

## ✦ CORE DETOX PROGRAM

### Step-By-Step Instruction Guide

#### Welcome!

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#### ◆ *Kidney • Parasite • Lymphatic (Days 1–12)*

#### How to Take:

- Boil 16 ounces of distilled water (preferably)
  - Once boiling, remove from heat
  - Add **1 teaspoon each** of Kidney, Lymphatic, Parasite herbs into the hot water or a tea bag if you have one
  - Cover and let steep for at least 30 minutes
  - Strain (if not using a tea bag) and drink the tea in its entirety
  - Drink **3 times a day** (morning, afternoon, evening) but at least twice a day
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#### What You May Feel during detoxing

- Gas/bloating as the body clears itself
  - Increase in bathroom trips
  - Detox symptoms (headaches, nausea, tiredness)
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#### ⚠ IMPORTANT REMINDERS

- Complete detox on an all-fruit diet or a fruit and vegetable diet to get the greatest benefits
  - Always listen to your body, you will have detox symptoms, but you should still be able to do your daily activities
  - Not recommended for pregnant/breastfeeding individuals.
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## MISCELLANEOUS INFORMATION

- It's ok to make enough tea to last you the entire day, just double or triple all of the ingredients depending on how much you are trying to make
- You may finish one jar before the other, just double the herbs that's left from the remaining jar.

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I recommend you detox every 90 days

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### **Thank You for Choosing Eternal Peace Herbs**

Your wellness matters, and we're honored to walk with you on your journey.

Take your time, give your body grace, and let each phase do its work. 🌿 ❤️