



# THE M'LIS FIBROMYALGIA PROGRAM - MONTH 1



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	2 qts. water eliminate meat, dairy, refined sugars & flours Fibromyalgia Combo. Detox. Group #1	2 qts. water eliminate meat, dairy, refined sugars & flours Fibromyalgia Combo. Detox. Group #1	<b>DETOXIFY</b> Detox. Group #1 Continue use of MAINTAIN lotion as directed below	<b>DETOXIFY</b> Detox. Group #2 Continue use of MAINTAIN lotion as directed below	<b>DETOXIFY</b> Detox. Group #3 Continue use of MAINTAIN lotion as directed below	2 qts. water 15 min. walk fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1 Therapeutic Wrap & Massage	2 qts. water 15 min. walk fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1	2 qts. water fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1	2 qts. water 20 min. walk fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1	2 qts. water fresh juice every 2 hrs. fresh fruit & vegetables Fibromyalgia Combo. Detox. Group #1

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	continue as day before 20 min. walk add yogurt	continue as day before 10 min. walk	continue as day before 20 min. walk add nuts & seeds	continue as day before 20 min. walk add steamed veggies	continue as day before 30 min. walk	continue as day before Therapeutic Wrap & Massage	continue as day before 30 min. walk	continue as day before 10 min. walk	continue as day before 10 min. walk	continue as day before 30 min. walk
drink 2 qts. water - rotate fresh juices, fruits and vegetables, as well as yogurt, nuts and seeds - ingest something every 2 hours										

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	continue as day before 10 min. walk	continue as day before 30 min. walk	continue as day before 30 min. walk	continue as day before 10 min. walk	<b>DETOXIFY</b> Detox. Group #1 Continue use of MAINTAIN lotion as directed below	<b>DETOXIFY</b> Detox. Group #2 Continue use of MAINTAIN lotion as directed below	<b>DETOXIFY</b> Detox. Group #3 Continue use of MAINTAIN lotion as directed below	2 qts. water fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1 Therapeutic Wrap & Massage	2 qts. water 15 min. walk fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1	2 qts. water 20 min. walk fresh juice every 2 hrs. Fibromyalgia Combo. Detox. Group #1
continue rotation of fresh juices, fruits and vegetables, as well as yogurt, nuts and seeds										

FIBROMYALGIA COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
DAILY	1		1
DHEA	1		
EVENING PRIMROSE OIL	3		3
FLAX SEED OIL	3		3
PROBIOTIC	3		3
RELIEF	3	3	3
TRANQUILITY	2		2
VITAL	1	1	
ENZYME	Take 2 with each meal, or with M'lis Instant Meal		
INSTANT MEAL	Take up to 2 x daily		
MAINTAIN	Use daily on sore muscles & joints following every bath or shower		
SLENDER AID	Take 2 as often as necessary (up to 3x/day) to appease appetite and regulate blood sugar		

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8

Exercise as listed above, or if possible, for a minimum of 20-30 minutes 5 times/week, and drink at least 8 glasses of water daily. To maintain wellness, continue to provide the body with 100% nutrition with M'LIS DAILY and M'LIS CALCIUM supplements, along with a well balanced diet. M'LIS recommends DETOXIFICATION 3-4 times each year for overall health. \*M'LIS recommends the purchase of a "Juice Book."



# THE M'LIS FIBROMYALGIA PROGRAM - MONTH 2



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	2 qts. water fresh juice every 2 hrs. Fibromyalgia Combo. Detox.Group #1	continue as day before add fresh fruit & vegetables	continue as day before add yogurt	continue as day before	continue as day before add nuts & seeds	continue as day before add steamed veggies	continue as day before	continue as day before	continue as day before	continue as day before Therapeutic Wrap & Massage
drink 2 qts. water - rotate fresh juices, fruits and vegetables, as well as yogurt, nuts and seeds										

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	Fibromyalgia Combo. Detox.Group #1	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	continue as day before	<b>DETOXIFY</b> Detox. Group #1 Continue use of MAINTAIN lotion	<b>DETOXIFY</b> Detox. Group #2 Continue use of MAINTAIN lotion
drink 2 qts. water - rotate fresh juices, fruits and vegetables, as well as yogurt, nuts and seeds - ingest something every 2 hours										

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	<b>DETOXIFY</b> Detox. Group #3 Continue use of MAINTAIN lotion	2 qts. water Fibromyalgia Combo. Detox.Group #1 Therapeutic Wrap & Massage	continue as day before	continue as day before	continue as day before	continue as day before fresh fruit & vegetables	continue as day before add yogurt	continue as day before add nuts & seeds	continue as day before add steamed veggies	continue as day before
drink 2 qts. water - fresh juice every two hrs.										

FIBROMYALGIA COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
DAILY	1		1
DHEA	1		
EVENING PRIMROSE OIL	3		3
FLAX SEED OIL	3		3
PROBIOTIC	3		3
RELIEF	3	3	3
TRANQUILITY	2		2
VITAL	1	1	
ENZYME	Take 2 with each meal, or with M'lis Instant Meal		
INSTANT MEAL	Take up to 2x daily		
MAINTAIN	Use daily to help cleanse connective tissue following every bath or shower		
SLENDER AID	Take 2 as often as necessary (up to 3x/day) to appease appetite and regulate blood sugar		

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8

Exercise for a minimum of 20-30 minutes 5 times/week, and drink at least 8 glasses of water daily. If continuing on to MONTH 3 and you are mostly symptom free, repeat the MONTH 2 schedule but add the following servings to your diet: WEEK 2 = 1 whole grain serving/day; WEEK 3 = 2 whole grain servings/day (excluding DETOX days); WEEK 3 = 2 fresh fish servings/week.