

Gentle Detox & Cleanse Guide

A companion guide to your Detox & Cleanse Bundle

How Your Body Detoxes Naturally

Your body has its own built-in detox system, working around the clock through the liver, kidneys, skin, lungs and lymphatic system. A gentle cleanse isn't about forcing anything out — it's about giving these systems the support they need to do their job well. This guide pairs with your Detox & Cleanse Bundle to help you support that process naturally over the next few weeks.

Daily Habits That Support Detox

- Drink water first thing in the morning — supports kidney function and gentle elimination.
- Move your body daily — circulation and sweat both support natural detox pathways.
- Reduce alcohol and processed food for the duration of your cleanse — this gives your liver a break.
- Get enough sleep — much of your body's repair and detox work happens overnight.
- Dry brush or a warm Epsom salt bath — supports circulation and the lymphatic system.

Foods That Support Cleansing

- Leafy greens & bitter greens (rocket, dandelion greens) — traditionally used to support liver function.
- Beetroot & carrots — rich in antioxidants that support liver detox pathways.
- Lemon water — supports digestion and gentle daily detox.
- Garlic & onions — contain sulphur compounds that support the liver's detox process.
- Plenty of water and herbal tea — supports the kidneys in flushing out toxins.

How Your Bundle Supports You

Blood Cleanser combines Tulsi, Burdock, Dandelion, Red Clover, Nettle, Green Tea Extract, Turmeric, Cayenne and Bilberry — herbs traditionally used to support the body's natural elimination pathways, antioxidant defence, and daily internal cleansing.

ETP (Environmental Toxin Protection) combines NAC, Chlorella, Cilantro, Spirulina, Tulsi and Milk Thistle — traditionally used to support the body's resilience against everyday environmental toxin exposure.

Livertone combines Dandelion, Burdock, Barberry, Milk Thistle, Yarrow, Gotu Kola, Yellow Dock, Bearberry and Gentian — traditionally used to cleanse and purify the liver and support healthy bloodstream function, rounding out the bundle's full detox support.

A Simple 5-Day Gentle Cleanse Meal Plan

Light, plant-forward meals that support — not shock — your system. Swap freely for what's in season.

Day	Breakfast	Lunch	Dinner
1	Warm lemon water, then oats & berries	Big leafy green salad, chickpeas	Steamed veg & brown rice
2	Green smoothie (spinach, apple, ginger)	Roasted beetroot & rocket salad	Vegetable soup & lentils
3	Stewed fruit & seeds	Quinoa, cucumber & herb salad	Grilled fish & steamed greens
4	Warm lemon water, then oats	Leftover soup	Stir-fried veg, garlic & ginger
5	Green smoothie	Big mixed salad, avocado	Roasted vegetables & brown rice

Tip: take your Blood Cleanser, ETP and Livertone as directed alongside these meals, and drink extra water throughout each day.

Your Simple Weekly Checklist

Habit	Goal
Water	8+ glasses daily
Movement	20-30 minutes daily
Sleep	7-9 hours nightly
Bundle	Take Blood Cleanser, ETP & Livertone as directed

This guide is for general educational purposes and reflects traditional herbal use. It is not medical advice and does not diagnose, treat, cure or prevent any disease. Please consult your healthcare provider before starting any new supplement or cleanse, especially if pregnant, nursing, or taking chronic medication.