

## LANLYS DAILY HEALTH ROUTINE

This is what I do (mostly) each day. You'll see where I spend most of my money, but it's worth it to feel amazing. Haven't been sick since I got flu shot Nov 2019. Wasn't sick since 2017 before that, but that's because my lifestyle was sick. DETOX/CDS instructions GOTO PAGE 4. Let me know if you have any q's. [lanlylephoto@gmail.com](mailto:lanlylephoto@gmail.com)

If this is overwhelming for you, I suggest the goal of cutting one poison and doing one thing that is beneficial for you CONSISTENTLY. The biggest poisons are sugar, alcohol, caffeine, msg, metals stress. The biggest medicines are sleep, water, sunlight (D), C/magnesium/zinc, being active, joy/gratitude.

### EACH MORNING

Wake up with [red light therapy](#) (I close my eyes and hold the panel close about an inch away from my face, chest, and pelvis for about a minute each.

I fill up my 64oz water bottle with fluoride free reverse osmosis water I buy from Water + Ice. I make sure I drink most of it through the day. If I had to choose just 2 medicines it would be WATER + SLEEP. It's EXTREMELY important to stay hydrated with all of these vitamin intake.

I heat up warm water in a tiny tea cup and mix 1/4 tsp [MSM powder](#) and 1/4 tsp [potassium citrate](#). I take a drop of [Vit D](#). I take 1 drop under tongue of [methylene blue](#) + 1 pill of [Liposomal Vit C](#). (whenever service size says many pills I just take 1-2. I like to stretch my pill count as much as possible and not overload my kidneys with vitamins, I know that sounds ironic since I'm listing so many). Recently, I have been taking the CDS (chlorine dioxide solution-to see instructions to make see below) just 1-3 drops under tongue in the morning and when I do, I will not take methylene blue + Lipo Vit C that day.

I take a minute to do stretches on every joint to warm up / wake up my body.

Try to get some sunshine on your body. When I can, I do [sungazing](#) through trees or closed eyes.

I stand on my [shake plate](#) for a few minutes. Helps you wake up, warm your body, circulation and jump starts cells. The one I bought was the cheapest.

After every meal, depending on how heavy the meal was, I take 1-2 full droppers of these [bitters](#) to help me digest and absorb nutrients. This link is the bulk more cheap version I buy then divide into a small tincture bottle that has a glass pipette. I bring it with me everywhere and have one at home on the kitchen counter.

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These are the vitamins I take after a meal (not a replacement for good diet but they help). I bought 4 pill [2 week organizers](#) at the dollar tree so have vitamins ready for 2 months. Trader Joe's has cheap vitamins. I also compare reviews on Sprouts and Amazon. When I have to organize my vitamins it takes me about 20 minutes for 2 months.

**Mon/Wed/Fri** - [Iron](#), [Folate](#), [B12](#), C (if I'm not taking Liposomal C), 1/2 pill of [Iodoral](#), [NAC](#), [Lutein](#)

### Tue/Thu/Sat

[Zinc](#), [Calcium](#), [Fish oil](#), 1 scoop of [bone broth](#) and 1 scoop of [collagen](#) in half a glass of hot water (I make it quick since it's not very tasty), [2 liver pills](#) (the serving size is 6 pills).

**Sun** (rest day, but I take a few to boost immunity)

[Quercetin](#), [Echinacea](#)

### EACH NIGHT BEFORE BED I TAKE

a scoop of [Magnesium](#) in warm water.

If I really want to relax, I will drink organic tart red cherry juice from Trader Joe's (cheapest), or take [valerian](#).

I use the red light therapy for a few minutes (stimulates melatonin, cell growth, relaxation). I use the the [high frequency wand](#) on my chakras / acupressure points (engineered by Nikola Tesla, but advertised as a beauty wand). This is all for metal / chemical / nano detox purposes and to stimulate new cell repair and growth.

## **SLEEP**

If I were to choose one medicine it would be SLEEP. Don't eat 3-4 hours before bed. Sleep is for healing not digesting. You won't be able to sleep well if you eat close to bed. Try not to look at phone/use blue light after sunset. At least set orange light and wear [blue light glasses](#) to filter blue light post sunset.

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## **SICK PROTOCOL**

I haven't been sick since I got the flu shot Nov 2019. But Nov 30th 2022 I caught something because I didn't have good sleep for 4 days ( I was helping someone with a project). I loaded myself up with the following protocol and was only in bed for ONE day and was better again day 2 and out of bed.

- chicken soup with onions, lemon
- sleep and nothing else
- cut any sugar
- Full dose of Vitamin C
- Full dose of Zinc
- fish oil
- B12
- Magnesium
- [Elderberry](#)
- quercetin
- water
- Reevis [Healing Tincture](#)

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## **3 DAYS EACH MONTH I CLEANSE - DEPENDING ON HOW POORLY MY DIET WAS**

I use 2 TBL of this [natural gut cleanser](#) after every meal for 3 days. I only do it if I know I don't have any important event or work going on and am near bathroom.

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FOOD - Common meals I make that are fast, healthy, yummy

## **BREAKFAST options - assume everything as organic as possible**

1. berries + yogurt + honey + sliced almonds + walnuts + chia seeds + pumpkin seeds + hemp seeds + turmeric + [Lily's dark chocolate chips](#) (Sprouts)
2. eggs (boiled, fried, poached, scrambled, omelette) - Just love eggs!!
3. avocado toast (I use Trader Joe's ezekeiel bread) - can add egg + tahini + hummus + olive oil + white/red/apple vinegar + hemp seeds + nutritional yeast
4. almond butter and berry sandwich - stock up and freeze your berries and turn them into a jam by sauteing them with lemon and stevia/honey. Toast the ezekeiel bread super crispy to make it taste the best. Can add chia seeds.
5. Apple + almond butter + chia seed + cinnamon

## **LUNCH - I mostly eat brunch, then this may be a late lunch/early dinner snack, so I really eat just two meals a day and one snack**

1. Trader Joe's egg tortilla + rotisserie chicken + avocado + greens + mayo + mustard + hemp seeds
2. [lentill/chickpea pasta](#) (find many at TJ's/Sprouts) + tofu/tempeh/chicken + greens + avocado + olive oil + vinegar + hemp seeds + nutritional yeast / organic raw cheese

3. Bone broth + collagen broth + avocado, veggies, meat to make it taste better. The broth is full of protein in itself, a natural protein powder.
4. Spring roll, I will wrap things in [Vietnamese rice paper](#) just like a burrito.

**DINNER - Soup or salad better option for dinner. Most heavy meal should be in morning or lunch. Eat 3-4 hours before bedtime. Your sleep should be for resting and healing, not digesting. You won't sleep if you are digesting.**

1. Meat + veggies, like steak/salmon and greens
2. A giant salad. Boiled egg, raw sliced onions, lots of greens, beets, walnuts, stevia sugar, vinegar, olive oil.
3. A soup.

### **GOOD FATS**

Avocado, nuts, butter, olive oil, fish oil pills

### **SWEETS**

- Any fresh fruit off a tree
- citrus (with the bitter white parts)
- berries
- dates (sparing)
- stevia, honey, xylitol, maple syrup, coconut palm sugar (sparing), date sugar
- organic cacao, fermented better

### **DRINKS**

- ginger beer (if indigestion)
- [mushroom](#) powder + organic cacao + [dandy blend](#) (boosts brain, cleanses kidneys)
- herbal teas
- turmeric, ginger, fresh cracked pepper
- purified water
- tart cherry juice

### **AVOID**

- banana
- grape
- refine sugar / desserts
- msg ([sneaky names here](#))
- aspartame
- fried food
- too much salt
- preservatives
- peanut butter (mold)
- low quality coffee/tea (mold)
- grains (if you make beans/legumes/rice, soak in water/yogurt or vinegar overnight to neutralize toxins)
- white rice (eat brown, black instead)
- pork, very heavy on stomach
- fatty meat
- corn products
- bread - eat ezekeiel bread instead

## BEING ACTIVE - all of these you can do with no gym membership

If I could choose one activity it would be walking/hiking for at least 20+ minutes a day. If I could choose one work out it would be pushups. If I could choose another, it would be using the pull up bar. Yoga, pilates, dancing, ab workouts, can all be done at home!

## HOW TO MAKE CDS (CHLORINE DIOXIDE SOLUTION)

Buy <https://kvlab.com/chlorine-dioxide-products/chlorine-dioxide-kit-w-citric-acid-4-fl-oz>

1. Take a glass jar (needs to be glass) and put 1 cm level of purified water. (needs to be purified water.)



2. Place a smaller glass/ceramic sauce container inside the jar.



3. Drop 10 drops of SOLUTION A into the small sauce container. Make sure it doesn't splash into the larger jar with the purified water.
4. Drop 10 drops of SOLUTION B into the small sauce container. The water inside the small container will turn dark bright yellow. This creates a gas that will turn the outer purified water into the medicine.
5. Put the lid on the jar IMMEDIATELY. Let sit for at least 4 hours. 8 hours even better. The purified water in the jar will turn pale yellow.
6. Use amber/dark glass bottle with pipette, and siphon the pale yellow liquid from the jar with the pipette and put into the glass bottle to store it.



7. You can use 1-3 drops under the tongue first thing each morning when you wake up. The solution is good for 10 days, after that it will not work as well. Store in room temperature away from sunlight. If you feel nauseous or stomach issues you used too much, so try one drop at a time under tongue and wait for 50 seconds.
8. Do not eat the dark yellow liquid inside the small sauce cup. It is very strong. You can put in a spray bottle with water and clean your house, sink, toilet.

## OTHER HEALING SECRETS

1. Take 1 drop (just 1 drop not a full dropper) of **methylene blue** and **liposomal Vitamin C** at the same time.

Do not take **CDS** at the same time. Space them out 12 hours or just take the next day. METHYLENE BLUE - <https://www.etsy.com/listing/1125396598/methylene-blue-x-1-antioxidant-brain>

LIPOSOMAL VITAMIN C -

<https://manna.com/products/liposomal-vitamin-c>

USE THE HIGH FREQUENCY WAND - WILL DETOX METALS AND ALSO KEEP YOUR SKIN YOUNG - USE ALL OVER YOUR BODY - I USE COCONUT OIL AS A CHEAP BASE

[https://www.amazon.com/NuDerma-Skin-Therapy-Wand-Tightening/dp/B06W5PD1KY/ref=sr\\_1\\_1\\_sspa?keywords=nuderma+high+frequency+wand&qid=1675556402&srefix=nuderma+high%2Caps%2C242&sr=8-1-spons&ufe=app\\_do%3Aamzn1.fos.18630bbb-fcbb-42f8-9767-857e17e03685&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzQVQ2MINUS1o1QTZGJmVuY3J5cHRIZEIkPUEwNjE4MjUxMIZMVUJFOFpYQjAxWiZlbnNyeXB0ZWRBZEIkPUEwMDc3MDYyM0ZDNTU3VFBGSFk4MiZ3aWRnZXROYW11PXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/NuDerma-Skin-Therapy-Wand-Tightening/dp/B06W5PD1KY/ref=sr_1_1_sspa?keywords=nuderma+high+frequency+wand&qid=1675556402&srefix=nuderma+high%2Caps%2C242&sr=8-1-spons&ufe=app_do%3Aamzn1.fos.18630bbb-fcbb-42f8-9767-857e17e03685&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzQVQ2MINUS1o1QTZGJmVuY3J5cHRIZEIkPUEwNjE4MjUxMIZMVUJFOFpYQjAxWiZlbnNyeXB0ZWRBZEIkPUEwMDc3MDYyM0ZDNTU3VFBGSFk4MiZ3aWRnZXROYW11PXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

USE RED LIGHT PANEL ON BODY - WILL DETOX METALS AND KEEP SKIN YOUNG - I USE ON FACE, BODY AND ANYWHERE THAT IS IN PAIN

[https://www.amazon.com/Red-Light-Therapy-Infrared-Combo-Red-Therapy-Device/dp/B0B42BS3NL/ref=sr\\_1\\_4?crd=A7TOMBRGSCAJ&keywords=red+light+panel+660+850&qid=1675556489&srefix=red+light+panel+660+85%2Caps%2C225&sr=8-4&ufe=app\\_do%3Aamzn1.fos.18630bbb-fcbb-42f8-9767-857e17e03685](https://www.amazon.com/Red-Light-Therapy-Infrared-Combo-Red-Therapy-Device/dp/B0B42BS3NL/ref=sr_1_4?crd=A7TOMBRGSCAJ&keywords=red+light+panel+660+850&qid=1675556489&srefix=red+light+panel+660+85%2Caps%2C225&sr=8-4&ufe=app_do%3Aamzn1.fos.18630bbb-fcbb-42f8-9767-857e17e03685)

IF YOU ARE VERY SERIOUS ABOUT HEALING, AT LEAST 7 HOURS OF SLEEP IS #1 SECRET. LESS STRESS, MORE FUN, DRINKING WATER, GETTING VITAMIN D, SUNLIGHT, AND NOT EATING REFINED SUGAR. FRESH FRUITS, VEGGIES, STEVIA, COCONUT PALM SUGAR, HONEY, MAPLE SYRUP OK. AVOID COFFEE, ALCOHOL, FRIED/FAST FOOD, BREAD

Vitamins to take each day (can space them out) are C (don't take extra if you take liposomal vit C), D2+K3, Zinc, Potassium Citrate, Magnesium, Iron, Vit B12, Wild Caught Fish Oil, MSM, Quercetin, Iodoral (half of one pill every other day)

USE Soursop bitters to cleanse colon once a month

[https://www.amazon.com/Organic-Herbs-Amenazel-Soursop-Bitters/dp/B0834NW3J7/ref=sr\\_1\\_2?crid=3FCMLDQ9RRAO7&keywords=amenazel+soursop+bitters&qid=1675556937&srefix=amen%2Caps%2C261&sr=8-2](https://www.amazon.com/Organic-Herbs-Amenazel-Soursop-Bitters/dp/B0834NW3J7/ref=sr_1_2?crid=3FCMLDQ9RRAO7&keywords=amenazel+soursop+bitters&qid=1675556937&srefix=amen%2Caps%2C261&sr=8-2)

