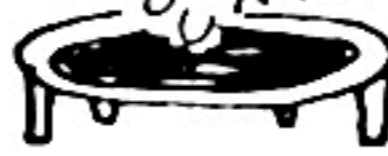


# 10 DAY CHALLENGE A MUST!

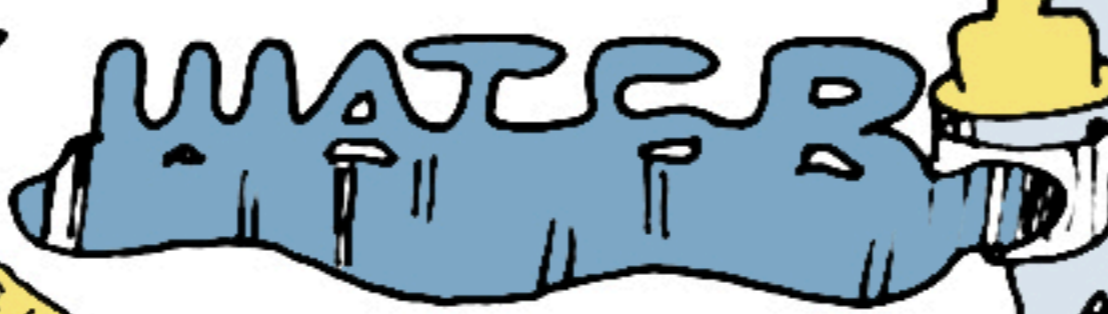
## 1. BREATH & EXERCISE LYMPH

- 30 BREATHS A DAY - BY RESPIRING  
IN RATIO 1:4:2  
IN HOLD OUT



## 2. DRINK WATER

WITH



HALF BODY WEIGHT X OUNCES DAILY  
eg 150 POUNDS DRINK 125 OUNCES

## 3. HAVE ESSENTIAL OILS

• OMEGA 3'S & OMEGA 6'S IN RATIO 2:1



1 TABLESPOON PER 50 POUNDS OF BODY WEIGHT



TWINLAB KRILL OIL  
LDO'S CHOICE OR BLEND

## 4. GO GREEN! ALKALINE!

• DRINK A GREEN DRINK LIKE WHEATGRASS  
• EAT 70% ALKALI + WATER RICH FOODS

BEST  
92% MINERALS

## 5. AEROBIC ENERGY!

[WITH OXYGEN]

• AT LEAST 30 MINS 3 TIMES A WEEK  
UP TO 5 TIMES A WEEK

MUST BE ABLE TO CONTINUE A CONVERSATION

OPTIMAL HEART RATE

## 6. CREATE MAXIMUM NOURISHMENT

1. CREATE BASE  
2. CHALLENGE + GROW - CLEANSE DETOXIFY!  
3. CELEBRATE + REWARD

- DRINK WATER 1/2 HR BEFORE & AFTER EATING
- PROPERLY COMBINE FOODS
- EAT ORGANIC
- EAT IN A RELAXED STATE
- EAT COMFORTABLE AMOUNTS
- EAT EVERY 3 HOURS
- ADD SUPPLEMENTS

7 COMPONENTS OF FOOD

## 7. STRUCTURAL ALIGNMENT & MAXIMUM STRENGTH

• MOVE AVOID LIVING IN



## STRETCH

GET PERSONALIZED PROGRAM FROM PETE BROSQUE (WWW.BROSQUE.COM)

## 8. DRESTED MIND & ELIMINATE



HEART BREATH A DAY!

MY LIFE IS SO BLESSED I AM SO HAPPY & GRATEFUL



REDUCE!  
3. DAIRY PRODUCTS



4. ACID ADDITIONS



ALL ABOUT HINNER BALANCE