

Tim's "Phase One: Essential" Comprehensive Daily Routine*

Time	Activity	Purpose*
Sunrise 5:30 – 7:00am	Wake Up <ul style="list-style-type: none"> Sleeping with the shades up will allow light to enter the room and act as a natural alarm clock. Adjust your alarm 10 minutes earlier every day until this is accomplished. Drink Large Glass of Lemon Water <ul style="list-style-type: none"> Brush teeth first to clear bacterial toxins Squeeze ½ lemon into filtered water Omega-3 & Probiotics* <ul style="list-style-type: none"> Take 1 tsp. of Nordic Naturals Cod Liver Oil Take 1 pill of Dr. Ohhira's 12 Plus Probiotics 	Our bodies are naturally built to release hormones upon first light that stimulate our body to rise and begin the day, as described by Circadian Rhythm. Fresh lemon juice (not that bottled junk) help to alkalize your body although they are acidic before digestion (which is counter-intuitive). Most people are dehydrated upon waking and need to flush toxins created overnight. Drinking filtered water is important so you don't pollute your body with the same water designed to flush toxins out. These two supplements are best taken on an empty stomach. If possible wait 15 min. or so after lemon water. Showering in between is recommended. Omega-3 fatty acids from fish oil have a wide range of health benefits, most importantly inflammation reduction. Probiotics are critical for digestion and elimination.
Stress Reduction	5 – 20 minutes of your preferred technique <ul style="list-style-type: none"> See Tim's Stress Reduction Techniques. 	This will start your day off right with a calm mind. Don't overlook this step! Stress strongly affects physical, mental and emotional health.
Breakfast Within 1 hour of waking	Protein shake or breakfast meal (500 - 600 calories) <ul style="list-style-type: none"> I prefer a shake with filtered water for convenience. Food choices should be limited to protein, high <i>healthy</i> fat foods and fruit. For example, 5 egg whites & 3 Omega-3 organic yolks cooked in 1 Tbsp. coconut oil (or consumed raw if tolerated) and 1 banana. See Tim's Meal Guide for recipes. Add Supplements to shake or take with filtered water* <ul style="list-style-type: none"> 1-8 drops of Lugol's Solution. 2 caps of Vitamin D3 5000IU ½ tsp. chlorella powder or 10 tabs chlorella 1 Tbsp. superfoods Prepare for the day <ul style="list-style-type: none"> Fill 2-3 glass or stainless steel bottles with filtered water to take with you. Pack lunch and 2 snacks. See Tim's Meal Guide for recipes. 	Truly the most important meal of the day. Without it your body will remain in starvation mode and store fat in anticipation of skipping the next day's breakfast. Don't fool yourself into thinking you'll burn calories and lose weight, the opposite effect occurs. Plus, you tend to overeat at lunch. You also need nutrients in the morning so your body will have all the ingredients to complete chemical reactions to propel you through the day with energy and a clear mind. Breakfast is a convenient time to take the majority of supplements because of the convenience of being at home. The Critical Deficiency Pak is designed to bring common nutrient deficiencies up to par. Except upon waking water should not be guzzled in large quantities all at once. Sip your water throughout the day. You will eat much healthier and save yourself from the toxins of restaurant food if you make your own meals. You also control your portions and get the proper amounts of protein and vegetables needed for optimal health.
Snack #1 2.5 – 3 hours after breakfast	Hold yourself over until lunch (200 - 300 calories) <ul style="list-style-type: none"> A small amount of protein and complex carbs is best here. I prefer a snack bar. 	Eat this even if you aren't hungry so you can control your portions at lunch. Eating large meals causes weight gain and snacks can limit overindulgence at lunch and dinner.
Lunch 2.5 – 3 hours after snack	Balance your meal (500 - 700 calories) <ul style="list-style-type: none"> 4 oz. chicken, turkey or lean red meat 4-6 cups of large salad 1 small portion of carbs (optional) 	You can only use 30-35 grams of protein at any single meal and store the rest as fat. Fresh uncooked vegetables and poultry/beef are best eaten at mid-day when digestive fire is hottest. Carbs, such as breads and grains, should be eliminated or restricted due to gluten intolerance.
Snack #2 2.5 – 3 hours after lunch	Hold yourself over until dinner (200 - 300 calories) <ul style="list-style-type: none"> Healthy fats and carbs are ok here. Eat a handful of seeds/nuts and a fruit, like 15 almonds and an apple. 	Either snack may be split into pre- and post-workout nutrition if you exercise at these times. This will be discussed in more detail in subsequent phases.
Water	1 bottle of filtered water	Don't forget to keep sipping when you're home for the evening.
Stress Reduction	5 – 20 minutes of your preferred technique <ul style="list-style-type: none"> See Tim's Stress Reduction Techniques. 	This will help relax away the stresses of the day and prepare the body for rest. Digestion is also hindered by high stress levels.
Dinner 2.5 – 3 hours after snack	Balance your meal for about (500 - 700 calories) <ul style="list-style-type: none"> 5 oz. fish 3-5 cups of cooked veggies 1 small portion of carbs (optional) 	The body should get easily digestible foods so you don't interrupt sleep. If you are digesting food your body must divert energy from repairing itself to complete digestion. Often digestion is incomplete and causes constipation and gut inflammation.
Bedtime 9:00 – 11:00pm	Magnesium & Probiotics with 1 glass of filtered water* <ul style="list-style-type: none"> 1 pill of Dr. Ohhira's 12 Plus Probiotics 2 – 4 pills of Magnesium Citrate Rub 25% of body with magnesium oil 	Magnesium is the brake pedal of the body and is useful in relaxing muscles. I've found I sleep better when taking magnesium. Probiotics will have a chance to colonize overnight when digestion is shut off and the body is still.

*Tim's "Phase One: Essential" Comprehensive Daily Routine is for reference only and the accuracy of this information is not guaranteed. Use this information at your own risk! These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. This represents how Tim implemented the Phase One: Essential suggestions for his body only. Everyone is different and you may require a more personalized routine as directed by a qualified health professional. Tim is not a medical doctor or licensed health professional.