



Vaccine day Detox Smoothie instructions: drink beforehand

Start your preparation 7 days before the vaccine by following a strict anti-inflammatory diet: no dairy, fish as your only protein, mostly vegetarian diet. If you need a guide for the anti-inflammatory diet, please click on the free handout "Dr. Weil's Anti-Inflammatory Food Pyramid" on my site CARLAKUONMD.COM

On the day of vaccine make a smoothie with the following:

- 2 scoops of collagen protein
- 1 cup chopped organic celery
- 1 cup of: choice of cilantro, basil, mint or parsley
- Choice of lemon or yuzu juice
- 1 cup organic blueberries
- 1 cup of water
- 3 slices of ginger
- 1 scoop of chlorella or spirulina

This will help you detoxify rather quickly and will accelerate your recovery!

In health,

Dr. Kuon