

## Body Wrap Guidelines

### Path of Life Healing Center

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<i>BEFORE:</i>	<i>AFTER:</i>	<i>LOST:</i>
Upper chest: _____	_____	_____
Bicept: _____	_____	_____
Mid Riff _____	_____	_____
Natural Waist: _____	_____	_____
Colon area: _____	_____	_____
Full Rump: _____	_____	_____
Upper Thigh: _____	_____	_____
Mid-Thigh: _____	_____	_____

#### *The Evening of the Body Wrap:*

1. Do not shower for the next 24-hours.
2. Do not exercise or apply heat or sweat for 24 hours.
3. Drink a total of 48 ounces of water through the evening.
4. For the next 24 hrs do not eat any potato chips, pretzels (salty foods), donuts, candy, cake (sugary foods), fries, burgers, tacos (fast foods), diet soda, coffee (caffeinated drinks), alcohol, greasy, or vinegary foods.

#### *The Next Morning:*

1. If you need to, wash your skin with plain water. Do not use hot water, you may use tepid water. The solution continues to work for 3 days.
2. You can wash the important body parts with soap and wear deodorant.

#### *The Following Three Days:*

1. Drink 1 gallon of water per day for the next three days.
2. Continue to eat wholesome foods, prepared simply.
3. Eat lots of celery for the natural salt it contains; or if you cannot eat celery, take 1/8 tsp of sea salt for every 10 glasses (80oz) of water you consume to stay balanced (put the sea salt on your tongue then drink).
4. Take 1 tbsp Psyllium husk 2 – 3 times per day in juice or water.
5. Take Evening Primrose oil capsules (help with weight loss)
6. Have a smoothie made with a handful of kale, spinach, & berries, 1 banana, 2 oz yogurt, 1 tbsp flax oil and 1 cup water. Drink 1x daily.
7. Get wrapped 3 – 7 more times one week apart for greater results. Follow your guidelines and book your next appointment.

**Pre-Wrap Steps:** Follow step 4 of evening recommendations, exfoliate your skin, wash with clear liquid soap, do not put any oil on your skin.