



Carpe Diem Nursing

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Healing Regimen

Breakfast Guide & Supplements

1. Glutathione- take first thing in the am under the tongue on empty stomach, must be absorbed in bloodstream not the gut
2. Filtered water from Pure Copper Mug- 8-10 oz, water has to sit at least 4 hours to gain benefit
3. Liquid Iodine with Potassium Iodide- see serving on label-build up to taking 3 times per day, add to water, food, or inside cheek
4. Powdered Vitamin C- 325 mg six times per day
5. Liquid Fulvic Acid- serving according to label, can be added to copper mug water
6. Diatomaceous Earth- 1 teaspoon, building up to 2 tablespoons per day, all at once or spaced out
7. Mini-Minerals Bone Support- Swish 15-45 ml around mouth for 1 minute and swallow after brushing teeth
8. Liquid D3, K2, Strontium- Dose according to label after taking mini-minerals bone support to increase absorption
9. Protein- Hemp seeds, Whey Protein, (Rice Protein, Pea Protein, Soy Protein) 25-50 g per serving
10. Wheat Germ Oil- Dose according to label
11. Fruit- Eat fruits during the first half of the day and eat vegetables the second half of the day, don't mix
12. Irish Oatmeal- Eat non-gmo oatmeal
13. Local Honey- add to oatmeal or on sourdough toast
14. CBD Oil- pure, organic, CO2 extracted and USA grown

Lunch Guide & Supplements

1. Detoxifying Teas- Nettle, Lemongrass, Dandelion, Chamomile, Peppermint, Ginger
2. Local Honey- add to teas
3. Nutritional Yeast- your dose of B-Vitamins, add to food
4. Sea Kelp- dose according to label
5. Protein- 25-50 g per serving
6. Liquid Humic Acid- Dose according to label
7. Your biggest meal of the day should be during Lunch time. If you're eating out, avoid wheat at all costs unless known organic and non-gmo. Avoid non-gmo, non-organic corn and soy, also.

Snack-Time Supplements

1. Vitamin C- 325 mg per serving six times per day to obtain at least 1g-2g per day
2. Coconut Water- drink throughout the day- add vitamin C to this and lemon/lime for added benefits, or just enjoy plain
3. Antioxidants- Eat fresh fruits throughout the day, especially acai berry, blueberry, pomegranate, blackberry
4. HealthForce SuperFoods Vitamineral Green- 1 teaspoon per day up to 2 tablespoons per day, add to smoothies, sprinkle on food

Dinner Guide & Supplements

1. Protein- 25- 50 grams
2. Coconut Oil- 2 tablespoons on sourdough bread, in foods, or plain by the spoon
3. HealthForce SuperFoods Vitamineral Earth- add to pastas, soups, teas, or vegetables for probiotic & other nutrients, up to 2 tablespoons per day

4. Eat light meals including local-farmed organic vegetables like fresh cilantro, garlic, sauteed asparagus in coconut oil, fresh and sauteed kale, black seeds, kale salads to detoxify
5. CBD Oil- pure, organic, CO2 extracted and USA grown

Bed-Time Supplements

1. Glutathione- one tab under tongue on empty stomach just before bed
2. Activated Charcoal- on empty stomach at least an hour after eating dinner with distilled water
3. Distilled Water- drink only this until the morning if you are thirsty, eat nothing after 9 pm
4. Mini-Minerals Bone Support- drink 15-45 ml after brushing teeth, swish in mouth 1 minute and swallow
5. Liquid D3, K2, and Strontium- take with mini-minerals bone support per label serving
6. Fast from solid food between 9 pm to 6 am