

# EVERYTHING LIFE WITH MIRIAM

## Challenge Week 3 (May 8<sup>th</sup> - 14<sup>th</sup>, 2023)

We are going slow to make this process realistic and sustainable and eventually make this regimen a lifestyle.

### **INSTRUCTION FOR THE WEEK:**

**We are going to keep practicing everything in week 1 & 2 and include ‘dinking more water (half your body weight in ounces – rule of thumb – this changes if you have an active lifestyle, are pregnant, or are breastfeeding) as well as being done eating by 5pm instead of 6pm’**

If you have not downloaded week 1 and 2’s instructions yet, you can do so on [revurdia.org](http://revurdia.org).

**Please Note: If you are taking medication, you need to consult your doctor if you plan on embarking on the challenge with us so they can advise as to how to incorporate this lifestyle and know how to regulate your medications because your ‘blood sugar will drop’ if you do follow the weekly regimen religiously.**

**DISCLAIMER: The contents of this website, channel, or videos are intended for informational and motivational purposes. Any information associated with these videos, channel, and/or website should not be considered in any way, shape, or form as a substitute for prescription or medical advice suggested by a medical professional.**