

# 30 Days To Better Health

What does it take to live your best, healthiest life?

A DECISION!

Yes, it is that simple. No plan, program, diet, or guru can make a single difference in your life unless YOU make the decision to actually follow through.

The Elemental Detox Plan is no different.

I made the plan simple, easy to follow, and extremely effective. All you have to do is decide to put yourself and your health first and follow through.

If you do exactly as the program asks for 30 days, then you will be an entirely different person next month and well on your way towards your personal optimal health.

Do not start this plan unless you plan on following through. It would be a waste of your time.

**ACTION ITEM:** To ensure you are committed to doing so, please **print** the next page, **sign it**, and **post it** somewhere where you can see it on a daily basis.

When you have signed your commitment, then you are ready to go!

# Personal Commitment

I, \_\_\_\_\_, have decided to put my personal health and wellness first. I understand that nobody can make me do anything and that my health is my sole responsibility.

I understand that I will have to sacrifice some time, money and bad habits in order to improve my health and wellness.

I am committed to becoming the healthiest and happiest person I can be, and look forward to the consequent rewards including more energy, strength, stamina and less stress.

I commit to completing the 30 day plan to my best ability. Failure is not an option as I know my health depends upon it.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

## Elemental Detox Plan - Overview

The plan will focus on the three main elements of toxicity that we are exposed to - **Air, Water and Food**. Ideally this plan is supervised by a naturopathic practitioner such as myself, but you can do it on your own, just make sure you connect with your medical professionals before making any changes to medications or starting a program such as this.

I do occasionally offer a **guided** version of this plan which gives you access to me and includes weekly accountability meetings. If you are interested in joining the next **Guided Elemental Detox Plan**, contact me at [optimalhealth@drchrishahn.com](mailto:optimalhealth@drchrishahn.com). The cost is 99\$ per month (plus products) and runs for 9 months.

Here is a short list of the components/products needed to complete the program. Some may take a few days or longer to receive/implement.

### AIR

- [Vivobase Mobile Unit](#) - use code Hahn777 at checkout
- [EMF meter](#) (optional)
- 5G Blocker Bracelet (optional)
- Home furnace filters (change regularly)
- Home air purifier (optional)

### WATER

- [Pure Water Steam Distiller](#) - use code Hahn777 (highly recommended)
- Distilled water (purchased in gallons from your grocery store)
- [Cellcore CT-Mineral Drops](#) - Use Code 7XIDYGfs (sign up required on site)

### EARTH

- Cellcore Foundational Protocol - sign in with Code 7XIDYGfs (4 months)
- Low Carbohydrate Diet (like Keto)
- Low to no Sugar
- No Soda
- Low to no Alcohol

### ROADBLOCKS

- Smoking
- Alcohol
- Sugar
- Carbohydrates
- Drugs

**The Elemental Detox Plan** accounts for the time required to order and receive your essential products. It should take about 1 week. The first 30 days of the program begin when you have everything in place and are ready to go.

Here is your **first week** to do list:

1. **Create your Cellcore account and order products**
  - a. [Register - Customer – CellCore Biosciences](#)
  - b. Use practitioner code **7XIDYGfs**
  - c. Order STEP 1 of the FOUNDATIONAL PROTOCOL
  - d. Adding additional products requires a conversation with a naturopath (such as myself) to determine if you could benefit from them
  - e. READ the FAQ at the bottom of the Foundational Protocol. If you desire to follow the Comprehensive Protocol, email me at [optimalhealth@drchrishahn.com](mailto:optimalhealth@drchrishahn.com) and join the guided program in which we personalize the Comprehensive Protocol
  
2. **Order your AIR Detox products**
  - a. [Vivobase Mobile](#) - keep this product on you at all times unless it is charging
  - b. Replace your home furnace filters and write replacement date on filter. Add reminder to your calendar to replace filter every 3-6 months
  - c. 5G Bracelets can be ordered directly through multiple naturopathic healthcare providers, including myself. The easiest way to order is with my friend, Dr. Eli at [www.elienglishnd.com](http://www.elienglishnd.com)
  
3. **Order your WATER Detox products**
  - a. [Pure Water Steam Distiller](#) - (this will take a few weeks to deliver. Buy distilled water from grocery store until your unit arrives)
  - b. Use code **Hahn111** for a discount on the steam distiller
  - c. [Cellcore CT-Mineral Drops](#) - Use Code **7XIDYGfs** (sign up required on site). This is part of your Foundational Protocol, but you will use a lot of these for the water you will drink so order one extra bottle per month.
  - d. If not buying a steam distiller, purchase several gallons of distilled water
  - e. Purchase a water jug that you can carry with you. No plastic. Ideally glass, ceramic or stainless steel. Do not use plastic water bottles.
  
4. **Order your EARTH Detox products**
  - a. Make sure you have ordered the Cellcore Foundational Protocol (4 months) or joined my guided program to use the Comprehensive Protocol (9 months) when available
  - b. Familiarize yourself with what a low carbohydrate diet is, like Keto. We are aiming for ONE serving of carbohydrates per day! That is essentially ONE slice of bread. Not easy.
  - c. Create a list of sugar products you ingest on a daily basis and remove them. Do not consume artificial products!
    - Examples:
      - i. Orange Juice
      - ii. Sugar
      - iii. Maple Syrup

- iv. Artificial sweeteners (splenda etc.)
- v. Flavored water
- vi. Flavored Coffee Creamers
- d. Throw all soda products in the house out and do not drink any more soda. You can have distilled water with CT-Mineral drops.
- e. Begin to eliminate alcohol consumption. This includes wine. I know it is difficult to eliminate, but we need to significantly reduce the amount. One glass of wine or serving of hard liquor per week.
- f. Reduce meat consumption to an absolute minimum, unless you are a true 0 blood type. Even then, skip meat at least for 2 days per week to allow your digestive system to rest and heal.

Once you have found your rhythm with this protocol, all you have to do is follow it for the 4 months that it takes. The Foundational Protocol is a good starting point. Should you require a more aggressive or personalized detox, consider joining the guided program or finding a naturopath that is familiar with the Cellcore process. In most cases a Biological Dentist will be required to detox the mouth.

The success of this program depends on many factors. We are addressing the root cause of the issues and rebuilding a stronger, healthier and more resilient body. The Roadblocks mentioned above (smoking, alcohol, sugar, carbohydrates, drugs) are fundamental products and habits that will prevent you from achieving optimal health. If you are not able to, or are not willing to significantly reduce or eliminate them, then any optimal health protocol will fail and you will default into what we call sick care. It is entirely your decision.

Unsure of what to do or what products to order? The guided program is personalized by Dr. Hahn for each individual and includes communication with Dr. Hahn on a regular basis via weekly zoom calls and a private facebook group. The guided program will launch in the coming months. Contact me at [optimalhealth@drchrishahn.com](mailto:optimalhealth@drchrishahn.com) for availability.

For constant updates and information, follow me on instagram @drchrishahn