

CHECKLIST: WEEK 3 DETOXIFICATION

This week I finally walk you through WHY we are doing what we are doing. And I have so many great tips for you to detoxify inside out, from bathroom to your cell phones! You will also realize that the foods we are eating are helping your body detoxify!

CAN-DO -NOW ACTIONS

CHECK



1. Fill out your weekly ***Toxicity and Inflammation Quiz***.
2. Continue ***Daily Food Log/Journal***.
3. ***Order your Supplements*** if you have not done that yet.
4. **Watch the Videos** for this week.
5. ***Facebook group Kasia Kines Detox Support***: share with us, your tribe: challenges, successes, questions, discoveries, adventures and questions from last week and from the Food Journal! What have you learned about yourself?
6. Read **pages 147-151 in the Manual** for the summary of this week's reading.
7. **Read Chapter 9, 10, 11 in the Companion** for details.
8. Hydrate well: 8 glasses of 8 fl oz of filtered water- get the water filter.
9. Pick one suggestion from chapter 9 and try it.
10. Pick one suggestion from chapter 10 and try it.
11. Pick one suggestion from chapter 11 and try it.
12. After reading about Sleep last week, have you managed to improve your sleep?
13. ***Cooking***: Make another batch of sauerkraut, green drink; make one Granola. Try a new idea for lunch and dinner.