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| DIGESTIVE SYSTEMDETOXIFICATION |

It is the physiological or medicinal removal of toxic substances in the human body, which is largely done by the liver.

**ASSOCIATED CAUSES** - Toxic substances such as heavy metals and lead from the air, aluminum, pesticides and fertilizers in fruits and vegetables, table salt and even deodorant.

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| **1st week** | **Morning = Program and Therapy** | **Night = Program and Therapy** |
| Monday | Bioenergetic harmony 1 | **Defense** | Bioenergetic defense | **Sleeping** |
| Tuesday | Job/sleep | **Activation** | Meridian 1 | **Connective tissue** |
| Wednesday | Bioenergetic harmony 2 | **Gastro-intestinal** | Mental balance | **Inner unity** |
| Thursday | Beauty/Skin | **Skin** | Learning | **Stress acute** |
| Friday | Meridian 2 | **Spleen-Pancreas** | Bioenergetic harmony 2 | **Tonsil harmony** |
| Saturday | Meridian 2 | **Liver** | Fitness | **Regeneration** |
| Sunday | Chakra | **Throat** | Job/sleep | **Bed rest** |
| **2nd week** | **Morning = Program and Therapy** | **Night = Program and Therapy** |
| Monday | Bioenergetic harmony 1 | **Shiver** | Bioenergetic defense | **Geopathy** |
| Tuesday | Job/sleep | **Positive thoughts** | Meridian 1 | **Large and small intestines** |
| Wednesday | Bioenergetic harmony 2 | **Liver** | Mental balance | **Emotional Wellbeing and Feelgood system** |
| Thursday | Beauty/Skin | **Aging** | Gold cycle | **Release** |
| Friday | Meridian 2 | **Lymphatic system** | Bioenergetic harmony 2 | **Food imbalance** |
| Saturday | Meridian 2 | **Kidney** | Fitness | **Deep relaxation** |
| Sunday | Chakra | **Heart** | Job/sleep | **Balanced** **sleep** |
| **3rd week** | **Morning = Program and Therapy** | **Night = Program and Therapy** |
| Monday | Bioenergetic harmony 1 | **Intestine harmony** | Bioenergetic defense | **Subtle** |
| Tuesday | Job/sleep | **Fine flow** | Meridian 1 | **Steatosis** |
| Wednesday | Bioenergetic harmony 2 | **Gastro-intestinal**  | Mental balance |  **Inner** **strength system** |
| Thursday | Beauty/Skin | **Skin** | Learning | **Stress system** |
| Friday | Meridian 2 | **Spleen-Pancreas** | Bioenergetic harmony 2 | **Liver** |
| Saturday | Meridian 2 | **Lungs** | Fitness | **Regeneration** |
| Sunday | Chakra | **Solar plexus** | Job/sleep | **Exhaustion system and acute**  |
| **4th week** | **Morning = Program and Therapy** | **Night = Program and Therapy** |
| Monday | Bioenergetic harmony 1 | **Circulation** | Bioenergetic defense | **Planets** |
| Tuesday | Job/sleep | **Balance Nerves** | Meridian 1 | **Skin** |
| Wednesday | Bioenergetic harmony 2 | **Impurities** | Mental balance | **Emotional wellbeing** |
| Thursday | Beauty/Skin | **Aging** | Gold cycle | **Relax** |
| Friday | Meridian 2 | **Circulation** | Bioenergetic harmony 2 | **Lungs** |
| Saturday | Chakra | **Sacral** | Fitness | **Deep relaxation** |
| Sunday | Chakra | **Root** | Job/sleep | **Fatigue** |

Healy Resonance plus Program