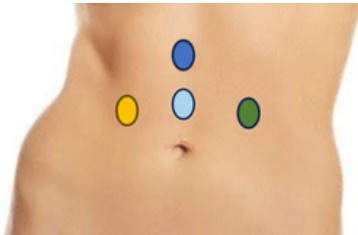


GUT REGENERATION SYSTEM

ONE 3-DAY CYCLE

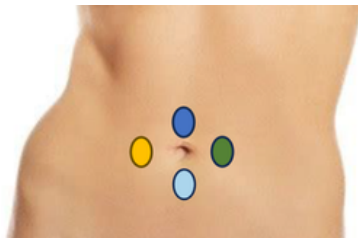
REPEAT FOR 10 CYCLES (30 DAYS)

DAY 1



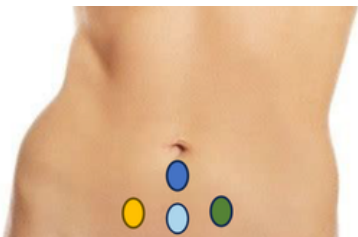
Aeon- 6 Fingers Above BB
Glutathione- Rt Side, 3 Finger Above BB, 3 Fingers Across BB
SP6- Lt Side, 3 Fingers Above BB, 3 Fingers Across BB
X39- Thumb Above BB

DAY 2



Aeon- Thumb Above BB
Glutathione- Rt Side, 3 Finger To The Right Of BB,
SP6- Lt Side, 3 Fingers To The Left Of BB
X39- Thumb Below BB

DAY 3



Aeon- 2 Fingers Below BB
Glutathione- Rt Side, 3 Finger Below BB, 3 Fingers To The Right
SP6- Lt Side, 3 Fingers Below BB, 3 Fingers To The Left
X39- 4 Fingers Below BB

30-DAY TRACKER

DAY 1

DATE	WEIGHT	ABDOMEN BB/Above	HIPS	THIGHS Rt/Lt	CALVES Rt/Lt	ARMS Rt/Lt	NECK

DAY 10

DATE	WEIGHT	ABDOMEN BB/Above	HIPS	THIGHS Rt/Lt	CALVES Rt/Lt	ARMS Rt/Lt	NECK
TOTALS:							

DAY 30

DATE	WEIGHT	ABDOMEN BB/Above	HIPS	THIGHS Rt/Lt	CALVES Rt/Lt	ARMS Rt/Lt	NECK
TOTALS:							