



CARI WRIGHT HHP
really relevant health care

Phase I: Opening Channels – Starting Point

In the morning and again in the evening:

- 3 PURE BODY CLEAR capsules
- 1 COLON CLEAR capsules
- 3 AMINOGEST or GALT IMMUNE capsules
- 2 FLORA Synergy capsules (ideally 20 minutes before am/pm meal)
- 1 SQUIRT Fields of Flowers (under tongue) – take extra as needed for emotions
- 1 drop per 10 lbs of body weight of SPECTRAMIN in water or juice
- 15 drops per liter of water REHYDRATION (combine with Spectramin)

With Breakfast, Lunch, & Dinner

- 2 CATALYST-7

Water Intake: The rule of thumb is to divide your body weight in half and drink a minimum of that number of ounces of water per day. (A 128 lbs. person would drink a half gallon of water, 64 ounces, throughout the day.) Only water counts. Caffeinated drinks are dehydrating so for each of those, add twice that amount of water to replenish.

SpectraMin and ReHydration are liquids that must be added to your drinking water. Combining them is recommended.

TASTE: SpectraMin is a trace mineral supplement; so, it's a bit salty. Sometimes people find the taste unpleasant. If this is the case, simply calculate the total number of drops you need per day (1 drop per 10 pounds of body weight TWICE daily) and divide that number of drops up between several glasses/bottles of water throughout the day.

This material is for informational purposes only and is not intended to diagnose, treat, cure, or prescribe for any disease or condition. Consult your preferred healthcare provider when making wellness choices.



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Opening Channels: What to expect

Most people report feeling an increase in energy within the first week of the program. Most people experience an increase in volume of bowel movements or an extra bowel movement per day. You should not have any “bathroom emergencies”, nor should you feel constipated. If you should experience either of these issues, contact Cari right away so she can make some simple modifications to your program. Even if you don’t notice any changes, rest assured that your body is gently detoxifying. Some of your products will finish before the others but **continue taking everything until gone.**

Pay attention to:

- Bowel movements: frequency, volume, texture, odor, worms (sorry), mucous, gas
- Urine: frequency, color, clarity
- Tongue: coating
- Energy level/Moods

Updates: Please check in with Cari at least weekly to let her know how it is going but do not wait if you are having any discomfort at all. Most people feel great on this program and if you don’t, we need to modify it a bit.

Next Steps: After you have completed the Opening Channels Program, this is the perfect time to have an Comprehensive BioEnergetic Assessment or ElectroDermal Scan. These scans and assessments are most accurate when the extra-cellular matrix and the cells are “scrubbed clean”. The BEA/scan will help to determine which products would be most balancing for you. Please see designedforthriving.com for more information.

Get in touch with Cari right away if you are having any issues or concerns during your program, or if you are not seeing any changes. Call, email, or text 218-343-5497
iam@designedforthriving.com