



# *The 72 Hour Rule*

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The 72 hour program reflects the authors experience and is provided for Educational purposes and general reference. It is not be a substitute for medical advice or counseling.

The reader assumes all risks from the use, non-use or misuse of the information in this book. The 72 hour program focuses on how to stay clean in 72 hours.

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The main reason I am writing this book is because the Flu is a very contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, but also turn deadly. I want to establish that we as a human race are all on the same playing field.

This is true, as seen time and time again with stories of rags to riches, battles of health won, and general mental toughness.

It's needless to say the scientific proof of such and it's arguments that exist through research.

To say that we are all on the same playing field, I will also say this.

Just like the famous Alanis Morissette song, "It's in your head." It is detrimental to the rest of what you are about to read.

Whether you think you can or can't, you are right~ Mark Twain

You are the sum total of your dominating or most important prominent thoughts~ Napoleon Hill

What I am going to lay out for you is going to be only as effective as how optimal your body is currently running.

Here is a list of items that you will need to kick what I am going to call a Influenza A H1N1 and Influenza B fever coming on.

- honey
- ginger/garic
- Sauerkraut(any other bag besides this one is not real)

Reynaldo Uresti CPT



- advil
- nasal decongestant day and/or night
- alka-seltzer/la croix/mineral water (topo chico)
- soup (homemade/store bought)
- caffeine
- green drink /super food

Other items that you do not have to pay for but you will need.

- stack of books... yes a stack of books!\*\*trust me this will be explained ;-)
- sleep
- shower
- floss
- garbage can
- water

Now that we have the items that we need. I am going to lay out exactly how to stay clean in 72 hours. First and foremost we are going to stay positive and make our mind up that we are bigger than the sickness that our body is fighting. Bottom line is from the start of the fight until the battle is won; water will be drank, food will be ate, and sleep in it's entirety will be filled. Your body will not want to do any of this... therefore, look up the 40% rule used by Marines.



## **Day 1:**

Here is where we will need to grasp the concept that we are getting sick, scratchy throat, and slight head/body aches from the beginning symptoms of a fever. Go ahead and get your first of many glasses of water. From **Day 1** until you are well; start not only eating the sauerkraut but crush a clove of garlic and knuckle of ginger put it on a TBSN with honey or mix it with hot water (daily). I would incorporate the greens drink/super food into my daily regimen also! Brush your teeth, tongue and floss. I know you are wondering, asking yourself what in the heck does brushing your teeth have to do with fighting the fight. It is part of fighting bacteria and winning the fight. So, grab a small garbage can to sit by the side your bed. This is where you will be discharging what you're loosening from your cough. So get used to coughing and making your self cough on the regular to loosen phlegm. Go ahead and take an Advil as directed, and a hot shower. Eat food, for example: a hardy breakfast.

## **Day 2:**

As we proceed the previous routine from Day 1, we will be adding in nasal decongestant day and/or night gel caps and the effervescence alka-seltzer. Plus the concept of breaking a sweat. Hence, the unleashing the stack on books. If you do not have a foam roller or yoga blocks, I give you a stack of books!

<https://youtu.be/uyMQQ1IQUiA>



Based on your fitness level to depict the type of workout, we will be looking to break a sweat. Thus, before your warm up, grab your foam roller, yoga block, or stack of books. Begin to get into a yin stretch to open up and expand your chest cavity. Begin to feel in control of your breath by allowing the lungs to expand. The key give away here is ti relax.

### **Day 3:**

Here again, we are going to follow suit with Day 1 and 2 adding nothing but consistency to the previous regimen. However, it's acceptable to shock the body and for the sake of eating something, a lil junk food won't hurt you.

## **Bonus**

### **Day 4:**

Maintain doing the regimen from Day 1, work outs are optional on this day.

Maintain the consistency of putting food in the body.

If you're up to it I would consider the option of taking a contrast shower  
(Cycle in 30 seconds: hot as you can stand/ 30 seconds cold!)

A graphic with a light gray background. The text "did you" is in a black, cursive script. "WORKOUT" is in a bold, black, blocky, all-caps font. "today?" is in a black, cursive script. The text is centered and arranged in three lines.

did you  
WORKOUT  
today?