

# Vitality Herbs & Clay

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## Year Round Cleanse & Revitalize Program Guide

Updated June 28, 2017

### Please Note:

When the body is cleansed & nourished properly, its normal functions return and health is naturally improved. This is the sole purpose of the Cleanse & Revitalize Program. The information presented here is not presented with the intention of diagnosing any disease or condition or prescribing any treatment. It is offered as information only, for use in the maintenance and promotion of good health in cooperation with local healthcare practitioners knowledgeable of herbs & clay.

### Basic Food Combining Rules

Information on food combining and a list of over 100 beneficial foods (with certain considerations) can be found at:

<http://www.vitalityherbsandclay.com/vital-health-newsletter-archives/ok-so-what-foods-can-i-eat.html>

## The Basic Core Program

### Daily Mineral Program to mineralize, flush & hydrate

#### AM Mineral Drink upon rising:

Designed to flush toxins built up during the night and hydrate the body. Consume all or most at once.

In 32 oz. of filtered hot, warm or cold water add:

<b>Mineral Manna</b>	1 tablespoon (combines Sacred Clay, Ancient Plant Minerals, Humic Earth, Ormalite & Himalayan Salt)
<b>Optional – a squeeze of Lemon or Lime</b>	as desired for taste and electrolytes

Consume as much of this quart as feels comfortable first thing in the morning 20-30 minutes or more before breakfast & other morning beverages.

#### OR – for those with salt sensitivities or sensitivities to magnesium's laxative effects:

<b>Sacred Clay</b>	1/2 tablespoon for mineral nutrition and detoxification, improves assimilation of other minerals
<b>Ancient Mineral Blend</b>	1/2 tablespoon or less based on its laxative effects 6-8 hours later Derived from a naturally occurring deposit of calcium & magnesium with trace minerals
<b>Optional – Ormalite Clay</b>	1/30th teaspoon (soothing, improves focus, reduces stress, improves meridian flow, opens the heart)
<b>Optional – Vitallite Clay</b>	1/4 teaspoon or more (for vitality and mental focus, increases physical & mental stamina) (not for just before bed)

Note: Pharmaceuticals may be absorbed by clays or modified by herbs if taken within 1 hour before or after the med.

Consume as much of this quart as feels comfortable first thing in the morning 20-30 minutes or more before breakfast & other morning beverages. If Vitallite has not been added (it keeps some people awake), save a couple ounces for just before bed. In the event of getting up in the night consume another ounce or so.

#### To accelerate a detox and mineralize program add a second optional serving:

##### Optional – Mid-Day & Before Bed Mineral Drink:

Make a second quart to be consumed throughout the day (at least 20 minutes prior to a meal), leaving some for just before bed.

Consume some of this quart of mineral water during the day (at least 20 minutes before each meal), saving some for just before bed. Consume 1-4 oz. before bed and 1-2 oz. if you get up in the middle of the night.

(Helps to get back to sleep easily.) Leave out the **Vitallite** for any portions consumed within 3 hours before bed.

In cases of difficulty sleeping see the **Deep Sleep System** among the **System Builder Options** below.

## Daily Superfood Program for complete nutrition

### Mid-Morning & Mid-Afternoon 20+ minutes before or during breakfast, lunch or supper:

In 4-8 oz. of filtered hot, warm or cold water, veggie juice, or tea add:

- Earth & Sea Greens** 1 tablespoon (*complete nutrition, replaces vitamin formulas, curbs appetite, supports hormone balance*)  
**Optional – Lemon or Lime/sea salt/spices** as desired for taste and electrolytes  
**Optional – blended fruits or veggies** as desired for taste and bulk, being careful not to mix fruits or sucrose-glucose-fructose type sweeteners with oils/nuts  
Licorice Root, Stevia Green Leaf, Yacon Root Powder, Fire, Curry Blend, or Smoothy Spice Blend may be added as desired for taste.

#### Optional – add any of the following:

- Fiber Blend** 1 tablespoon or as desired to increase fiber, support spleen function, & further increase green nutrition  
Contains Rice Bran, Chia Seed, Moringa, along with herbs for spleen support & digestive health
- Sea Vegetable Blend** 1 teaspoon or as desired for increased nutrients, detoxification & immune system support  
Contains only seaweeds and algae
- Herbal C** 1 teaspoon to 1 tablespoon. Contains several fruits containing the highest known levels of vitamin C.  
Supports digestion, detoxification and immune system effectiveness
- Alfalfa Nettle Combo** 1 teaspoon to 1 tablespoon. Contains Alfalfa, Nettle Seed & Nettle Leaf,  
Supports hormone balance, adrenal restoration, iron plus numerous minerals, energy, and muscle mass development
- Kidney & Adrenal Builder** 1 to 1.5 teaspoon as desired for strengthening and rebuilding the kidneys & adrenals  
Boosts energy, hormone production, immune response & better sleep at night
- Other mineral and herbal formulas** The clays and any herbal formula can also be added providing they do not detract from the taste or enjoyment

#### Or for a preblended combination:

- Vital Cleanse & Nourish** 2 tablespoons (*complete nutrition, replaces vitamin formulas, curbs appetite, supports hormone balance*)  
(**Vital Cleanse & Nourish** includes the following components blended together:  
**Earth & Sea Greens, Fiber Blend, Alfalfa-Nettle Combo, Herbal C & Deep Earthen Cleanse**)  
Designed for complete nutrition and hormonal balance overall
- Optional – Lemon or Lime/sea salt/spices** as desired for taste and electrolytes  
**Optional – blended fruits or veggies** as desired for taste and bulk, being careful not to mix fruits or sucrose-glucose-fructose type sweeteners with oils/nuts  
Licorice Root, Stevia Green Leaf, Yacon Root Powder, Fire, Curry Blend, or Smoothy Spice Blend may be added as desired for taste.

#### Optional – add any of the following:

- Sea Vegetable Blend** 1 teaspoon, or as desired for increased nutrients, detoxification & immune system support  
Contains only seaweeds and algae
- Kidney & Adrenal Builder** 1 to 1.5 teaspoon as desired for strengthening and rebuilding the kidneys & adrenals  
Boosts energy, hormone production, immune response & better sleep at night
- Other mineral and herbal formulas** The clays and any herbal formula can also be added providing they do not detract from the taste or enjoyment

## **Baths**

### **Clay Baths – for Detoxification, Hydration, Electrolyte Infusion & Improved Sleep**

#### **Sacred Clay & Black Beauty for Body Baths**

15-45 minutes per body bath is common.

Bathing for as long as is practical is OK also.

Add 1/4 cup **Sacred Clay** & 1/8 **Black Beauty** to each bath 2-4 times per week (or daily for best results).

If detox symptoms arise, best to take another clay bath until you feel lighter and energetically lifted.

After the 3rd clay bath, allow clay to build up in the tub as desired until you feel it is time to change the water.

May allow sediment to build up in the tub, adding more **Sacred Clay & Black Beauty** with each bath to gradually increase detox power.

When draining water, first let the clay settle overnight, place a washcloth over drain, drain out as much as necessary to warm the water to the right temperature upon refill using pure hot water. Add an amount of **Sacred Clay and Black Beauty** as desired.

Safe for drains, city sewage and septic tanks. Encourages the friendly microbes in septic systems to multiply and thereby improve waste decomposition. Neutralizes chemicals in septic tanks, thereby improving beneficial enzyme and microbial activity.

### **Clay Foot Baths – for Detoxification & Skin Repair**

#### **Sacred Clay & Black Beauty for Foot Baths**

15-45 minutes per foot bath is common.

Add 1/8 cup **Sacred Clay** & 1 tablespoon of **Black Beauty** small tub of hot or luke warm water.

Soak for as long as desired, preferably every day.

Residual Clay can be reused several times. Just add a small amount more each time and replenish with hot water.

### **Shower Slurry – for Detoxification, Skin Repair & Reduction of Body Odor**

#### **Sacred Clay for Shower Slurries**

Add 1 cup of **Sacred Clay** and 1/3 cup water to a plastic tub with a sealable lid. Mix into a thick paste.

1 tablespoon of **Black Beauty** per cup of **Sacred Clay** may be added if desired.

Wet the body down, then scoop a small handful of the clay paste.

Rub over the body and stand outside the stream for 2-3 minutes or for as long as is practical. Rinse off.

Further soaping is not required unless desired, as the Clay has its own cleansing properties.

### **Body Pack or Facial – for Detoxification & Skin Repair**

#### **Sacred Clay Body Pack (poultice) or Facial**

Add 1 cup of **Sacred Clay** and 1/2 cup warm to hot water. Mix into a flowable paste. If it gets soupy add more clay.

1 tablespoon of **Black Beauty** per cup of **Sacred Clay** may be added if desired if the pack is to be short term.

The salts in **Black Beauty** can burn the skin if left on for extended periods, or if the ratio is more than 1 teaspoon per 1/3 cup of clay, so, to be safe, **Black Beauty** is not recommended for overnight body packs.

Apply clay 1/8 -1/4 inch thick to liver & spleen, face, or any other area of the body as desired.

Except for the facial application, wrap in a cotton gauze, cheese cloth, or towel, and/or just plastic wrap to retain moisture and to protect the sitting or laying spot. Leave on as long as desired, even overnight, then shower off, or take a short clay bath.

## System Builder Options

The above superfood system may be taken with any of the herbal formulas listed below. Select the formulas that you feel best complement your personal health goals.

All formulas may be taken together at once if desired for improved synergy.

### Conversion of Capsules to Powders:

4 caps = 1 teaspoon (5ml); 6 caps = 1.5 teaspoon (1/2 tablespoon) (7.5ml); 12 caps = 1 tablespoon (15ml).

### Digestive System

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>Digestive Bitters</b>	<b>2-4 caps</b>	<b>2-4 caps</b>	<b>2-4 caps</b>	<b>2-4 caps</b>
<p>Has a laxative effect approximately 24 hours after consumption (8-10 hours when taken at night). Stimulates bile which purifies the blood &amp; liver and improves digestion of oils/fats. Stimulates pancreatic digestive enzymes. Adjust your quantities based on its 24 hour laxative effects. Hard to digest foods (eggs, meats, nuts, cheese, etc.) may require the higher amounts. The digestive spices in the formula reduce flatulence (gas) (most often caused by a food combining mistake in the diet). 1/2-1 teaspoon of Fennel or Anise Seed can also be taken in extreme cases of gas.</p>				
<b>Friendly Flora</b>	<b>2-6 caps</b>			<b>2-6 caps</b>
<p>Reestablishes the friendly bacteria in the large &amp; small intestines, thereby improving digestive &amp; immune powers of the body. Empowers detoxification. Friendly bacteria in the intestines are known to manufacture B12 requirements for the body. Can be taken alone or with food, other herbal formulas, and clay water drinks. Does not need refrigeration since it is a soil based organism blend with herbal prebiotics.</p>				
<b>Optional Liver Flush with Bitters Protocol</b>				
<p>Designed to increase the cleansing of the liver,  <a href="http://www.vitalityherbsandclay.com/vital-health-newsletter-archives/a-liver-flush-with-bitters-program-new-simple-and-effective.html">http://www.vitalityherbsandclay.com/vital-health-newsletter-archives/a-liver-flush-with-bitters-program-new-simple-and-effective.html</a></p>				

### Immune System

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>Immune Power Maintenance Level Use</b>				<b>4-8 caps</b>
<p>4-8 caps may be taken any time of day or night. Increase to the <b>Rapid Immune System Building Protocol</b> with the first sign of immune stress.</p>				
<b>3-7 Day Rapid Immune System Building Protocol</b>	<b>4-12 caps</b>	<b>4-12 caps</b>	<b>4-12 caps</b>	<b>4-12 caps</b>
<p>By adding 12-24-48 capsules per day of the Immune Power formula to the above program for a short term of 3-7 days, or longer as needed, the body will gain steadily in its own ability to counter parasites, bacteria, molds, yeasts &amp; viruses. Energy during the early mornings and throughout the day builds gradually with each successive day's use. Digestion improves and normal appetite returns.</p>				
<b>Herbal C</b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>4-6 caps (optional)</b>
<p>Provides the more natural approach to taking your Vitamin C, utilizing high C containing fruits also known for boosting digestive &amp; detoxification powers of the body, as well as your body's inherent immune system response powers.</p>				
<b>10 Day Berberine Combo</b>	<b>2-6 caps</b>	<b>2-6 caps</b>	<b>2-6 caps (optional)</b>	<b>2-6 caps (optional)</b>
<p>Provides strong support for the body's immune response powers. Take for 10 days or less then rest for a week.</p>				

## Energy & Hormonal Systems

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b><i>Kidney &amp; Adrenal Builder</i></b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>1-2 caps (optional)</b>
Provides nourishing influences to the kidney & adrenals whose job it is to regulate cortisol and blood pressure, raise blood sugar levels, and produce 50+ hormones. Provides 5 hours of energy and focus, peaking in 5 hours. Best taken at least 5-6 hours prior to desired sleep, although 1-2 caps before bed is sometimes helpful to improve sleep. Building hormonal strength and stamina during the day, helps the body regulate sleep hormones at night effectively.				
<b><i>Blood Sugar Balance</i></b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>2-4 caps (optional)</b>
Provides nutrient support to the pancreas which is responsible for the reduction of sugar cravings, regulation of blood sugar levels, alkalization of the intestinal tract and the production of digestive enzymes. Taken before bed also helps to improve sleep by supporting balanced sugar levels.				
<b><i>Rejuvenation for Men or Women</i></b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	
Provides nourishing influences to the entire endocrine (hormone producing) system, who's function it is to regulate all physiological activities, including sexual performance. Building hormonal strength and stamina during the day, helps the body regulate sleep hormones at night effectively.				
<b><i>Adaptogen &amp; Mushroom Blend</i></b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	
Also provides nourishing influences to the entire endocrine (hormone producing) system. Both adaptogenic herbs and mushrooms are well known to provide modulating (balancing) influences on the immune system regardless of its current orientation (suppressed or aggressive).				
<b><i>Energy &amp; Brain Power</i></b>	<b>4-6 caps</b>	<b>4-6 caps</b>		
Provides nutrients for the body to reconstruct neural pathways, increase memory, mental focus & clarity, and generate smooth sustained energy, peaking at the 5 hour point. Does not contain stimulants, caffeine, or ephedra. Works by providing minerals & nutrients to the hormonal & nervous systems of the body supporting improved performance.				
<b><i>Thyroid Balance</i></b>	<b>4-12 caps</b>	<b>4-12 caps</b>	<b>4-12 caps (optional)</b>	<b>2-4 caps (optional)</b>
Provides nourishing influences to the adrenals, hypothalamus & pituitary glands, all of which play essential roles in the regulation of the thyroid hormone output. Dominated with sea vegetables, this formula is also an effective alkalizer and mineral/vitamin/phytonutrient source.				
<b><i>Alfalfa-Nettle Combo</i></b>	<b>1/2 Tablespoon</b>		<b>1/2 Tablespoon</b>	<b>1/2 Tablespoon (optional)</b>
<b><i>Already included in the Vital Cleanse &amp; Nutrify. Commonly added to Earth &amp; Sea Greens to boost its levels of Alfalfa &amp; Nettle Seed.</i></b>				
Provides additional strengthening influences to the adrenal glands (responsible for allergy response), kidneys (responsible for blood purification), and overall hormone balance. Provides additional nutrient support to the pituitary gland (responsible for Human Growth Hormone production and the building of muscle mass).				

## Mental Acuity, Memory & Eyes

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b><i>Memory, Mental Clarity &amp; Eyesight</i></b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>2-4 caps (optional)</b>
Provides nutrients for the body to reconstruct neural pathways, increase memory, mental focus & clarity and strengthen eyesight. Take with the Rapid Immune System Building Protocol above for faster improvements in mental focus & memory.				
<b><i>Energy &amp; Brain Power</i></b> also provides nutrient support for mental sharpness & memory.				

## Spleen/Lymphatic & Respiratory Systems

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>Spleen Builder</b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>4-6 caps (optional)</b>
Provides nourishing influences to the spleen. The spleen's function is to maintain a feeling of groundedness (reduce spaciness), digest congesting foods (reduce the need to clear the throat, dry up swollen or drippy sinuses, clear respiratory passageways), increase drive, fortitude and mental focus, build energy reserves, assimilate nutrients better, improve liver bile production (which digests oils and fats), provide amino acids (for the construction of proteins), is the center of the lymphatic system (thus reduces body swellings), and produces over 100 trillion different types of antibodies (which defend the body against pathogens). Four common foods tend to blow out or disrupt normal spleen function: sweets (even an excess of fruits), an excess of starches/grains, caffeinated beverages, and alcohol.				
	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>White Oak Bark</b>	<b>4-8 caps</b>	<b>4-8 caps</b>	<b>4-8 caps (optional)</b>	<b>4-8 caps (optional)</b>
There are times when large quantities of White Oak Bark prove to be needed to further enhance the functioning of the spleen and speed improvements.				
<b>Herbal Oxygen</b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>4-6 caps (optional)</b>
Complements the Spleen Builder formula by providing additional quantities of herbs that support sinus and respiratory organs and their functions.				
<b>Lung Support</b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>4-6 caps (optional)</b>
Provides specific nourishing influences for respiratory functions and immune system response powers.				

## Structural System

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>Back, Muscle &amp; Joints</b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>4-6 caps (optional)</b>
<i>Provides the nutrient building blocks for the body to straighten the spine and reconstruct bone, cartilage, tendons and muscle.</i>				
<b>Elk Velvet Antler</b>	<b>2-4 caps</b>			<b>2-4 caps</b>
Extremely high quality, consciously raised Elk Antler from the first 60 days of spring regrowth (velvet phase). Is a natural source of IGF-1, glucosamine, chondroitin & collagen. Provides nutrition for your pituitary gland (the source of Human Growth Hormone (HGH)). Does not harm the elk as antlers are regrown every year.				

## Circulatory & Nervous Systems

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>Heart, Circulation &amp; Nerves</b>	<b>4-6 caps</b>	<b>4-6 caps</b>	<b>4-6 caps (optional)</b>	<b>2-4 caps (optional)</b>
Provides nutrients for the building of heart, veins, arteries, capillaries, and neurons throughout the body. A properly active nervous system enhances circulation which in turn, enhances nutrient delivery to the cells, oxygenation, and muscular activity.				
<b>Memory, Mental Clarity &amp; Eyesight</b> as well as <b>Energy &amp; Brain Power</b> also provide natural support for the Nervous System.				

## Liver & Blood Building

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
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### Liver & Blood Support

4-6 caps	4-6 caps	4-6 caps (optional)	2-4 caps (optional)
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Provides specific herbal nutrients for liver function, detoxification, and the purification of the blood.

**Earth & Sea Greens, Alfalfa –Nettle Combo, Heart, Circulation & Nerves, Thyroid Balance, Herbal C,** and **Spleen Builder** all support the building of blood & detoxification.

## Deep Sleep System

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
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**In addition to the AM Flushing Drink and the Before Bed Mineral Drink mentioned above:**

### Day Calm & Deep Sleep

4-6 caps

*(Helps quiet the mind prior to sleep. Is not habit-forming. Helps to smooth the jitters from caffeinated beverages.)*

### Optional Daytime Use:

1-2 caps is optional during the day for calm & focus.

*(Helps to calm the nerves and center the mind, or to prepare the body to slow down few hours prior to sleep.)*

Note: For those with extreme adrenal fatigue, **Ormalite & Vitallite** will keep you awake if taken before bed. Once adrenal repair is complete **Ormalite** will help you get to sleep, and help you get back to sleep if wakened in the night. **Vitallite** should only be taken during the day at least 5 hours before desired sleep.

### Kidney & Adrenal Builder (during the day)

4-6 caps	4-6 caps	4-6 caps (optional)
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*By enhancing Kidney & Adrenal function the body's cortisol levels return to its natural on/off cycle, thus supporting rapid & deep sleep.*

*Provides 5 hours of energy and focus, peaking in 5 hours. Best taken at least 5-6 hours prior to desired sleep.*

For more detailed information on the specifics of a sensible **Sleep Well Program** go to:

### Trouble Sleeping? 11 Most Common Causes of Sleep Disorders and 6 Secrets to Sleeping Well

*How to insure that you sleep deep, sleep long and sleep through the night! How to insure that you sleep deep, sleep long and sleep through the night!*

<https://www.vitalityherbsandclay.com/vital-health-newsletter-archives/trouble-sleeping.html>

### Important Dietary Considerations Affecting Sleep

Black Tea, Green Tea & Coffee (even when consumed in the AM for some) are often a major contributing factor to an over-active mind and restless sleep.

Yerba Mate' consumed in the AM and afternoons tends not to cause this problem.

Sugar and other concentrated natural/chemical sweeteners are also a major contributing factor to restless sleep and nocturnal behavior (awake at night – sleepy during the day).

Today's whole grain and white breads also cause high sugar levels which in turn reduce the quality of one's sleep.

Alcohol and recreational herbs exhaust the kidney jing, and thereby promote adrenal fatigue & nocturnal behavior (awake at night – sleepy during the day).

They may assist in getting to sleep, but deep REM sleep is lessened, thereby increasing an inability to get back to sleep after getting up in the middle of the night.

**Sweeteners & Spices** (Use Yacon, Raw Honey, Dates & Grade B Maple Syrup in place of granulated sugars, but only without oils/fats and only in moderation).

Licorice & Stevia are safe sweeteners with all food combinations. Other sweeteners here are glucose/sucrose/fructose type sweeteners, thus food combining rules apply.

**Yacon** - Add 1/4 teaspoon or more as desired to beverages, green drinks, or food dishes for a sweet flavor. **Yacon** is a rich source of FOS, a natural food for friendly flora.

**Green Stevia Leaf Powder** - Add 1/16th teaspoon to beverages or food dishes for a sweet flavor and natural pancreatic support, or combine with **Licorice Root** to obtain desired taste.

**Licorice Root Powder** - Add 1/8th teaspoon to beverages or food dishes for sweet flavor and to tonify endocrine, immune, and digestive systems.

May be combined with **Stevia** to obtain desired taste. Caution: Large amounts (1/2 tsp. or more per day) should not be consumed for more than 6 weeks consecutively to avoid potential high blood pressure symptoms, commonly caused by the loss of potassium.

**Smoothie Spice Blend** - Add 1/4 teaspoon or more (according to desired taste and size of a batch) to smoothies, fiber drinks, hot and cold cereals, and other foods. Adds flavor and increased digestive support. Naturally sweet and is a safe alternative to granular & liquid sweeteners. Contains cinnamon, licorice root, stevia and several digestive spices.

**Fire!** - Add to **Earth & Sea Greens**, soups, food dishes, or just water for tingly, circulatory stimulus. Begin small (1/8th teaspoon) and increase according to your level of tolerance to spicy seasonings (up to 1 tablespoon). Helps to improve digestion of the food it is spiced with. Stimulates increased circulation & perspiration.

**Fire!** is also recommended prior to a clay bath or sauna to increase capillary circulation and thereby accelerate detoxification.

**Himalayan Salt** - A quality, mineral rich salt in natural form. Use as you would any other salt. Increases mineral nutrition.

**Pink Sulfur Salt (Black Salt)** – Also from the Himalayas. Low in sodium, high in sulfur. Excellent replacement for MSM. Helps to balance blood pressure.