

## \*\* ✨ CORE MAX DETOX SYSTEM

Step-By-Step Instruction Guide\*\*

### Welcome!

This detox program is designed to gently open your body's natural drainage pathways, eliminate waste, support adrenal health, and promote whole-body wellness.

To get the best results, follow each phase in order.

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#### ◆ PHASE 1 — Drainage & Preparation (Days 1–12)

- *Kidney • Adrenal • Lymphatic*

Purpose: Get your detox pathways open so your body can safely release waste.

#### How to Take:

- Boil 16 ounces of water (preferably distilled)
  - Once boiling, remove from heat
  - Add **1 teaspoon each** of Kidney, Lymphatic, Adrenal 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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#### ◆ PHASE 2 — Parasite Cleanse (Days 13–24)

*Blood • Liver • Parasite*

#### How to Take:

- Boil 16 ounces of water (preferably distilled)
- Once boiling, remove from heat
- Add **1 teaspoons each** of Parasite, Liver, and Blood 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

### **PHASE 3 — (Days 25-31)**

*Gut • Heavy Metal*

#### **How to Take:**

- Boil 16 ounces of water (preferably distilled)
- Once boiling, remove from heat
- Add **2 teaspoons each** of Gut and Heavy Metal 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

#### **Activated Charcoal:**

- Take 1 capsules 1-2 hours after each time you drink the herbal tea
- Charcoal helps bind and remove toxins released by parasites. The capsules are not necessary for the detox to be successful, if you forget to take it, it's ok

#### **Seamoss, Bladderwrack, Burdock Capsules:**

- Take 2 capsules daily

#### **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.
  - Do not take the same jar of herbs for more than 2 weeks straight
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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.
  - You may finish a phase early, move to the next phase
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## ✨ AFTER YOU COMPLETE ALL PHASES

What You Should Notice After Completing Detox

- Improved energy
- Reduced inflammation
- Better mood + focus
- More clarity and better mood
- Smoother digestion
- Overall improvement in how you feel overall

I recommend the core detox (12 day detox) every **three months**

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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. 🌿 ❤️