

07-13 April 2007 **Fasting program**
for **Marite Smith**

Time	07/04/2007	08/04/2007	09/04/2007	10/04/2007	11/04/2007	12/04/2007	13/04/2007	
		Fasting day Water, herbal teas	Fasting day Water, herbal teas	Fasting day Water, herbal teas	Fasting day Water, herbal teas, diluted juices	Fasting day Water, herbal teas, diluted juices		
9:00								
10:00		Initial medical check up weighing	<i>Swimming in the pool of hotel Meteor</i>	<i>Swimming in the pool of hotel Meteor</i>		100 ml juice diluted with 100 ml water	Breakfast 1 Shredded apple 1 Shredded carrot	
11:00		Colono cleansing		Sea side walking	Sea side walking	Sea side walking		
12:00								
14:00		Walking around Makarska sea side						
14:00								
15:00			Walking to the Beach Punta Rata and back (3 km)	Medical Check up	50 ml juice diluted with 100 ml water	Final medical check up weighing	Departure	
16:00		Massage, weighing		Colono cleansing		100 ml juice diluted with 100 ml water		
17:00					Massage weighing	<i>Swimming in the pool of hotel Meteor</i>		
18:00								
19:00			Massage					
20:00	Arrival at Split airport 23-15	Sea side walking		Sea side walking	50 ml juice diluted with 100 ml water			
21:00	Transfer to apartment in Makarska (Sandra)		Sea side walking		Sea side walking	Sea side walking		
21:30	Late supper optional (assorted fruit plate)				50 ml juice diluted with 100 ml water	100 ml juice diluted with 100 ml water		
		5 fasting days						