

Thursday, March 26, 2026

Jentox Metabolism Plan break down

Week one

- Use Jentox bioenergetic machines along with supplements to internally detox the liver and colon
- Zoom meeting with Jen and the group to explain The Plan
- Get used to drinking the right amount of water and getting adequate sleep
- Choose two of the 5 dangerous food groups to abstain from for two weeks

Week two

- Bioenergetic machines and detox supplements to for a heavy metal detox, kill candida
- Continue drinking the right amount of water and getting enough sleep
- Zoom meeting with Jen to discuss the protocols for The Plan
- Choose 3 more of the 5 dangerous food groups to abstain from for another week

Week three

- Start the plan with a clean reset system
- Bioenergetic machines
- Zoom meeting for explain first 3 days of the plan and daily testing
- Daily 15-minute calls from Jen to guide you through the testing and diet

Week four

- optional emotional detox session with Skye
- Reintroduce some favorite foods, yes even coffee and wine

- Bioenergetic machines
- zoom meeting for support and questions
- Daily 15-minute calls logging your progress and tested foods

Week five

- bioenergetic machines
- Reintroduce some favorite foods, yes even bread and cheese
- Weekly Zoom meeting and daily coaching calls with Jen
- Continued daily food testing
- Start testing exercise

Week six (and beyond)

- bioenergetic machines
- Weekly zoom calls and daily coaching calls with Jen
- Continued daily food testing to gather your “friendly food list” to have at least 30 foods that your body loves and loses weight with (chocolate cake was one of mine :)