



Natural Detox Mini Guide

Detox isn't a trend – it's an opportunity to help your body release what's weighing it down. It's not about fasting or extreme diets: natural detox is a gentle, mindful approach, rooted in listening to your body and using the intelligence of nature.

1. What does 'detox' really mean?

- “Detox” refers to the process of eliminating toxins accumulated in the body.
- When the body is overloaded with toxins, we may feel bloated, tired, irritable, or experience sluggish digestion.

2. The pillars of natural detox

- Deep hydration: water, herbal teas, lemon and cucumber.
- Plant-based diet: fruits, bitter greens, fiber.
- Gentle exercise: walking, yoga, stretching.
- Restorative sleep: at least 7-8 hours of sleep.
- Natural support: herbs and supplements for liver, kidneys, and intestines.

3. Detox-friendly herbs and nutrients

- Milk thistle: supports liver health.
- Dandelion and artichoke: aid bile production and digestion.
- Chlorella and spirulina: help remove heavy metals.
- Soluble fiber: improves bowel transit.

4. How long does a detox last?

- A gentle detox can last 5–7 days and already provides benefits: more energy, glowing skin, regular digestion, improved mood.

5. Final advice

- Incorporate mini detox rituals weekly: a day of just fruits and vegetables, evening detox teas, monthly cycles of natural supplements.

6. Recommended Detox

Paths Path 1 – Intestinal & Draining Detox

Focus: toxin elimination, intestinal regularity, fluid drainage

1. **Core Cleanse A**

- ✓ To kick-start detox with a purifying action on the colon and intestines

2. **IntestiBalance+**

- ✓ Gentle and natural support for intestinal transit

3. **HydroDrain +**

- ✓ Helps drain excess fluids and supports kidney function

✓ Ideal for targeted detox focused on bloating, constipation, and water retention.

◆ Path 2 – Complete & Revitalizing Detox

Focus: liver support, antioxidants, vitality, and overall well-being

1. **Advanced Liver Complex**

- ✓ Deep liver detoxification

2. **Turmeric Spectrum+**

- ✓ Anti-inflammatory and antioxidant action

3. **Phyto Power Organic 35 Blend** (*or alternatively Phyto Caps 35 Blend*)

- ✓ Green superfood blend for energy, acid-base balance, and immune support

✓ Perfect for those looking to “restart” with more energy after a period of fatigue or poor diet.