# Substance Abuse Withdrawal Regimen

# 'Overall Well Being Optimal Health Regimen'

### Follow this 7 Step Self Saving Salvation Method for the easiest and most effective way to optimal physical, mental and spiritual well being and freedom.

### Refined sugars, nicotine, alcohol, street and pharmaceutical drugs cause vitami⁸n and mineral depletion which entail physically unhealthy nervous and neurological disorders.

### Patience is a virtue.

### Have determination and take it all in stride towards gradual yet definate improvement towards health and well being in a Universal Truth and Love Ideal. Heaven on earth.

### Theme songs for Universal Truth and Love:

### 'All you need is love' by The Beatles

### 'Nowhere man' by The Beatles

# Regimen

### 1) Swiss One Multivitamin 50 mg B Complex. (Take twice a day. Morning and night)

### 2) Natural Calm (Take twice a day. Morning and night)

### 3) Camomile Tea with 1 Teaspoon of Organic Honey

### 4) St. John's Wort Tincture (25 drops in every beverage)

### 5) Organic Cold pressed Masticating Juicer Juice

### 6) Organic Fresh Fruits & Vegetables

### 7) 1/2 Hour comfortable steady paced walk

### Refrain from consuming refined sugars, caffeine, alcohol, nicotine, street and pharmaceutical drugs and animal products.

### Follow this life saving regimen to drastically improve your physical, mental and spiritual health to an optimal state.