

***My Ageless Brain™* Spring Detox Guidelines**

*Check with your doctor before adopting any new dietary or lifestyle changes.

To choose Your Ageless Brain Detox Plan, follow the guidelines below:

Type A---Reactive Ama (Reactive Toxins Quiz) If you scored mild, moderate or severe (17 or higher) on the Reactive Toxins Quiz

DO: →Follow the guidelines for Type A, Reactive Ama, regardless of your score on the Ama Quiz

Type B---Simple Ama (Ama Quiz) If you scored mild, moderate or severe (21 or higher) on the Ama Quiz

DO: →Follow the guidelines for Type B, Simple Ama

Type C---Prevention Plan-

If you scored minimal on both quizzes, (congratulations!) →Follow the guidelines for Prevention