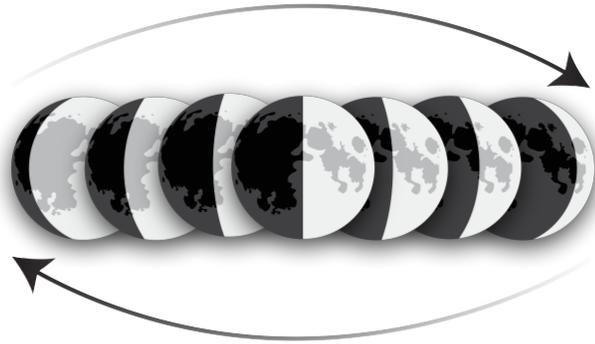


MICROBE FORMULAS FULL MOON CHALLENGE



CHOOSE YOUR CHALLENGE

Choose whether you are going to do a 3-, 5- or 7-day Full Moon Challenge. Will you increase your focus to one day, two days, or three days before and after the full moon?

	3 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	FULL MOON	1 DAY AFTER	2 DAYS AFTER	3 DAYS AFTER
Beginner			○	○	○		
Intermediate		○	○	○	○		
Advanced	○	○	○	○	○	○	○

BEGINNER

	WAKE - UP	MORNING	NOON	NIGHT	BEDTIME
Mimosa Pudica	2 ☯				
Formula 1	2 ☯				
Formula 2		10 ☯	10 ☯	10 ☯	
BioActive Carbon® BioTox		1 ☯	1 ☯	1 ☯	

INTERMEDIATE

	WAKE - UP	MORNING	NOON	NIGHT	BEDTIME
Mimosa Pudica	4 ☯				
Formula 1	4 ☯				
Formula 2		20 ☯	20 ☯	20 ☯	
BioActive Carbon® BioTox		2 ☯	2 ☯	2 ☯	

*Return to your regular dosing until the next full moon

WHY IS THE FULL MOON RELEVANT?

Have you ever noticed that you feel differently at different times? It's not just you. Everything in nature has cycles. The seasons are just one example. And within those cycles are more cycles, like days, weeks, and months. And of course, the cycle of the full moon.

These cycles play a huge role in our health because they influence our bodies' levels of neurotransmitters.

Melatonin is one. It plays an important role in the body by keeping critters at bay. So when your melatonin levels are down during the full moon, critters take advantage.

Serotonin is another. It's a "feel good" neurotransmitter. But it works for critters, too. When you have more serotonin during the full moon, parasites are more active.

You can see why the moon cycle is so important for your overall health and why it's the perfect time to evict those nasty critters from your body.



DRAINAGE PATHWAYS

Make sure all drainage pathways are moving well! Don't stop intestinal moving herbs or lymphatic drainage herbs. Since the parasites are moving more, this could block pathways. You may want to slightly increase these products if you tend to get "backed up" easily. You want to quickly move the critters out as they die or become more active!



DOSING GUIDELINES

Increase your usual dose of Mimosa Pudica Seed, Formula 1, Formula 2 and BioActive Carbon® BioTox. For example, if you chose the 5-day Full Moon Challenge, it would look like this:

- Current Dose:** 2 caps twice a day of Mimosa Pudica Seed and Formula 1, 1 cap three times a day of BioActive Carbon® BioTox, and 10 drops of Formula 2
- Added Dose:** Two extra Mimosa Pudica Seed, Formula 1, one extra BioActive Carbon® BioTox, and 10 extra drops of Formula 2 each time you take the products
- Challenge Dose:** 4 caps twice a day of Mimosa Pudica Seed and Formula 1, 2 caps three times a day of BioActive Carbon® BioTox, and 20 drops of Formula 2 for 5 days

Return to your regular dosing until the next full moon or new moon.



LISTEN TO YOUR BODY

These are guidelines. You may want to play around and test your limits with higher or lower doses.



NEW TO THE CHALLENGE

The 5-day and 7-day challenges aren't recommended for people who are brand new to parasite cleansing! Jumping into high doses may cause herx reactions. Your body may not be able to clear out the die-off from your drainage pathways quickly enough. This can lead to a back up of toxins, which will increase your symptoms. Get a few months of parasite cleansing under your belt before engaging in the 5-day and 7-day challenges.

ADVANCED

	WAKE - UP	MORNING	NOON	NIGHT	BEDTIME
Mimosa Pudica	6 ☯				
Formula 1	6 ☯				
Formula 2		40 ☯	40 ☯	40 ☯	
BioActive Carbon® BioTox		4 ☯	4 ☯	4 ☯	

*Return to your regular dosing until the next full moon