

WEEK FIVE RECAP

Reintroduce	Gluten
Continue to Eliminate	White sugar, red meat and pork, dairy, eating out, preservatives, additives and processed foods.
Ayurvedic Dietary Tip	Incorporate strengthening and Ojas-increasing foods into the diet.
Daily Routine Practice	Create a healthy exercise routine establishing 30 minutes of intentional movement, three days a week.
Herbal Regimen	Take one teaspoon of Rasayana Ghrita with one teaspoon of honey twice daily.