

DETOX & REVITALIZE PROTOCOL

(Select the options you are most drawn to intuitively)

Key components of the Program:

- 1) Detoxification
- 2) Increase electrical voltage at the cellular level
- 3) Alkalize, oxygenate, and energize
- 4) Improve digestion
- 5) Boost immune response powers of the body
- 6) Regulate hormones, adrenal, heart, pancreatic & splenic functions

(Moderate dosage per day) **Aggressive dosage per day**

4 capsules = 1 teaspoon (5 ml), 12 capsules = 1 tablespoon (15 ml)

FOR HYDRATION, MINERALS, DETOX, AND ELECTROLYTES:

Mineral Manna — Mineral Drink: (1 tablespoon per day) **Up to 2 tablespoons per day**

First thing in the morning – 1 tablespoon in a quart of your best structured water.

Add a squeeze of lemon to increase the electrolytes, vitamin C, bowel cleansing, and improve mineral assimilation.

Consume 1/2 to 3/4 first thing in the AM 20 minutes before other beverages or food.

Drink 1-4 ounces before bed.

Can be used as a teeth cleaner by wetting the toothbrush, dabbing it in 1-2

tablespoons of **Mineral Manna** to add some to the toothbrush, then brushing LIGHTLY but thoroughly to remove coffee and tea stains, and brighten teeth overall. Can also be used as a gargle to clear pathogens from the mouth and throat.

- Provides electrolytes, minerals, and trace minerals which increase cellular voltage.
- Hydrates the body and flushes nighttime toxins out through the kidneys.
- Serves to detox the digestive tract, reduce biofilms, and helps the liver purify the blood.
- Improves immune system effectiveness at removing pathogens.
- Improves stomach acids and digestion overall. Consume 1-2 ounces 5-20 minutes before each meal to increase stomach acids.
- Assists in providing deeper sleep and more relaxed muscles, if taken before bed.
- Reduces getting up in the middle of the night as a result of diluting the toxic waste being processed through the kidneys every night (when a 3/4 quart of the mineral water is consumed in the mornings).
- Getting up at night is a sign that the toxins in the body are too concentrated and are irritating the kidneys/bladder. Dilute the toxins throughout the morning and afternoon with this mixture, or with restructured water, or both. (QuantumAgeWater.com Purple Stir Wand / WayBackWater.com liquid additive to structure water).
- To discover the many benefits of **Mineral Manna** go to: [Mineral Manna Update - Instructions for Use](#)

FOR ENERGY, MENTAL CLARITY, NUTRITION, TO IMPROVE CONSTITUTIONAL BALANCE, AND TO ELEVATE THE MOOD:

Combine 1-5 below in 8-16 ounces of water. Take 2-3 times per day.

1) [Stamina!](#) (2-3 teaspoons per day) **Up to 1 tablespoon 3X per day**

Take 1 teaspoon or more 2-3 times per day. Add to a small amount of water, tea, juice, green drink, or food as desired. Add a dash or more of Cayenne Pepper to further enhance its beneficial properties.

Can also be taken before bed (by all but the ultra-sensitive), to deepen sleep and increase vivid, memorable dreams.

(For the ultra-sensitive, this formula boosts energy levels and may keep you awake at night, so take at least 5 hours before bed, until the internal adrenal/stress response has improved to the point that this formula will provoke a deep restful sleep when taken just before bed).

- Provides a calm boost of energy and mental focus.
- Promotes more vivid, memorable dreams at night.
- Improves blood circulation, thus nutrients to the cells for repair and cleansing.
- Assists in the regulation of hormones and numerous metabolic functions.
- Combines well with **Adrenal Revive** to magnify a great sense of well being.
- For more insight on **Stamina** go to: [NEW and Updated! – Stamina! – Enjoy Calm, Sustained, Natural Energy Without Caffeine!](#)

2) Adrenal Revive: (2-6 teaspoons per day) **Up to 2 tablespoon 3X per day**

Take 1-2 teaspoons or more 2-3 times per day. Provides energy, so sensitive individuals may need to take it at least 3 hours before sleep.

- Supports the balance and production of hormones throughout the entire endocrine system.
- Supports immune system responses by producing antihistamines (to reduce allergies) and cortisone (to reduce inflammation).
- Improves energy levels over a span of 5 hours with a calm, smooth level of endurance, while supporting energy levels.
- Generally it is best to take at least 3 hours before bed, although for some, 1 teaspoon or less can be taken to improve hormone balance before bed and deepen sleep.
- Builds balanced testosterone levels in the body for both men and women.
- Helps to normalize cortisol production so that cortisol is active during the day and turns off at night.
- Combines well with **Stamina!** to magnify a great sense of well being.
- For more insight on **Adrenal Revive** go to: [Revive Your Adrenal Powers – Immediate Solutions for Adrenal Fatigue](#)

3) Vital Cleanse & Nutralify or **Earth & Sea Greens** (2 tablespoons per day) **Up to 4 tablespoons per day**

Take 1 tablespoon 2 times per day at anytime during the day or evening (typically mid-morning, noon, and just before bed).

Add to any amount of water, soup, or dressing mix.

1 teaspoon or more can also be taken before bed to improve the depth and rejuvenation of sleep.

Can be taken with other fruits, vegetables, spices, and herbal formulas, but avoid the mixture of fruits and oils.

When taken before bed, it can also be taken in 1-2 ounces of **Mineral Manna Drink**:

- Provides thousands of nutritional compounds as building blocks with which the body makes its own medicines.
- Creates and maintains proper body alkalinity.
- Helps improve blood sugar levels, blood pressure, and proper thinness of the blood for quality circulation.
- Provides a greater sense of satiation when consumed prior to or with meals.
- Reduces the need for as much food as is normally consumed during meals, and reduces the munchie cravings between meals.
- To grasp the central role of Vital Cleanse & Nutfify in any health protocol go to: [The Year-Round Superfood Cleanse & Revitalize Program](#)

4) Herbal C Powder: (2-3 teaspoons per day) **Up to 3-6 tablespoons/day**

Take 1 teaspoon or more 2-3 times per day, including just before bed.

During times of immune stress, **Herbal C** can be taken at the rate of 3-6 tablespoons per day until symptoms subside.

- Taken along side **Digestive Bitters** the digestive powers of the body are further enhanced.
- Improves immune responses, especially when taken with **Immune Power**.
- Increases glutathione production to facilitate the removal of toxins from the body and boost antioxidants in the blood.
- For comparative details on Vitamin C go to: [What Forms of Vitamin C are the Most Effective Against Pathogens and Toxins of All Kinds?](#)

5) Cayenne Pepper or Fire! (Optional, but highly recommended within tolerance for spicy heat.) Consume as much as desired with food to soften the heat, or alone in water, but always with some food already in the stomach to prevent excessive burn.

Add **Cayenne Pepper** or **Fire!** to food dishes of any kind. The food will soften the spicy heat.

Or add a tolerable amount to 1 ounce of water and chug it quickly. Will burn the throat temporarily, yet will increase capillary circulation throughout the body, delivering oxygen and nutrients to the cells, while extracting toxins from the cells.

Cayenne Pepper and the herbs in **Fire!** have been shown through studies and observed through historical usage to:

- Provide relief for both chronic and acute conditions of a wide variety.
- Stimulate the nervous system to enhance brain power and muscle action,
- Thin the blood and alkalize the body, thus reducing the chance

of strokes and heart attacks,

- Assist in reversing the effects of a stroke or heart attack,
- Increase electrical voltage at the cellular level,
- Magnify the assimilation and benefits of other herbal formulas due to the stimulus of blood circulation and oxygenation throughout the body.
- **Sore Throat:** Gargle with a small amount of Fire! or Cayenne to kill a sore throat.
- **Heart Attack or Stroke:** As an immediate First Aid measure, take or give 1-2 teaspoons of **Cayenne** or 1-2 tablespoons of **Fire!** in hot water or food in instances of a heart attack or stroke as an initial remedy.
- **Blood Pressure:** One teaspoon of **Fire!** or 1/4 teaspoon of **Cayenne** or more helps to equalize blood pressure.
- The objective is to build up to 1-2 tablespoons of **Fire!** or 1-2 teaspoons of **Cayenne Pepper** per day in any increments that are tolerable.
- For more details on **Cayenne Pepper** go to: [Is Cayenne Pepper the Antidote for All Things COVID?](#)

Add Licorice and Stevia for flavor and additional therapeutic benefit, within the recommended limits below:

Licorice Root Powder:

Take 1/8 to 1/4 teaspoon in tea or herbal formula mixtures. Can also be taken by itself by just popping some powder in the mouth.

- Not to be taken in excess of 1 teaspoon per day to prevent side

effects of adrenal exhaustion or high blood pressure.

- Serves as one of Nature's finest adrenal support herbs.
- Enhances the adrenal production of cortisone which reduces inflammation.
- Supports the production of antihistamines from the adrenals to counter allergies
- To understand the importance of eliminating sugar concentrates and avoiding the combination of glucose, sucrose, fructose-type sugars and fats or oils go to: [18 Sugar & Fat Miracle Benefits and the Health Problems Caused By Their Excess](#)

Stevia Green Leaf Powder:

Add a pinch or two to beverages or food dishes as desired for sweetness and therapeutic benefits. Can be taken in any amount that feels good to the body and taste buds.

- Can be taken with oil/fat meals (glucose/sucrose sweeteners need to be separated from fat/oil meals by enough time for either to be digested before consuming).
- Blood sugar regulating benefits
- antimicrobial benefits
- Stevia concentrated extracts are not recommended, due to the importance of never concentrating a sugar of any kind
- To understand the importance of eliminating sugar concentrates and avoiding the combination of glucose, sucrose, fructose-type sugars and fats or oils go to: [18 Sugar & Fat Miracle Benefits and the Health Problems Caused By Their Excess](#)

**FOR ADDITIONAL NUTRITION, DETOX SUPPORT,
AND BODY ALKALINITY:**

Sea Vegetable Blend plus Moringa: (8-12 capsules per day) **Up to 24 capsules per day**

Take 4 or more capsules 2 times per day. Some can be taken before bed to improve sleep.

Best taken in capsules as the flavor is strong on the seaweedy side.

Herbs in this formula have been shown through studies and observed through historical usage to improve the following:

- Provide a complete source of vitamins, minerals, amino acids, iodine, selenium, zinc, etc. to support the immune system, the thyroid, the adrenal glands, and hormone balance overall.
- Protein levels of seaweeds and algae can reach as high as 47%.
- Increase electrical voltage at the cellular level resulting in improved energy levels and greater resistance to disease.
- Provide one of the most effective ways to keep the body's pH in balance.
- Extremely effective at neutralizing heavy metals, radiation, and chemical pollutants.
- Provide a boost to the body's innate immune response powers.
- Supply iodine along with selenium and other nutrients for maximum protection of the thyroid, thereby providing a superior alternative to liquid iodine drops.
- Support hormone production naturally throughout the entire endocrine system.
- To discover how sea vegetables can provide a superior alternative for Omega Fatty Acids over fish liver oils go to:

TO FURTHER INCREASE ENERGY, LIBIDO, AND BALANCED HORMONE PRODUCTION:

Revitalize For Women: (8-12 capsules per day)

Take 4-6 capsules 2 times per day at least 5 hours before bed. (More can be consumed each time during the day if energy levels are severely lagging.)

- Supports the production and balance of hormones throughout the entire endocrine system.
- Adaptogenic herbs and mushrooms modulate immune system responses to balance both over and under activity.
- Improves energy levels with a calm, smooth level of endurance gradually building to a peak at 5 hours.
- Helps to create and maintain both estrogen and testosterone in balanced levels based on your unique physiological requirements.
- Helps to normalize cortisol production so that cortisol is active during the day and turns off at night.
- To understand why Hormone Replacement Therapy is neither wise nor necessary go to: [The Pros and Cons of Bioidentical Hormone Replacement Therapy and Glandular Extracts](#)

Revitalize For Men: (8-12 capsules per day)

Take 4-6 capsules 2 times per day at least 5 hours before bed. (More can be consumed each time during the day if energy levels are severely lagging.)

- Supports the production and balance of hormones throughout the entire endocrine system.
- Adaptogenic herbs and mushrooms modulate immune system responses to balance both over and under activity.
- Improves energy levels with a calm, smooth level of endurance gradually building to a peak at 5 hours.
- Helps to create and maintain both estrogen and testosterone in balanced levels based on your unique physiological requirements.
- Helps to normalize cortisol production so that cortisol is active during the day and turns off at night.
- To understand why Hormone Replacement Therapy is neither wise nor necessary go to: [The Pros and Cons of Bioidentical Hormone Replacement Therapy and Glandular Extracts](#)

Adaptogen & Mushroom Blend: (2 teaspoons/8 capsules or more per day) **Up to 2 tablespoons/24 capsules per day**

Add 1 teaspoon or more in a Green Superfood Drink, juice, or water/or take 4 capsules or more 2 times per day (More can be consumed each time during the day if energy levels are severely lagging.)

- Supports the production and balance of hormones throughout the entire endocrine system.
- Supports immune system responses by modulating immune activity to balance both over and under activity.
- Improves energy levels with a calm, smooth level of endurance.
- Promotes detoxification.
- Helps to normalize cortisol production so that cortisol is active

during the day and turns off at night.

- To understand why Hormone Replacement Therapy is neither wise nor necessary go to: [The Pros and Cons of Bioidentical Hormone Replacement Therapy and Glandular Extracts](#)

FOR CARDIOVASCULAR SUPPORT AND BLOOD SUGAR REGULATION

Heart, Circulation & Nerves: (8 or more capsules per day) **Up to 24 capsules per day.**

Take 4 or more capsules 2 times per day. Some can be taken before bed to improve sleep.

Herbs in this formula have been shown through studies and observed through historical usage to:

- Improve blood circulation,
- Help regulate the heart beat,
- Support the digestion of meats, dairy, and fats that tend to clog arteries,
- Clear cholesterol from the circulatory system,
- Rebuild nerves, and improve nervous system activity.
- To discover the harmful effects of calcium supplements on the heart, and the importance of whole food supplementation, go to: [Is Your Calcium Supplement Increasing Your Risk of Heart Attack, Stroke, and Sudden Death?](#)

BloodSugar Balance: (8-12 capsules per day) **Up to 16 capsules per day.**

Take 4-6 capsules 2 or more times per day and again before bed to curb sugar cravings and balance sugar levels.

- Supports pancreatic, splenic, and adrenal activity in the regulation of sugar levels in the blood, especially following a meal with sweets
- Improves digestion of food by reducing sugar burdens when a fat/sugar food combining conflict takes place.
- Helps prevent deterioration of the teeth caused by high sugar levels in the blood.
- Improves sleep and nighttime rejuvenation. Can be taken before bed.
- Improves energy levels and reduces hunger.
- Helps regulate cortisol production and reduce stress.
- To discover natural ways to normalize sugar levels, whether low or high go to: [15 Ways to Balance Sugar Levels & Increase Libido Naturally](#)

Optional Additives to Enhance Intuitive Skills, Balance Brain Chemistry, and Boost Physical Stamina:

Ormalite Gold (Ultrafine Powder): (3/32 of a teaspoon or more daily) **Up to 1 teaspoon or more per day.** (**Ormalite Clay** is in Stamina, although additional amounts can produce an additional strengthening, calming, and vitalizing effect overall)

Take 1/32-1/16 teaspoon 2-3 times per day on the tongue, in water, or herbal blend, mineral blend, or green drink.

Can be taken anytime of day or night. Can be added to **Mineral Manna**

for an extra ormus effect above the small amount of **Ormalite** already in the **Mineral Manna**.

- Normal effects include an increased sense of calm centeredness, smooth energy, greater relaxation, better focus, less stress, less pain, a reduction in headaches, a more open heart, improved meridian flow, and a general sense of happiness and well being.
- Increases intuition and psychic abilities.
- Improves hormonal balance and immune system response.
- Accelerates healing of any body condition due to its adaptogenic, balancing properties.
- Most will feel noticeable effects with the first dose. Yet, for those less sensitive, the enhanced sense of well being will be more subtle.
- Effects increase over 5-30 minutes and continue strong for 3 hours with a diminishing effect over 3 full days, reducing by 1/3 each day (generally noticed after sleep).
- Effects are cumulative with each new dose taken during this time, so each dose will build upon the remaining effects of the previous doses.
- Taken before bed **Ormalite** enhances sleep and vivid dreams. Supports hormone balance, meridian energy flows, happiness, and a general sense of well being.
- Opens the heart. Reduces worry and stress.
- Enhances your ability to manifest intentions due to an increased ability to focus.
- If adrenals are depleted, **Ormalite** may increase energy at

night and prevent sleep. Use in the morning and throughout the day if this is the case.

- Once the adrenals are sufficiently restored, **Ormalite** tends to improve the depth and quality of sleep.
- To understand the many ways **Ormalite** can benefit the body, mind, emotions, and spirit go to: [Ormalite Opens the Heart & Nourishes the Soul](#) and [Ormalite - Instructions for Use](#)

Vitallite Clay: (1/4 teaspoon or more several times per day) **Up to 1 tablespoon per day.**

(**Vitallite Clay** is in Stamina, although additional amounts further increase mental clarity, hormone balance, and energy levels.)

Add 1/4 tsp or more to the **Mineral Manna** drink, herbal blend, green drink, or just in water anytime you want an extra boost of energy and mental focus.

- Improves hormonal balance and immune system response.
- The most notable effect of Vitallite is the way it provides that "second wind" when working at intense physical labor or athletic activity.
- Helpful for studying, office work, driving long distances, and meditating.
- Can be added to water and sipped during heavy work out, or office work, or driving long distances to support sustained energy flow.
- If adrenals are depleted, Vitallite may increase energy at night and prevent sleep. Use in the morning and throughout the day if this is the case.
- Once the adrenals are sufficiently restored, Vitallite tends to

improve the depth and quality of sleep.

- Normal effects are somewhat similar to Ormalite, yet not as strong, and with a greater sense of vitality.
- Effects increase over 5-30 minutes and continue strong for 3 hours with a diminishing effect over 1-3 days.
- To understand the many ways **Vitalite** can increase energy, physical stamina, and mental focus go to: [Vitalite Clay For Vitality](#)

Memory, Mental Clarity & Eyesight: (8-12 capsules per day) **Up to 24 capsules per day.**

Take 4-6 capsules 2-3 times per day. Some can be taken before bed to improve clarity of dreams.

Herbs in this formula have been shown through studies and observed through historical usage to:

- Help restore memory and eyesight following extensive time on the computer or cell phone,
- Improve the ability to concentrate on a single task at hand,
- Enhance the intake of knowledge and retention of information while studying,
- Restore brain function following neuron depletion (commonly caused by the use of stimulants, sugar, cannabis, or the presence of heavy metals and chemicals).
- To grasp the importance protecting the brain from the nerve-depleting effects of caffeinated herbal stimulants go to: [Is Coffee Really Good For Your Health???](#)

Energy & Brain Power: (8-12 capsules per day) **Up to 24 capsules per day.**

Take 4-6 capsules 2-3 times per day for both physical and mental work.

Herbs in this formula have been shown through studies and observed through historical usage to:

- Improve mental concentration, improved memory, and alertness.
- Increases physical stamina, motivation, and drive.
- To grasp the big picture on restoring energy levels go to: [21 Ways to Build Vital Energy](#)

FOR BOOSTING IMMUNE RESPONSE POWERS AND CATALYZING DETOXIFICATION (toxins are the most prevalent cause of immune suppression or insufficiency):

[Hyssop-Pine Tea](#) (2-4 cups of tea per day)

Add 2 tablespoons (30 ml) of the herbal tea blend to 16 ounces (0.5 liter) of water. Bring to a simmer, then turn off the heat and let steep until cool enough to drink. Add lemon if desired.

Consume throughout the day as desired.

A second pour of boiled water can be made over the original 2 tablespoons, or simply add another tablespoon or two to the original amount for a stronger brew.

- Can be consumed as often as desired anytime day or evening to detoxify the deep tissues within organs, especially the liver, blood, and lungs.

- Hyssop is known to catalyze a deep organ cleansing of heat, inflammation, and toxins.
- Pine needles boost immune response powers and assist in cleansing toxins from the body. They also provide over 700 nutritional and medicinal compounds.
- Promotes excellent respiratory health (helps improve breathing and clear passageways).
- Adding ginger or **Cayenne Pepper** is an option to improve detoxification and circulatory efficiency.
- In large amounts will promote night sweats between 2 and 4 in the morning as a natural, safe detoxification process.
- **With daily use of Hyssop-Pine Tea** some of the toxins may get pushed to the skin producing tiny red, itchy spots on the abdomen and back. Simply rub some moist **Sacred Clay** over the spot to draw the toxin out of the body and eliminate the itch (only takes a few seconds after application), then reduce the amount or frequency of use to allow the body to keep up with the cleansing effect of this valuable formula.
- To understand the importance of Pine Needle Tea go to: [9 Ways to Make Pine Needle Tea](#)

Immune Power: (8 or more capsules per day) **Up to 48 capsules per day.**

Take 8-12 capsules per day as a protective measure. Can be taken all at once or divided throughout the day, or just before bed.

(Note: Due to numerous strongly bitter or aromatic herbs in the formula, **Immune Power** is not easily consumed in powder form.

Most people prefer capsules.)

- There is no overdose amount with **Immune Power** (even with 100 capsules a day), and we have not seen a die-off reaction from its use, just more energy, a clearer head, and a brighter spirit by morning.
- Provides a broad spectrum immune system support by increasing the body's defense mechanism activity many fold (as has been observed in live blood analysis).

Intensive Immune Power Knockdown Program – For 2-6 days once or twice a month (or until the current condition is resolved) increase the amounts to 24-48 capsules or more per day to knock back the pathogen buildup and provide increased energy, mental clarity, improved mornings.

Can be safely taken in amounts of 48-100 capsules or more in a day for the fastest results, thus significantly reducing the length of an illness.

- Provides an increased immune response without detox side effects, even with large amounts.
- Supports the body to deal with pathogens of all kinds (bacteria, viruses, yeast, fungus, mold, mycoplasma, parasites, prions, etc.)
- Taken along side **Cayenne Pepper**, beneficial results are magnified and accelerated.
- For insights on how to strengthen your immune system go to: [20 Ways to Build a Powerful Immune System](#)

[Black Seed Combo](#) – take 2-4 capsules (1/2-1 tsp) with each of the above 1st Strike Green Beverages (every 2-4 hours). Do not take

more than 12 capsules (1 Tbsp) in a day, as this is a potent formula.

An excess tends to cause some lethargy due to detoxification overload. In proper amounts the spirit is lifted and the body is more gently cleared of pathogenic and toxic influences.

Take clay baths and body slurries to counter any detox effects (discussed below).

- **Black Seed Combo** acts as an immune stimulant to compliment the more general immune support functions of **Immune Power**.
- (**Black Seed Combo** is not recommended for autoimmune conditions due to the herbs in it that are recognized as immune stimulants.)

Parasite-Venom Detox: (8-12 capsules per day) **Up to 24 capsules per day.**

For Worms, Spider Bites, Bee Stings, Snake Bites

Take 4-6 capsules 2 times per day, 5 days per week, for 3 weeks then rest a week and repeat.

Topically: Moisten any amount and apply topically to a bite or sting.

The formula can also be used in conjunction with a general detox protocol or cleansing fast to upgrade the overall health of the body and eliminate toxic debris that may have accumulated over years or even decades.

- The formula is taken internally as a preventative measure or after the fact, and can be applied externally in the form of a poultice following a bite or sting.
- Assists in clearing pathogenic agents and venom from the brain, bowels, bloodstream, and tissues.

- Enhances the body's own natural defense systems against venomous bites and stings.
- Serves as one of the most important supportive therapies for Long COVID.
- Taken with **Cayenne Pepper** and **Digestive Bitters** the effectiveness is further increased.
- For insights on how to use this and other formulas as an initial first aid measure when noticing an immune compromise condition is developing go to: [1st Strike Long COVID Recovery Protocol](#)

Deep Level Cleanse: (8-12 capsules per day) **Up to 24 capsules per day.**

Take 4-6 capsules morning or night to support the deep organ and tissue detoxification.

- Promotes the detoxification of chemicals, toxins, and inflammation held within the deep regions of organs and glands, thus freeing them to perform their normal protective functions more efficiently.
- It is important to be taking clay baths and clay body slurries on a regular basis during any detoxification program.
- To understand how to detox the body in a comprehensive way go to: [How to Empower Any Detox Protocol and Protect the Body from Detox Side Effects](#)

Purify: (4 capsules per day) **Begin slowly and work up to 4 capsules 2 times per day over several weeks.**

Take 2 caps morning and night to support the cleansing/detoxification of the liver.

- More potent than **Black Seed Combo** or **Immune Power** as a liver cleanser.
- Will cause a skin rash when taking larger amounts unless **Clay Body Slurries** (below) are performed everyday.
- Designed for long term, gradual detoxification of the liver.
- Learn how to protect your liver from excessive detoxification: [How to Empower Any Detox Protocol and Protect the Body from Detox Side Effects](#)

FOR DIGESTION, ENZYMES, PROBIOTICS, and REGULARITY:

Digestive Bitters: (amounts will vary)

Take 1-3 capsules prior to, or with, each meal, and again in the evening. If a meal does not feel like it is digesting well, another 1-2 capsules can be taken after the meal. Take less with light meals (salads, fruit), and more with hard to digest meals (meat, nuts, cheese, eggs).

Note: At some point, taking too many bitter herbs will mimic the symptoms that are relieved at the lesser doses (similar to homeopathic proving).

The first sign of an overdose of **Digestive Bitters** might be discomfort felt in the liver area (gall bladder). If this is noticed, then simply stop taking the bitters and replace the daily amount with [Herbal C](#). This tends to restore balance within a few hours or overnight.

Benefits of Digestive Bitters:

- The bitter herbs in **Digestive Bitters** stimulate bile from the liver, which in turn help improve smooth bowel movements approximately 24 hours after taking the formula, unless taken just before bed, in which the effects are noticed mid-morning the next day.
- Bile is used by the liver to encapsulate chemicals, heavy metals, viruses, parasites, bacteria, mold, yeast, and fungus, thereby isolating them until they pass from the body safely.
- In this manner the bitter herbs in Digestive Bitters ease the strain on the liver in its function of purifying the blood of toxic waste and pathogens.
- Bile is needed to facilitate the digestion of oils and fats prior to entering the bloodstream, which also helps to clear the arteries of plaque buildup, and facilitate the reduction of cellulite throughout the body.
- The digestive spices in Digestive Bitters are known to activate the production of digestive enzymes from the pancreas, liver, stomach, and intestines, thus eliminating the need for enzyme supplements.
- Everyone who needs to lose cellulite begins to slim down when taking Digestive Bitters regularly.
- Helps to clear the digestive tract of undigested food and mucoid plaque.
- To recognize the importance of bitter herbs in generating a highly effective digestive system go to: [Q&A: What Everyone Ought to Know About Digestive Enzymes, HCL, and Bile Supplements](#)

Herbal C (mentioned above)

BloodSugar Balance (mentioned above) Combine with **Digestive Bitters** to help resolve the sugar/fat food combining conflict.

Friendly Flora: (4-12 **capsules** per day) **Up to 24 caps per day.**

Take 4 or more capsules per day at once or in divided amounts. Some can be taken before bed to improve sleep.

Restores probiotic functions, supports detoxification, intestinal repair, and adds mineral nutrients to the body. Has pathogen reduction properties.

- Contains Humic/Fulvic Earth, probiotics, prebiotics to feed the friendly bacteria in the gut.
- Provides humates with numerous minerals (including zinc), vitamins, and cellular electrolytes for raising cellular voltage.
- Boosts the immune functions of the body.
- Assists in the detoxification of heavy metals, chemicals, and radiation.
- Supports nutrient assimilation into the cells of the body
- To grasp the importance of humate, probiotics, and prebiotics in building a strong immune system, digestive system, and for detoxification go to: [The Secret to a Successful Probiotic Replenishment Program](#)

FOR TONIFYING AND STRENGTHENING THE SPLEEN-PANCREAS MERIDIAN FUNCTIONS

Spleen Builder: (8 or more capsules per day) **Up to 24 capsules per day.**

For long term splenic restoration. Take 4 capsules 2 times per day and/or just before bed to improve sleep and increase nighttime rejuvenation.

(More can be consumed each time, including just before bed, if energy levels are severely lagging.)

- Improves morning alertness upon waking.
- Supports oil and fat metabolism.
- As the body's largest lymph gland, supports natural antibody production to counter pathogens.
- Facilitates lymphatic detoxification of cellular waste.
- Promotes mucus reduction, clogged sinus relief, etc.
- Improves circulation to the extremities, warming the hands and feet.
- Increases a feeling of groundedness, thus reducing spaciness and lightheadedness.
- Generates electrical energy for the adrenal glands, promoting hormone production.
- Improves energy levels, thus combating chronic fatigue.
- Supports the manufacture of bile by the liver and the digestion of fats and oils, reducing mucus throughout the body.
- Stores and regulates iron usage in the body.
- Supports protein synthesis through the recycling of damaged red blood cells.
- The critical importance of the spleen in maintaining high levels of health can be found here: [The Little Known Impact of Your Spleen on Daily Life](#)

BloodSugar Balance: (mentioned above)

FOR REDUCING DETOX REACTIONS AND REMOVING TOXINS THROUGH THE SKIN:

Apply a Sacred Clay Body Slurry daily, and take a clay bath as often as possible (even daily)

Bath and/or Body Slurry Detoxification with Sacred Clay & Black Beauty (Sacred Clay & Black Beauty together = **Bath Kit**)

Bath:

Sacred Clay - Add 1/4 cup to bathwater and soak for 20-40 minutes or more daily or at least twice per week.

Add 2 tablespoons of **Black Beauty** to increase electrolytes, and thus improve detoxification efficiency.

Body Slurry prior to a bath or shower:

Prior to entering the bathtub or shower, make a paste (with 2 parts Sacred Clay to 1 part water) in a plastic bowl with a lid.

- Keep in the shower or tub and take a small handful to rub over all the skin surfaces after wetting the body down. Stay outside the stream or bath for 1 or more minutes to let the clay absorb toxins from the skin and fat layers below the skin. Then shower or bathe. Can be performed daily.
- A bath daily, or at least twice per week, coupled with a 1-5 minute Body Slurry each day (with a shower or bath) is an effective lymph/skin detoxification program.
- With sluggishness from over-detoxing, irritability, skin rashes, anxiety, or panic attacks – take another clay bath.
- Serves as an quick lymph/skin detoxification program which

draws out toxins under the skin that would otherwise lead to acne, rashes, psoriasis, eczema, rosacea, dermatitis, etc.

Body Wrap:

Make a paste similar to the Body Slurry above. Black Beauty is not required but may be added at a much reduced ratio compared to the amount for a bath (1 teaspoon of Black Beauty per 1/3 cup of Sacred Clay is the maximum ratio. More than that may result in the salts burning the skin).

- Can be mixed with Coconut Oil rather than water to keep the skin moist and reduce wrinkles.
- Can be mixed with a strong tea of White Oak Bark to provide extra astringent properties for the skin.
- **White Oak Bark Tea** is made by adding two tablespoons of the WOB pieces or powder to 2 cups of water and simmer until the water is 1/2 the original volume. Then add to the Sacred Clay in place of water (2 parts clay to 1 part WOB tea).
- Spread the clay mixture over the whole body. Lie down on top of an old sheet and wrap the remainder of the sheet around you. Cover with natural fiber blankets to remain comfortable. Remain with the clay for 45 minutes or more as desired.
- The clay will be dry and may crack off on the way to the tub, unless mixed with an oil. Wrapping the body in plastic wrap or gauze over the clay is an option, if preferred.
- Rinse the clay off in the bathwater and soak for another 15

minutes or more as desired to remove remaining toxins that are close to the skin but did not get out of the body after 45 minutes of the wrap.

- Serves as an intensive lymph/skin detoxification program.
- When **Coconut Oil** is used in the Sacred Clay mix it is best to wipe the clay off into a bowl before bathing, or prevent the oils from going down the drain by placing a washcloth over the drain and let it slowly drain out overnight. It is best not to put a lot of oil down the drain unless it is emulsified first with dish soap or other soap.
- The clay and oil can also be preserved and used again if desired. There is plenty of absorptive power in the Sacred Clay for more than one or two uses.

For more ways to use Sacred Clay go to: [Sacred Clay Instructions For Use](#)

Dietary Considerations:

Avoid nuts, sugar, natural concentrated sweeteners (like maple syrup, turbinado sugar, etc), caffeinated beverages, cannabis, CBD, alcohol, and other foods or substances that place a strain on the pancreas, spleen, and adrenal glands.

See: [OK, So What Foods CAN I Eat?](#) for insights into food combining rules and diet.

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