



1.2 Cerebral Detox Journey Worksheet

1. Make a list of *why* you are doing this program. Be *specific* and explain how it will make you *feel* to be in that place.

2. Checkmark which of the following you need to get that you do not have already:

- Supplement case(s)
- Enema bag (very important)
- Implant syringe

3. From this list Complementary Detox Therapies which therapy do you...

	Have accessible to you now?	Would you like to incorporate soon?	Would you like to incorporate in the future?
-Ginger Baths			
-Dry Skin Brushing			
-Infrared Sauna Therapy			
-Infrared Healing Pads			
-Brain Tap			
-Other			

*****Decide what you can budget now and for the future, and do what you can now. Visit www.TheWellnessTrinity.com/shop to find most of these resources.**