in minerals and promote nutrition and regeneration of the body, supporting cellular health and strengthening the immune system. By implementing these two stages, the body not only cleanses itself, but also initiates a significant shift towards a more optimal and energized state.

Detox: Better than a Diet

Fat is created to protect the body from toxins and impurities, which creates unwanted weight.



Diet

Calorie reduction and/or exercise results in fat loss, which increases toxin density. This results

BOUNCING

Since toxic overload triggers the body's need to create fat.

The weight is regained.

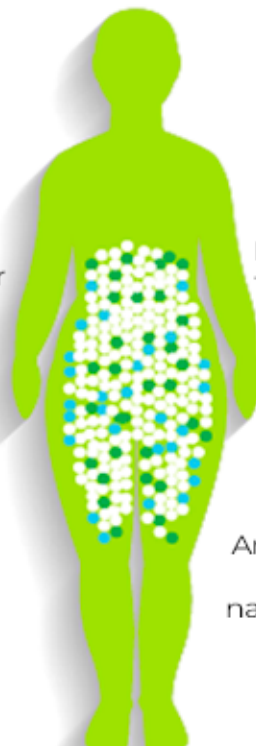


True Detox

Eliminates toxins from the body, creates lean muscles and releases excess fat.

MAINTENANCE

An ungodly and balanced diet keeps the body naturally lean and reduces the toxin load.



Key Steps for an Effective Detox

Renew Your Being: Transformative Fasting Practices

Fasting is an ancient method to promote detoxification and body regeneration. Among the fasting modalities that we recommend are:

- Fasting with pure water.
- Liquid fasting.
- Alkaline shakes that revitalize.
- Fasting based on the intake of fresh fruits.
- Temporary consumption of raw foods.

Common Symptoms During Detox:

- Difficulty to sleep.
- Sensation of cold.
- Symptoms similar to a cold or flu.
- Discoloration of the tongue.
- Itching or rash on the skin.
- Change in bowel movements.
- Fluctuating energy levels.
- Skin breakouts.
- Expulsion of mucus.
- Low blood pressure.
- Body pains.

Generally, these symptoms decrease after the first week of starting the detox process.



Fasting refers to the deliberate abstention from food and/or liquids for a period of time, for therapeutic purposes. Many people do not know that fasting has been used for thousands of years in various religious and spiritual practices throughout human history and in some ways, fasting is part of everyday life.

The term **“breakfast”** is the meal that breaks the fast, which is eaten daily. Fasting positively affects our physiology, cells, aging, illness and overall health.

What has been incredible is seeing how our body improves with fasting and body cleansing. Our vision for you is to provide discipline and knowledge; understand how important it is to focus on your health and the well-being of your loved ones. Ask yourself what your WHY is for doing this desire/detox.

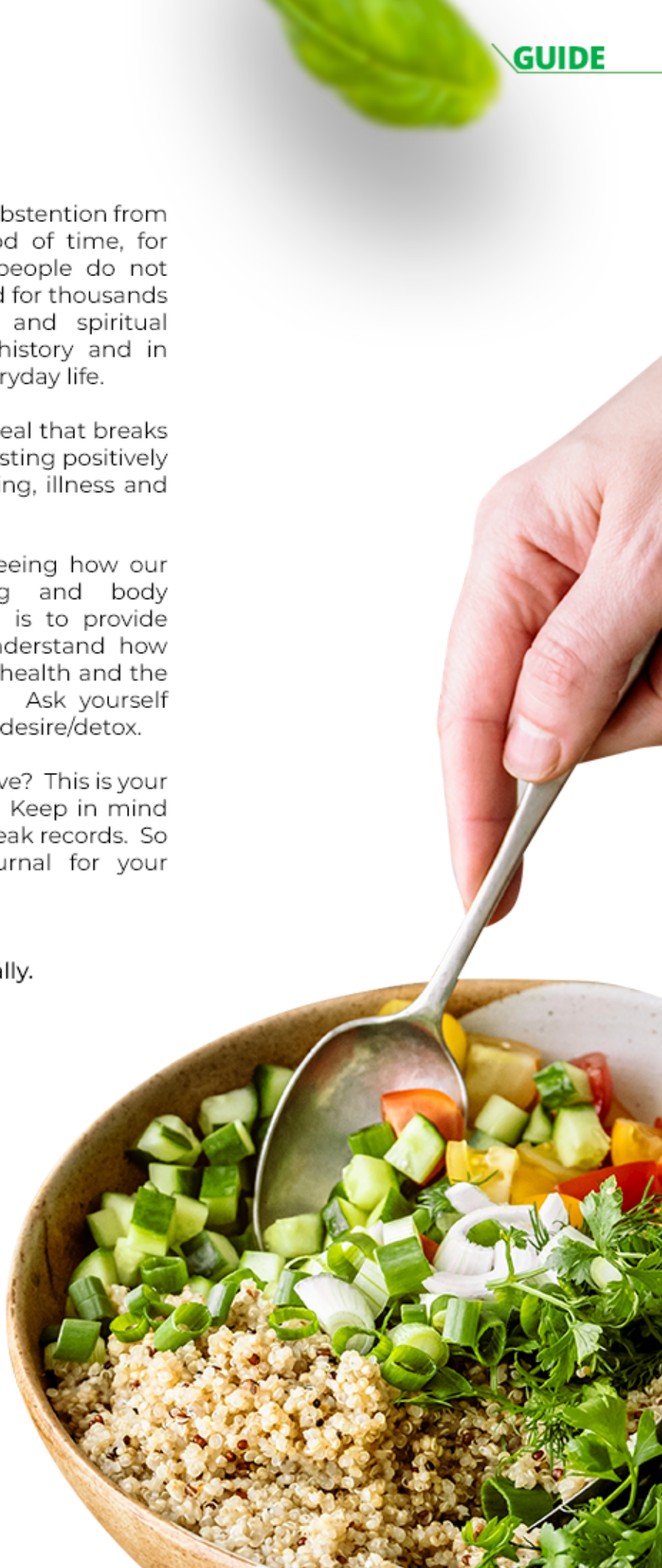
What/how will it help you improve? This is your time to make a plan of action. Keep in mind that those who keep records, break records. So keep a daily record in a journal for your “I DID IT” wish.

We want to help you improve spiritually, physically and mentally.

Génesis 1: 29

And God said:

“Behold, I have given you every plant that bears seed, which is on every earth, and every tree in which there is fruit and that bears seed; They will be for you to eat.”



Intermittent Fasting Guide with a Focus on Alkalinity and Strengthening the Body With the 16/8 and 5:2 Method

Choose a Fasting Plan and Consider Your Sleep Hours:

- **16/8 Method:**

This method involves fasting for 16 hours and having an 8-hour eating period. It is important to plan your last meal of the day 6-8 hours before bed to align your eating cycle with the body's natural processes of catabolism and anabolism. For example, if you plan to sleep at 10 p.m., it would be ideal to finish eating at 2 p.m. or 4 p.m. I eat very late.

- **Method 5:2:**

You eat normally for 5 days and select 2 days to reduce your intake, avoiding foods that interfere with the body's natural catabolic and anabolic processes, such as gluten, meats, sugars, etc.

Guidance for the Feeding and Food Avoidance Window:

Break the Fast Gently and Focus on Alkaline Foods:

When you start eating, select bland, alkaline foods. Avoid foods that can interrupt the delicate processes of catabolism and anabolism, such as gluten, meats, sugars, sweets, caffeine, sodas and lactose.

Consult the Specific Sections of the Guide:

For details on meals and "Foods to Strengthen the Body", be sure to check out the dedicated sections in the guide.

By taking this approach, you not only effectively initiate intermittent fasting but also align your diet with your body's natural rhythms to optimize both metabolic health and overall well-being.

“Benefits of Fasting and Corresponding Ancestral Scriptures”

LEVELS	DURATION OF FAST	BENEFITS	VERSES BIBLICAL
Basic	3 Days	<ul style="list-style-type: none"> • Body cleansing. • Mental clarity. • Home repair and regeneration 	Ester 4:16
Intermediate	7 Days	<ul style="list-style-type: none"> • Greater detoxification. • System reboot immune. • Cellular autophagy. 	1 Samuel 31:13
Expert	35 Days	<ul style="list-style-type: none"> • Profound effects on health. • Spiritual experience deep. • Body reset. 	Consult an expert in health.
Sporadic	Intermittent	<ul style="list-style-type: none"> • Metabolism improvement. • Weightloss. • Brain health. • Increased longevity. 	Isaías 58:6

“Physiological Impact of Different Durations of Fasting”

DURATION OF FAST	PHYSIOLOGICAL CHANGES
3 Days	Entry into ketosis, use of fat for energy, possible weightloss.
7 Days	Reboot of the immune system, increased cellular autophagy, elimination of damaged cells.
35 Days	Significant changes in health, benefits and risks extended (Medical supervision recommended).
Intermittent	Improvement of metabolic functions, sugar control in blood, reduction of inflammation.

With This Section, We Will Guide You to Achieve Your Goal of Completing a 35-Day Detox

Healthy Route: 35 Day Detox

Record your daily progress and how your body responds in a journal dedicated to the 35 Day Detox.

Preparations:

In the evening, prepare a gallon of water with the juice of 10 to 15 key limes and half a cup of apple cider vinegar for the next day.

1^{er} Step

Morning Routine:

- When you wake up, drink 16 oz of the gallon of water prepared the night before. Spend time meditating or praying to start your day off right.
- Continue with breathing techniques, Win Hof is the method, accompanied by a detoxifying herbal tea to promote internal cleansing.
- Perform stretches following the videos on the I DID IT Boxing YouTube channel to activate circulation and improve flexibility.

2^{do} Step

Reinforcement and Nutrition at Noon:

- Maintain hydration and take essential minerals. Check out the guide for recipe ideas or the natural herb minerals channels on YouTube and Instagram to properly nourish your body.

3^{er} Step

Activity and Growth in the Afternoon:

- Spend time doing moderate physical activities compatible with your fasting state. Promote your personal development with resources from the Natural Herb Minerals YouTube channel. Make sure you continue your water and mineral intake.

Final Tip: Before Bed:

Finish drinking your gallon of water at least 30 minutes before going to sleep to promote optimal rest.

With This Section, We Will Guide You to Achieve Your Goal of Completing a 35-Day Detox

Effects at the Cellular Level:

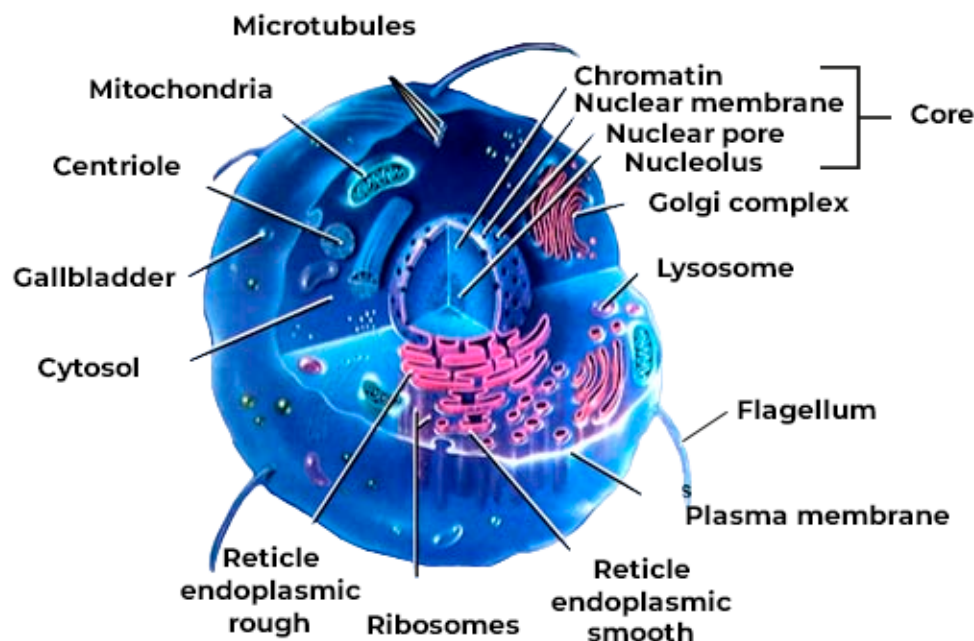
- During the 35-day detox, the body experiences a series of changes at the cellular level. Cleansing and detoxifying the body helps eliminate toxins and free radicals, helping to strengthen the immune system and reduce inflammation. At the cellular level, the metabolism process is essential for the proper functioning of each cell.
- Within a single cell, metabolism involves a series of chemical reactions that convert nutrients into energy and other compounds necessary for cellular function. When the body is exposed to toxins and builds up inflammation, these metabolic processes can be affected.
- The presence of toxins can interfere with metabolic pathways, causing an imbalance in energy production and the synthesis of proteins and other essential molecules. This can affect cellular function and compromise overall health. Reducing inflammation and eliminating toxins during detox can help restore metabolic balance and promote optimal cellular function.

Extras for All Levels:

- Integrate mindfulness practices and expressions of gratitude throughout the day. Find times for careful sun exposure and consider Epsom salt baths for a relaxing and detoxifying effect.

Remember:

The detoxification experience is unique and personal. Listen to your body and adjust activities to your needs. If in doubt, consult a health professional.



Detox Fasting: Cellular Guide

Days 1-2

Instructions:

Consume a gallon of water with the juice of 10-15 key limes and ½ cup of apple cider vinegar, along with minerals on an empty stomach.

Approach:

Start the detoxification process and increase hydration.

Intracellular Process:

- **12-24 Hours:** The body depletes its glycogen stores and begins the transition to burning fat for energy, a process known as lipolysis.
- **24-48 Hours:** Autophagy intensifies, systematically breaking down and recycling damaged proteins and organelles within cells.

Day 3

Instructions:

Follow the nutritional guide for healthy eating and drink a gallon of water. Improve your detoxification with stretches and light exercises; Check out the **'I Did It Boxing'** YouTube channel for routines.

Approach

Nutritional support for digestion and detoxification.

Intracellular Process:

- **72 Hours:** Liver enzymes are increasingly active, breaking down toxins into water-soluble compounds for excretion. Insulin sensitivity begins to improve, reducing inflammation.

Days 4-8

Instructions

Maintain intake of a gallon of water with key lime juice and apple cider vinegar. Includes minerals for electrolyte balance. For inspiration for exercising during your detox, visit the **'I Did It Boxing'** YouTube channel.

Approach:

Strengthening the body's detoxification process.

Intracellular Process:

- **Days 4-5:** The body increases its dependence on ketone bodies for energy, reducing inflammation and improving brain function.
- **Days 6-8:** Cells adapt to the stress of fasting through hormesis, increasing their resilience and defense against oxidative stress.

Day 9

Instructions

Continue with the nutritional guide for healthy eating and your water mixture. Integrate stretches and exercises from the **'I Did It Boxing'** channel to support your detox journey.

Approach:

Replenishment and preparation for an extended detox.

Intracellular Process:

- **Day 9:** The body is now in a state of enhanced cellular repair, where DNA repair mechanisms work more efficiently and the body's natural detoxification processes are at peak performance.

Detox Fasting: Cellular Guide

Days 10-17

Instructions:

Continue with your water, key lime, and apple cider vinegar regimen. Keep your body flexible and strong with routines from the YouTube channel **'I Did It Boxing'**.

Approach:

Deepening the body's detoxification pathways.

Intracellular Process:

- **Days 10-12:** The body begins to break down and use visceral fat for energy, releasing fat-soluble toxins for processing and elimination.
- **Days 13-17:** Autophagy intensifies, systematically breaking down and recycling damaged proteins and organelles within cells.

Day 18

Instructions:

Follow the nutritional guide and drink your lime water and vinegar mixture. Continue to participate in physical activity, referring to the **'I Did It Boxing'** channel for exercises that suit your detox process.

Approach:

Maintenance of natural detoxification pathways and promotion of physical well-being.

Intracellular Process:

- **Day 18:** The intestinal flora begins to adapt to the fasting state, potentially reducing dysbiosis and improving intestinal barrier function, which is crucial to prevent the release of endotoxins during detoxification.

Days 19-35

Instructions:

Continue with the routine of a gallon of water, key lime juice, and apple cider vinegar plus minerals.

Approach:

Comprehensive and sustained detoxification.

Intracellular Process:

- **Days 19-28:** The body fully adapts to the fasting state, with an increase in autophagy leading to possible rejuvenation of the immune system and the elimination of cellular waste.
- **Days 29-35:** Hormonal balance can be restored; The body's repair mechanisms are highly active, potentially leading to improvements in several health biomarkers.

Total Fasting Hours:

Fasting for 35 days is equivalent to 840 hours, offering the body an extended period to reset and rejuvenate.

NOTA:

Complement your detox with daily stretches and exercises. For guidance, visit the **'I Did It Boxing'** YouTube channel to find a routine that complements your fasting schedule.



Foods to strengthen the body

This nutritional guide will help you complete a varied combination of healthy meals that you like.



Mushrooms



Jewish green

Tomato
grapefile with
seedcucumber with
seeds

Papaya



Turmeric



Dates



Seeds
linen



Walnuts
brazilian



Pepper
black



Anise
starry



Jewish
green



Chia



Avocado



Cabbage
curly



Rice
wild



Tamarind



Mango



Spinach



Pitaya



Cilantro



Pepper



Basil





→
Ackee



→
Breadfruit



→
Jackfruit



→
Soursop
(Graviola)



→
Dragon's fruit
(Pitaya)



→
Lychee



→
Star fruit
(Carambola)



→
Guava



Passion fruit



Baobab fruit



Tamarillo
(Tree Tomato)



Noni fruit



Custard apple



Plum



Cocoa



Grenade



Foods you should avoid

CARBONIC ACID (soda, carbonated water)

URIC ACID (pineapple, tomato, tomato sauce)

STARCH / GLUTEN (bread, banana or seedless banana)

MEAT from hybrid animals (chicken, beef, pork, seafood)

LACTOSE(cheese / eggs)

GLUCOSE(sugar, sweets)



Celery

Originally from ancient Greece, Rome, changing its cultivation by modern hybridization, obtaining adverse reactions due to mucus causing inflammation due to non-recognition.



Banana

Coming from New Guinea, its cultivation method changed to cross-hybridization, cross-pollination. It turns into mucus because the body does not recognize it, non-consumption gets more vitality, strength and benefits without side effects.



Eggplant

Originally from India, changing its cultivation method to modern practices, putting it at risk of intolerance reactions causing inflammation.



Artichoke

Native to North Africa. Experienced changes in its cultivation method for its overall production, causing digestive problems and risk of inflammation.



Cabbage

Native to Europe, evolved with modern methods generating digestive discomfort due to its fiber content, its misuse generates a risk of inflammation.



Mint

Native to Europe and Asia. Their cultivation method changed to modern practices, which could cause allergic reactions. It is beneficial for the digestive system but can cause discomfort in some people.



Ginseng

Originally from Asia, evolving with modern techniques causing side effects, generating adverse reactions.



Beans

Originally from Mesoamerica, (Mexico and Central America), its cultivation evolved to improve production and adapt to different climatic conditions, but causing secondary reactions.



Rice

Originally from Asia, evolved with its most modern agricultural practices. Its storage can lead to the proliferation of fungi that produce toxins.



Romaine lettuce

Native to the Mediterranean. Changing their cultivation method, adapting to modern agricultural practices, generating great risks of food-borne diseases.



Dairy cheeses

They emerged in the Neolithic. Their methods changed from artisanal techniques to modern industrial processes, causing major food poisoning and generating major inflammation.



Pasta

It originated in China. Evolved with very modern agricultural practices, generating bacterial contamination and inflammation in people with food sensitivities.



Meats

Ancient origin in the human diet, coming from hunting and domestication of animals, evolving through modern systems. Improper handling and cooking can cause food-borne illness and contribute to chronic inflammation.



Seafood

Originating from the oceans. Farming and fishing methods have evolved, adapting to modern practices, where there are risks of bacterial contamination or poisoning. Excess consumption could cause adverse reactions.



Condiments

Diverse origin, from herbs, spices. Evolving from traditional cultivation methods to modern techniques. They may be contaminated or contain allergens causing inflammation.



Mayonnaise

Origin in French cuisine. Their cultivation methods have undergone changes in production methods; poor handling can cause poisoning, causing digestive discomfort.



Bread

It first emerged from Egypt and its processing methods have changed over the years. The body does not recognize it as natural, so it turns into mucus, which causes unpleasant reactions and gluten insensitivity.



Tortillas

Originally from Mexico. He has seen big changes in his farming process over the years. It turns into mucus in the body and triggers a number of unpleasant reactions that the body does not like.



Potatoes

Originally from South America, although growing methods have changed over the years. Its consumption causes an increase in blood sugar and unnecessary weight gain in the body.



Peanut

Originally from Bolivia and have seen massive cultivation changes. Its consumption causes many complications in the body as it is not recognized as natural. Allergies and pain are common reactions.



Almonds

Originally from Western Asia (Middle East). He has overseen multiple changes in farming methods over the years. Eating almonds causes many digestive problems since the body does not recognize it.



French fries

Originally from Belgium. The processing method has changed over the years. It is advisable to avoid its consumption, since it has many adverse effects such as high blood pressure on the body.



Corn

Originally from Mexico and has undergone great changes in its cultivation. When ingested, many bacteria are released, generating inflammation and body numbness. It is best to avoid it at all costs.



Cereal

Originating from the United States, their processing methods have undergone great changes over the years. As it is made artificially, it is advisable not to consume it. Increased blood sugar is one of the most common reactions.



→
Peach

Originating from China. Their cultivation method is changing rapidly. The body suffers from allergies and inflammation due to lack of recognition. Best to avoid if you have food sensitivities.



→
Strawberries

Originally from France. Massive changes have been observed in the crop over the years, causing allergic reactions and also poisoning when consumed.



→
Blueberries

They come from North America and have undergone rapid changes in cultivation method. There is too much bacterial contamination that causes allergies and inflammation in the body.



→
Raspberry

Originally from Asia and there have been many changes in their cultivation method. It becomes unrecognized mucus in the body, which causes pain and reactions.



→
Plum

Originally from China and its cultivation method has evolved over the years. It usually turns into mucus because the body does not recognize it. Non-consumption helps to stay away from bad reactions and allergies.



→
Onion

Coming from Central Asia, they have generated rapid changes in cultivation. When eaten, many unpleasant bacterial reactions occur in the body. It is best to avoid it.



→
Carrot

Coming from Asia and have experienced rapid changes in their cultivation. Consumption causes diarrhea because the body does not recognize its natural state. Avoid to maintain vitality.



→
Eggs

Originally from Southeast Asia. Its cultivation has changed over the years and its intake into the body is not well received by the body's components, causing discomfort, intoxication and adverse reactions.

The book cover features a solid green background on the left side, which transitions into a photograph of lush green leaves on the right. The leaves are vibrant and detailed, showing veins and natural textures. The title and subtitle are printed in white text on the green background.

The Pharmacy of Nature

Essential Guide to Herbal Nutrition

Plants beneficial for the body



Bladderwrack

Origin: North Atlantic coasts.

Benefits: Rich in iodine, used to support thyroid health, natural source of minerals.

Minerals: Iodine, calcium, magnesium, potassium.



Burdock Root

Origin: Europe and Asia.

Benefits: Purifying, supports skin health and can help detoxify the body.

Minerals: Iron, magnesium, calcium.



Wormwood

Origin: Europe.

Benefits: Traditionally used for digestive problems and as an antiparasitic.

Minerals: Potassium, calcium.



Black Walnut

Origin: Eastern North America.

Benefits: Known for its antiparasitic properties, it is also used for skin health.

Minerals: Magnesium, iron.



Sea Moss

Origin: Atlantic and Caribbean Oceans.

Benefits: Rich in nutrients and minerals, it supports digestive, respiratory and thyroid health.

Minerals: Iodine, calcium, potassium, magnesium.

Plants beneficial for the body



Dandelion

Origin: Europe and Asia, now worldwide.

Benefits: Supports liver health, diuretic, helps with digestive problems.

Minerals: Potassium, calcium, magnesium, iron.

Medicinal Information: Powerful antioxidants, regulates blood sugar and blood pressure.



Elderberry

Origin: Europe, North America, Western Asia.

Benefits: Immune support, especially for colds and flus.

Minerals: Iron, potassium, calcium.

Medicinal Information: Anti-inflammatory and antiviral properties.



Chaparral

Origin: Southwestern United States, Mexico.

Benefits: Used for the skin, breathing, antioxidant.

Minerals: Zinc, copper.

Medicinal Information: Lignan antioxidants, can be toxic in high doses.



Hibiscus

Origin: Warm temperate, subtropical and tropical regions.

Benefits: Cardiovascular health, reduces blood pressure.

Minerals: Iron, calcium, magnesium.

Medicinal Information: Helps reduce cholesterol.

Plants beneficial for the body



Sacred Shell

Origin: Hawthorn tree in North America.

Benefits: Natural laxative for constipation.

Minerals: Calcium, potassium.

Medicinal Information: Stimulates intestinal movement, do not use long term.



Mullein Leaf

Origin: Europe, Asia, North Africa, widespread in America.

Benefits: Respiratory health, cough, congestion.

Minerals: Magnesium, potassium, calcium.

Medicinal Information: Calming effects, anti-inflammatory properties.



Dandelion Root

Origin: Europe and Asia, now worldwide.

Benefits: Liver health, digestion, anti-cancer potential.

Minerals: Potassium, calcium, magnesium.

Medicinal Information: Helps in digestion, immunological.



Blessed Thistle

Origin: Mediterranean region.

Benefits: Digestion, lactation.

Minerals: Potassium, calcium.

Medicinal Information: Stimulates appetite and gastric secretions.

Plants beneficial for the body



Seaweed

Origin: Shallow ocean waters.

Benefits: Thyroid health.

Minerals: Iodine, calcium, iron, magnesium.

Medicinal Information: Antioxidants, reduces risk of cancer.



Dandelion Leaf

Origin: Europe and Asia, now worldwide.

Benefits: Diuretic, liver and kidney health.

Minerals: Potassium, calcium, magnesium.

Medicinal Information: Regulates blood pressure, reduces inflammation.



Valerian

Origin: Europe and Asia.

Benefits: Helps with sleep disorders and reduces anxiety.

Minerals: Calcium, magnesium.



Milk Thistle

Origin: Mediterranean.

Benefits: Supports liver health and is used in the treatment of liver and gallbladder disorders.

Minerals: Selenium, zinc.



Nettle

Origin: Europe, Asia and North America.

Benefits: Treats allergies and reduces inflammation; rich in nutrients.

Minerals: Iron, calcium, magnesium.

Plants beneficial for the body



Lavender

Origin: Mediterranean.

Benefits: Reduces anxiety and stress; helps with sleep and skin health.

Minerals: Calcium, iron.



Chamomile

Origin: Europe and Western Asia.

Benefits: Calming, helps with sleep and digestion; anti-inflammatory properties.

Minerals: Potassium, calcium.



Yarrow

Origin: Northern Hemisphere.

Benefits: Healing, reduces inflammation and helps with digestion.

Minerals: Calcium, magnesium.



Turmeric

Origin: Southeast Asia.

Beneficios: Anti-inflammatory, improves joint health and enhances brain function.

Minerals: Iron, potassium.



Passion flower

Origin: Américas.

Benefits: Helps with anxiety and sleep disorders, may relieve nerve pain.

Minerals: Potassium, iron.

Plants beneficial for the body



Rhubarb Root

Origin: Central Asia, Europe.

Benefits: Digestion, Antioxidants, Fiber.

Minerals: Potassium, Calcium, Magnesium.



Guaco

Origin: South America.

Benefits: Expectorant, anti-inflammatory, bronchodilator.

Minerals: Potassium, calcium, iron.



Prodigious

Origin: Latin America.

Benefits: Digestion, anti-inflammatory, antioxidant.

Minerals: Calcium, iron, potassium.



Mullein

Origin: Eurasia, America.

Benefits: Expectorant, anti-inflammatory, healing.

Minerals: Calcium, potassium, iron.



Vhealthy Creations:

Healthy and Vegan Recipes

Chia pudding With hemp seeds



Ingredients

- 2 tablespoons of chia seeds.
- 1/2 cup of hemp seed milk.
- Mango, papaya, pear, apple cut.
- 1-2 tablespoons of flaxseed.
- Brazilian nuts.

Preparation

- Pour the hemp milk and chia seeds into a glass jar and mix well. Let sit for 2-3 minutes and then mix again very well until you see no lumps.
- Cover the jar and store in the refrigerator overnight or at least 2 hours.
- When ready to eat, add on top with the fruit of your choice (or all) and use a grater or food processor to grate/chop the Brazilian nuts.

Enjoy cold!

Power Crunch Bowl



Ingredients

- 1 cup of quinoa.
- 1 3/4 cup of sodium-free or fat-free vegetable broth (alkaline water).
- 2 bay leaves.
- 1 tablespoon of turmeric.
- 1 15.5 oz can of chickpeas.
- 2 Cups of amaranth or spinach leaves.
- 2 small cucumbers cut into cubes.
- 1 avocado
- 1/4 cup walnuts/Brazilian nuts.
- 1 tablespoon of hemp seeds.
- 1 cup of freshly squeezed lime juice.
- 1/2 teaspoon black pepper.
- 2 teaspoons of Himalayan salt.

Preparation

- To prepare the quinoa, put the pressure cooker on high for 5 minutes, add the rinsed quinoa, vegetable broth, add the chickpea and bay leaves.
 - Add turmeric, black pepper and NHM SB. Mix well and close the lid and let it cook!
 - Cut the lemons in half and juice.
 - Rinse and chop the cucumbers.
 - Rinse the spinach. Let dry.
 - Cut the avocado in half or bandage dice. Add all dressing ingredients to a jar with a secure lid and shake! Place spinach/kale in a bowl and quinoa on top, add cucumbers and avocado. Sprinkle that dressing, sprinkle the hemp seeds and grate the Brazilian nuts (your "parmesan cheese") on top and enjoy!
- ¡Enjoy cold!

Super Salad



Ingredients

- 1/2 cup kale
- 1/2 amaranth
- 1 diced mango
- 1 diced pear
- 1/2 cup cooked quinoa
- 1 mashed avocado
- 1/2 cup of raw mushrooms.
- Juice of 4 limes.
- 1/4 cup chopped cilantro.
- 1 Bell pepper cut into cubes.
- Grape tomato cut in half.
- 2 Cucumbers cut into cubes.
- 1/4 teaspoon Himalayan salt.
- 1/4 black pepper.

Preparation

- Prepare the avocado with half the lime juice, cilantro, salt and black pepper. Set aside.
- In a bowl add the kale, the amaranth, add all the ingredients and mix well.
- Top it with the avocado and add more lime juice and enjoy.
- Quinoa Pressure Cooker Recipe 1 cup quinoa
- 1 3/4 c alkaline water, 1/4 teaspoon black pepper 1/4 teaspoon Himalayan salt, 1/4 teaspoon turmeric, 1/2 teaspoon of vegetable butter.
- Place the pressure cooker on manual mode for 3 minutes to heat, add the butter, once melted add the quinoa and allow to brown.
- Once the quinoa is toasted, reset the time to 5 minutes, add the water and mix well.
- Place the lid to seal and once done, let the air release naturally and allow it to cool.
- Enjoy!

Vegetable Quinoa



Ingredients

- 1 Cup of quinoa.
- 1 can of chickpeas.
- 1 Cup of fresh green beans (cut and washed).
- 1 Cup chopped kale (washed and trimmed).
- 1 zucchini sliced/chopped.
- 1/2 cup of mushrooms (washed and chopped).
- 1 3/4 cup vegetable broth (no sodium and no fat).
- 1 teaspoon of black pepper.
- 1 teaspoon of turmeric.
- 1/2 teaspoon of Himalayan salt.
- 1 teaspoon of vegetable butter.
- 2 bay leaves.

Preparation

- Rinse and drain the quinoa.
- Press Sauté button, add vegetable butter and zucchini until golden brown, add kale for 1 minute.
- Turn on the pressure cooker in manual mode at high pressure, set the timer for 5 minutes.
- Add the quinoa, put in the broth and add the vegetables.
- Add spices and bay leaves. Mix well and cover.
- Once the quinoa is ready, let the pressure drop on its own for about 10 – 15 minutes, open and let it cool and enjoy!

A silhouette of a person in a yoga pose, likely the Goddess pose (Bhujangasana), on a wooden deck. The background features palm trees and a sunset or sunrise sky. The overall tone is warm and serene.

TIPS

Integral Wellness

Lifestyle



Mind

- Get enough sleep. (7 hours minimum at night).
- WinHof breathing exercise.
- Personal development
- (80%/20% Law).
Share your knowledge with someone.
¡Enjoy cold!.



Body

- 1 gallon of water a day (10 to 15 green lemons.
- 3/4 cup of apple cider)
- Seamoss daily (102 minerals to nourish the body).
- Body stretching for one hour.
- Minimum exercise 15 min (Ididitboxing) (HIIT).



Spirit

- Prayer
"Whoever wins will be dressed in white. I will never erase his name from the book of life, but I will acknowledge his name before my father and before his angels."
Apocalipsis 3:5

Personal hygiene



Hand greeting

- Increase hand washing times. Only 5% of people wash their hands with soap and water for more than 20 seconds.
- Use hand sanitizer with 30% alcohol.



Disinfect surfaces

- Use disinfectant
- Use bleach to disinfect the toilet and shower. Keep area wet for 3 minutes before drying.



Face care

- Remove the headdress from the face.
- Use a facial scrub to cleanse your face.

Preparation



Home cleaning

- Toiletries/kitchen items.
- Bleach to disinfect.



Food

- Water
- Elderberry
- Basil
- Amaranth
- Kale
- Green lemon
- Prickly pear
- Quinoa
- Avocado
- Green pepper



Medical kit

- Band Aids of different sizes.
- Surgical gloves.
- Oral thermometer, scissors and tweezers.
- First aid tape.
- Antibiotic ointment.
- Instiger's cold compress.
- Sterile gauze pads.
- Absorbent gauze.
- Alcohol wipes.

Humanity support



Foods that strengthen

Start Here..

- Eat green leafy vegetables/fruits with high mineral content such as amaranth, cucumbers with seeds, cactus, teosinte.(Follow the food guide to strengthen the body.)



Minerals

- Seamoss (seaweed)
- bladderwrack
- Black walnut
- Burdock root
- Wormwood
- Cascara Sagrada
- Prodigiosa



Teas

- Elderberry.
 - Dandelion.
 - Burdock root (if you are sick).
 - Guaco.
 - Seamoss.
 - Quassia.
 - Gordo lobo.
 - Cascara Sagrada.
 - Plantain leaf
 - Prodigious.
 - Nettle.
- “Healing begins within”



Legal Disclaimer

Disclaimer:

The Natural Herb Minerals line of products is intended to provide natural, wild-caught food supplements, formulated with potent and robust ingredients. These products are not intended to diagnose, treat, cure or prevent any disease. Before incorporating any new supplement into your routine, it is recommended to consult with a qualified health professional.

It is not a substitute for professional advice:

The information provided on our product labels, packaging or associated materials is for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions regarding a medical condition.

Individual Responses and Results:

Individual responses to our products may vary. The effectiveness of these supplements depends on several factors, including individual health conditions, genetics, lifestyle, and adherence to recommended use. We do not guarantee specific results, and any claims made about possible benefits are based on general knowledge of the ingredients used.

Safety Precautions:

While our products are formulated with natural, wild ingredients, it is essential to follow recommended usage guidelines. Exceeding recommended doses may not lead to better results and may pose potential risks. If you experience adverse reactions, discontinue use and consult a healthcare professional.

Legal Compliance:

Our products comply with applicable legal standards and regulations for dietary supplements. They are not intended to replace a balanced and varied diet, but rather to complement it with powerful and wild ingredients.

Children, pregnant and nursing people:

Consult a health care professional before giving these supplements to children, pregnant or nursing mothers. Certain ingredients may have specific considerations for these groups.

Limitations of Liability:

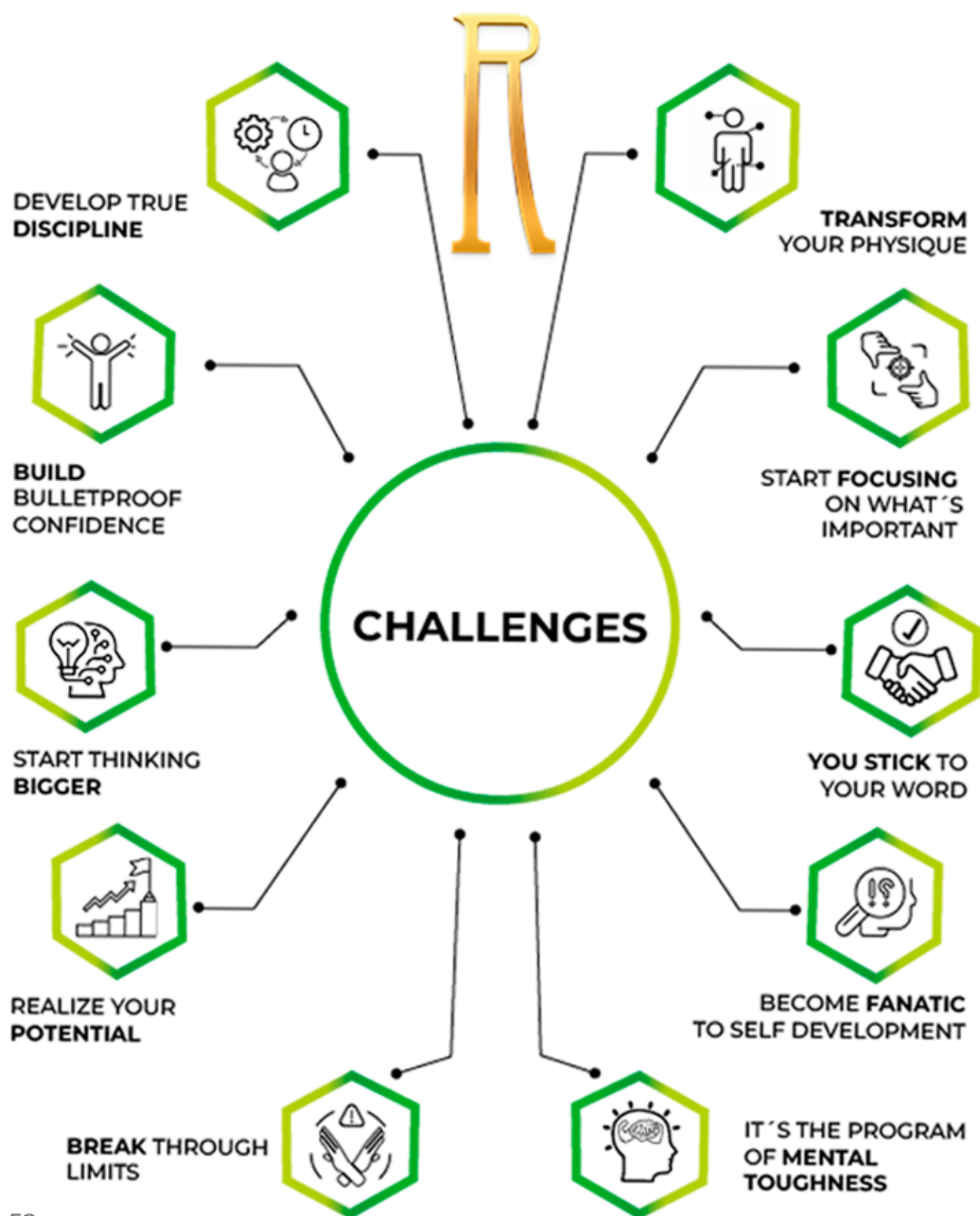
Natural Herb Minerals, its affiliates and associated entities are not liable for any direct, indirect, incidental, consequential or punitive damages arising from the use or inability to use our products. By using our products, the consumer acknowledges and accepts these limitations of liability.

Updates and Changes:

Natural Herb Minerals reserves the right to update product formulations, ingredients and packaging without prior notice. Customers are encouraged to regularly review product information.

Release Your Maximum Potential

10 Reasons to join the 90-day Transformation Journey





RECONNECTION CHALLENGE - 90 DAYS

Phase 1 - Spirit

- 1- Be thankful for what you already have.
- 2- Know your virtues & appreciate what makes you unique.
- 3- • Stay Still for 15 minutes. - Inner Exploration (Do it 2 times a day).
 - Prayer with Repentance
 - Prayer with Gratitude(Review your goals out loud).
- 4- Products of Natural Herb Minerals and Guide 35 days of fasting.

RECONNECTION PHRASES

<i>Spirit</i>	<i>Body</i>	<i>Mind</i>
<ul style="list-style-type: none"> • "The two most important days of your life are, the day you are born and the day when you discover why." Mark Twain • "Take your life in your own hands, and what happens? Something terrible: there is no Who to blame." Erica Jong • "The quality of life of a people is proportional to their commitment to excellence, without import your field of endeavor chosen one." Vince Lombardi 	<ul style="list-style-type: none"> • "Strength does not come from ability physical. It comes from a will indomitable." Mahatma Gandhi • "The greatest glory in living does not lie in never fall, but get up every time we fall." Nelson Mandela • "Effort alone completely frees your reward after a person refuses to give up." Napoleón Hill 	<ul style="list-style-type: none"> • "A man must be enough big to admit his mistakes, so smart enough to learn from them and enough strong to correct them." John C. Maxwell • "Teamwork is the skill of work together towards a common vision. The ability to direct individual achievements towards organizational objectives. Is he fuel that allows ordinary people achieve results few common." Andrew Carnegie • "You may have to fight one battle more than once to win it." Margaret Thatcher

Phase 2 - Body

- 5- Move and walk (Stretch or exercise).
- 6- Practice sexual transmutation.

Phase 3 - Mind

- 7- Personal development
 - Outwit the Devil
 - Rich Father, Poor Father
 - The compound effect
 - Think and Become Rich
 - You can't Hurt Me
 - Go to **Rockdidit.com** for more information.
- 8- Rockdidit calendar: (**Join ROCKDIDIT Live**)
 - **Spirit Sundays**: Philosophy of the spirit and personal defense.
 - **Money Monday**: Mental leadership and business.
 - **Tuesday**: Health, well-being and nutrition.
 - **Cash Flow Wednesday**: Mentality, monetary investment and commerce.
 - **Thinking Thursday**: Responsibility and financial education.
 - **Friday fellowship**: Connect with loved ones and join the Live with Rockdidit.
 - **Restoration Saturday**: Keep the Sabbath holy, relax and enjoy a day off.
- 9- Discover your passion and talents. What would you do if you had a million dollars but only six months of life? Reflect on how you would spend that time and money. Would you spend it on pleasures ephemeral or would you invest it in meaningful experiences and doing good? Live with purpose and determination every day, no matter how much time you have left. **Get started today!**
- 10- Use the Daily Agenda and keep track of your activities. Be sure to check the number of the day on which it is found.