

# FULL MOON CHALLENGE

## Melatonin. Moon. Microbes.

As the full moon reaches its peak, melatonin levels drop and serotonin levels peak in the body. The resulting increase in parasitic activity is the perfect time to make a concerted effort to push out these unwanted guests.

Talk to your practitioner about the Full Moon Challenge and take your detox to a new level.



## FULL MOON CHALLENGE - BEGINNER

P1 = Para 1; P2 = Para 2; BT = BioToxin Binder

|          | T-Minus 1 Day | Full Moon Day | T-Plus 1 Day  |
|----------|---------------|---------------|---------------|
| Wake-up  | P1  x2 P2  x2 | P1  x2 P2  x2 | P1  x2 P2  x2 |
| Morning  | BT  x1        | BT  x1        | BT  x1        |
| Mid-day  | BT  x1        | BT  x1        | BT  x1        |
| Evening  | BT  x1        | BT  x1        | BT  x1        |
| Bed-time | P1  x2 P2  x2 | P1  x2 P2  x2 | P1  x2 P2  x2 |

\*Separate all prescription medication from CellCore products by at least 2 hours.

\*Increase water intake and stay extremely hydrated especially when taking Para 1.




































\*Ensure you're having non-watery bowel movements 2-3 times daily. If not, add in CellCore Biosciences Bowel Mover.

\*Take Para 1 and Para 2 at least 30 minutes away from food.



## FULL MOON CHALLENGE - INTERMEDIATE

P1 = Para 1; P2 = Para 2; BT = BioToxin Binder

|          | T-Minus 2 Days  | T-Minus 1 Day   | Full Moon Day   | T-Plus 1 Day  | T-Plus 2 Days   |
|----------|---|---|---|---|---|
| Wake-up  | P1  x4 P2  x4 | P1  x4 P2  x4 | P1  x4 P2  x4 | P1  x4 P2  x4 | P1  x4 P2  x4 |
| Morning  | BT  x2   | BT  x2   | BT  x2   | BT  x2   | BT  x2   |
| Mid-day  | BT  x2   | BT  x2   | BT  x2   | BT  x2   | BT  x2   |
| Evening  | BT  x2   | BT  x2   | BT  x2   | BT  x2   | BT  x2   |
| Bed-time | P1  x4 P2  x4 | P1  x4 P2  x4 | P1  x4 P2  x4 | P1  x4 P2  x4 | P1  x4 P2  x4 |

\*Separate all prescription medication from CellCore products by at least 2 hours.


















































\*Increase water intake and stay extremely hydrated especially when taking Para 1.

\*Ensure you're having non-watery bowel movements 2-3 times daily. If not, add in CellCore Biosciences Bowel Mover.

\*Take Para 1 and Para 2 at least 30 minutes away from food.

## FULL MOON CHALLENGE - ADVANCED

P1 = Para 1; P2 = Para 2; BT = BioToxin Binder

|          | T-Minus 3 Days  | T-Minus 2 Days  | T-Minus 1 Day   | Full Moon Day   | T-Plus 1 Day   | T-Plus 2 Days   | T-Plus 3 Days   |
|----------|---|---|---|---|--|---|---|
| Wake-up  | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 |
| Morning  | BT  x3   | BT  x3   | BT  x3   | BT  x3   | BT  x3  | BT  x3   | BT  x3   |
| Mid-day  | BT  x3   | BT  x3   | BT  x3   | BT  x3   | BT  x3  | BT  x3   | BT  x3   |
| Evening  | BT  x3   | BT  x3   | BT  x3   | BT  x3   | BT  x3  | BT  x3   | BT  x3   |
| Bed-time | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 | P1  x6 P2  x6 |

\*Separate all prescription medication from CellCore products by at least 2 hours.

\*Increase water intake and stay extremely hydrated especially when taking Para 1.

\*Ensure you're having non-watery bowel movements 2-3 times daily. If not, add in CellCore Biosciences Bowel Mover.

\*Take Para 1 and Para 2 at least 30 minutes away from food.

