



# LUNG CLEANSE AND STRENGTHENER

ZENCLEANZ INSPIRE DETOX KIT

The ZenCleansz INSPIRE is Step 3 of our 5-Element detoxification system to purify the body. This 28-day lung cleanse kit is designed to clear, detoxify, and condition the lungs, thereby rejuvenating the body and helping it breathe more freely. INSPIRE contains organic fruits, vegetables, 9 Chinese herbal extracts, and five trace minerals. This lung cleanse comprises three products: fermented plant syrup, fermented plant liquid, and an herbal tea powder. The fermented plant syrup is rich in selenium and made of dozens of fruits, vegetables, and precious herbs that provide deep conditioning and rejuvenation. The 5 ml fermented plant liquid vials help clear heavy metals and debris from lung cells and moisturize, protect, and improve the respiratory system. The herbal tea powder features Chinese herbal extracts and trace minerals and is the best partner for improving lung Qi (energy).

## STEP 3: WHY CLEANSE THE LUNGS?

In the modern living environment, industries and smokers produce many toxic substances in the air. This pollution makes human lungs and blood subject to a large degree of toxicity, causing a series of related diseases and thus endangering health and human life. The main functions of the lungs are to absorb fresh oxygen, discharge carbon dioxide, and exhaust gas the human body does not need. Every important energy supply activity in the body requires oxygen, and if breathing is poor, it can lead to various diseases in the body. The lungs are the most delicate organ in the human body. This is the only organ directly connected with nature, so it is very vulnerable to the external toxicity of the world that invades the body through this organ.

### CHI-TECH NUTRITION



Traditional Chinese Medicine



Organic Farming



Naturopathic Medicine



Science

ZENCLEANZ



## LUNGS

### ZENCLEANZ INSPIRE



### MAY HELP PEOPLE WITH:

- Persistent cough, especially one that worsens over time
- Shortness of breath, difficulty breathing or wheezing
- Chest pain or tightness
- Fatigue or weakness
- Unexplained weight loss
- Frequent respiratory infections
- Frequent throat clearing
- Smokers
- Sore throat or hoarseness
- Nasal congestion or chronic runny nose
- Headaches, dizziness, or confusion
- Chest congestion or phlegm production
- Allergy-like symptoms such as itchy or watery eyes, sneezing, or coughing.
- People living in polluted areas

### WHAT TO EXPECT WHEN DOING THE INSPIRE CLEANSE:

Following a mucous-free diet while on the 28-day lung cleanse is strongly suggested. Smokers are advised to cease smoking for the duration of the cleanse. People cleansing the lungs for the first time, suffering from chronic issues, and/or ex-smokers can double dosage (take two kits at a time) and take this kit all year round. The daily protocol is to take the fermented plant liquid in the morning, the plant syrup at noon, and the herbal tea in the evening. A support protocol is also offered where recommendations are made, including diaphragmatic breathing exercises and taking a sauna. Detox symptoms may include sneezing, coughing, mucous discharge from the nose and throat, and the potential for feeling pressure from the lungs.

★★★★★

I'm on my second inspire now.

In the beginning I had occasional sore throat, some coughing, sneezing, headache and heavy feeling on my chest. Also a lot of sadness. Not particularly related to anything, just seemed to come with cleansing the lungs. The heavy chest feeling seemed to build up over the 28 days and was the most uncomfortable part, but really ok.

After, and still now, my breathing is better/deeper.

Monica Corser  
Job, Country

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