



DETOX KIT INSTRUCTIONS

INCLUDES: DETOX DROPS, DETOX TEA, MINERAL REBUILDER
DETOX OIL & GREEN FOOD POWDER

PURIFYING. CLEANSING

INSTRUCTIONS & INGREDIENTS

IT HAS BEEN SUGGESTED THAT TOXIC OVERLOAD CONTRIBUTES TO MORE SERIOUS CONDITIONS SUCH AS AUTO-IMMUNE DISEASES, INFLAMMATORY ILLNESS AND NEUROLOGICAL DISORDERS. THE GOAL OF THIS PROGRAM IS TO GENTLY AND SLOWLY CLEANSE YOUR BODY OF TOXINS THAT ADD AN EXTRA BURDEN SO SERIOUS DISEASES LIKE THESE CAN BE AVOIDED.

THIS PROGRAM SHOULD IN TURN FREE UP ENERGY FOR A HEALTHY METABOLIC SYSTEM AND OVERALL INCREASED WELL-BEING.

FUN AND EASY TIPS

1. DRINK 1 CUP OF HOT WATER WITH 1/4 LEMON AND 1 PINCH OF CAYENNE PEPPER FIRST THING IN THE MORNING.
2. USE A 'DRY BRUSH' TO MASSAGE YOUR ENTIRE BODY BEFORE GETTING INTO THE SHOWER. USE A CIRCULAR MOTION AND WORK TOWARDS THE HEART.
3. TAKE A WARM BATH WITH EPSOM SALTS ADDED TO SOOTH, RELAX AND DETOX.
4. HYDRATE - VERY IMPORTANT. PLEASE DRINK 1/2 OF YOUR BODY WEIGHT IN OUNCES EACH DAY.

DETOX TEA

A STRONGER DETOX TEA COMPOSED OF BLOOD PURIFYING HERBS AND LIVER DETOXIFYING ROOTS. USE WHEN YOU WANT TO IMPROVE OVERALL DETOXIFICATION PATHWAYS AND OPTIMIZE LIVER FUNCTION.

INSTRUCTIONS: -MEDICINAL STRENGTH -4 TBSP IN QUART SIZE JAR. -POUR ALMOST BOILING WATER OVER HERBS AND LL TO THE TOP. -CLOSE UP AND LET STEEP OVER NIGHT. -STRAIN IN THE MORNING -DRINK HOT OR COLD

INGREDIENTS: CALENDULA, DANDELION ROOT, FENNEL SEED, NETTLE, OREGON GRAPE ROOT, RED CLOVER, RED RASPBERRY LEAF, SAGE, WHITE OAK BARK

DETOX DROPS TINCTURE 1OZ

INDICATED TO GENTLY CLEANSE THE ELIMINATION SYSTEMS OF THE PHYSICAL BODY.

INSTRUCTIONS: -2 DROPPERSFUL 3 TIMES A DAY.

INGREDIENTS: CALENDULA, DANDELION, LICORICE, MILK THISTLE, NETTLE, OREGON GRAPE, WILD YAM IN ORGANIC CANE ALCOHOL, APPLE CIDER VINEGAR AND GLYCERINE BASE

MINERAL REBUILDER CAPSULES

VITAMINS ARE GREAT BUT MINERALS ARE WHERE IT'S AT! THEY DIRECTLY NOURISH THE BODY AND TARGET SUPPORTIVE TISSUE, BONE AND CELLULAR REGENERATION. A GREAT DAILY SUPPLEMENT.

INSTRUCTIONS: 2 CAPSULES 2 TIMES A DAY.

INGREDIENTS: ALFALFA, BURDOCK ROOT, CAYENNE, DANDELION ROOT, ELEUTHEROCOCCUS, FO-TI, GOTU KOLA, KELP, PARSLEY ROOT, YELLOW DOCK

TISSUE TONE CAPSULES 6OCT

A PROPRIETARY BLEND THAT DECREASES INFLAMMATION IN THE BODY, SUPPORTS ELIMINATION, BLOOD & YOUR LYMPHATIC SYSTEM. A GREAT TANDUM PARTNER WHILE DETOXING TO RELIEVE CHRONIC PAIN DUE TO PREVIOUS OR ACUTE INJURY, ARTHRITIS OR ANY OTHER STUBBORN INFLAMMATORY DISCOMFORT

INSTRUCTIONS: -2 CAPSULES 3 TIMES A DAY.

INGREDIENTS: ALFALFA, BURDOCK ROOT, DANDELION ROOT, DEVIL'S CLAW, GARLIC, GINGER, KELP, SLIPPERY ELM, TURMERIC, YELLOW DOCK, YUCCA

DETOX DIET GUIDELINES – SEE SEPARATE LINK

THIS IS A HELPFUL HANDOUT TO CONSIDER DURING YOUR DETOX. WE SUGGEST FOLLOWING OUR SIMPLE DIETARY PROGRAM FOR OPTIMAL RESULTS. THIS REFERENCE PROVIDES A LIST OF THE MOST COMMON INFLAMMATION PRODUCING FOODS. MEANING, THOSE BEST TO AVOID. WHEN INFLAMMATION GOES DOWN, ENERGY GOES UP!

CASTOR OIL PACK – A GREAT OPTIONAL NATURE CURE TREATMENT

A RELAXING TYPICAL TREATMENT GEARED TO BIND TOXINS, SUPPORT THE LIVER AND STIMULATE THE IMMUNE SYSTEM. ALL GOOD THINGS WHEN DETOXING!

SEE CASTOR OIL LINK

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(THE ORIGINAL THE HERB SHOPPE)