

Harmony Balance Bundle

Step-By-Step Instruction Guide

Welcome!

Hormone • Adrenals • Lymphatic (Days 1-12)

How to Take:

- Boil 16 ounces of distilled water (preferably)
- Once boiling, remove from heat
- Add **1 teaspoon each** of herbs from each jar (Hormone, Lymphatic, Adrenal) 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

What You May Feel during detoxing

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

IMPORTANT REMINDERS

- Complete 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.
- No plastic when dealing with PCOS (plastic cups, containers, eating utensils, water bottles, etc)

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.

I recommend you detox every 90 days

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.