

Ginkgo Biloba Extract Sessions

Phase One

Start

- | | |
|--|---|
| (1. 60 mgs x 3 pills = 180 mgs | (4. 300 mgs (5 pills) + 60 mgs (1 pill) = 360 mgs |
| (2. 180 mgs(3 pills) + 60 mgs (1 pill) = 240 mgs | (5. 360 mgs(6 pills) + 60 mgs (1 pill) = 420 mgs |
| (3. 240 mgs(4 pills) + 60 mgs (1 pill) = 300 mgs | (6. 420 mgs(7 pills) + 60 mgs (1 pill) = 480 mgs |

Phase Two

Start

1.

- (1. 500 mgs x 30 days = 15,000 mgs
- (2. 1,000 mgs x 7 days = 7,000 mgs
- (3. 1,500 mgs x 7 days = 10,500 mgs
- (4. 2,000 mgs x 7days = 14,000 mgs
- (5. 2,500 mgs x 7 days = 17,500 mgs
- (6. 3,000 mgs x 7 days = 21,000 mgs
- (7. 3,500 mgs x 7 days = 24,500 mgs
- (8. 4,000 mgs x 7 days = 28,000 mgs
- (9. 4,500 mgs x 7 days = 31,500 mgs
- (10. 5,000 mgs x 7 days = 35,000 mgs

TOTAL = 204,000 MGS

2.

- (11. 5,500 mgs x 7 days = 38,500 mgs
- (12. 6,000 mgs x 7 days = 42,000 mgs
- (13. 6,500 mgs x 7 days = 45,500 mgs
- (14. 7,000 mgs x 7 days = 49,000 mgs
- (15. 7,500 mgs x 7 days = 52,500 mgs
- (16. 8,000 mgs x 7 days = 56,000 mgs
- (17. 8,500 mgs x 7 days = 59,500 mgs
- (18. 9,000 mgs x 7 days = 63,000 mgs
- (19. 9,500 mgs x 7 days = 66,500 mgs
- (20. 10,000 mgs x 7 days = 70,000 mgs

TOTAL = 542,500 MGS

3.

- (21. 10,500 mgs x 7 days = 73,500 mgs
- (22. 11,000 mgs x 7 days = 77,000 mgs
- (23. 11,500 mgs x 7 days = 80,500 mgs
- (24. 12,000 mgs x 7 days = 84,000 mgs
- (25. 12,300 mgs x 7 days = 87,500 mgs
- (26. 13,000 mgs x 7 days = 91,000 mgs
- (27. 13,500 mgs x 7 days = 94,500 mgs
- (28. 14,000 mgs x 7 days = 98,000 mgs
- (29. 14,500 mgs x 7 days = 101,500 mgs
- (30. 15,000 mgs x 7 days = 105,000 mgs

TOTAL = 892,500 MGS

4.

- (31. 15,500 mgs x 7 days = 108,500 mg
- (32. 16,000 mgs x 7 days = 112,000 mgs
- (33. 16,500 mgs x 7 days = 115,500 mgs
- (34. 17,000 mgs x 7 days = 119,000 mgs
- (35. 17,500 mgs x 7 days = 122,500 mgs
- (36. 18,000 mgs x 7 days = 126,000 mgs
- (37. 18,500 mgs x 7 days = 129,500 mgs
- (38. 19,000 mgs x 7 days = 133,000 mgs
- (39. 19,500 mgs x 7 days = 136,500 mgs
- (40. 20,000 mgs x 7 days = 140,000 mgs

TOTAL = 1,242,500 MGS

5.

- (41. 20,500 mgs x 7 days = 143,500 mgs
- (42. 21,000 mgs x 7 days = 147,000 mgs
- (43. 21,500 mgs x 7 days = 150,500 mgs
- (44. 22,000 mgs x 7 days = 154,000 mgs
- (45. 22,500 mgs x 7 days = 157,500 mgs
- (46. 23,000 mgs x 7 days = 161,000 mgs
- (47. 23,500 mgs x 7 days = 164,500 mgs
- (48. 24,000 mgs x 7 days = 168,000 mgs
- (49. 24,500 mgs x 7 days = 171,500 mgs
- (50. 25,000 mgs x 7 days = 175,000 mgs
- (51. 25,500 mgs x 7 days = 178,500 mgs
- (52. 26,000 mgs x 7 days = 182,000 mgs

TOTAL = 1,953,000 MGS

- **When the pills become too many open the capsules and put them in your coffee or morning drink**
- **When you reach the final sessions you will have to count and take all the pills**
- **Make sure you take plenty of water at least six glasses of water a day**
- **Make sure you get enough rest everyday**
- **You should prepare your home to operate like a hospital or sanitarium**
- **If you must remain quiet and sit still then you will have to accommodate your schedule**
- **Avoid stress as much as you can**
- **Divide the sessions that have times where you rest the body between sessions so as not to become overwhelmed**
- **You will feel plenty of fatigue and your balance will be off especially in your hands**
- **You will probably have irregular sleep patterns and times where you cannot sleep longer than four hours each day**
- **There may be periods of time where you cannot work every day or can't work at all**
- **You may not be able to go out of the home often**
- **You may be better to buy a motorized scooter to help you get around since once you get to a certain point in the sessions you will go "straight into the hospital" so to speak**

- **See your doctor regularly**
- **Stay informed and learn as much as you can on the internet regarding health and safety issue**
- **As your body is moving along try to understand as much as possible about your organs and how they behave properly to educate yourself**
- **You should especially pay attention to brain health and functions as your body starts to change**
- **Be prepared to have information suddenly becoming clear in your mind and pay attention to it**
- **Have checkups regularly and talk about any issues that you are concerned about**