

## ✦ Womb Reset Bundle

Step-By-Step Instruction Guide\*\*

This bundle is designed to support **feminine wellness, internal cleansing, and hormonal balance**. This bundle focuses on helping the body clear excess buildup, support healthy circulation, and promote a balanced uterine environment.

By combining herbs that support the **womb, lymphatic system, parasite cleansing, and heavy metal detoxification**, this bundle works to address common female issues that may affect reproductive health, energy levels, and overall well-being.

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### ◆ PHASE 1 — (Days 1-12)

*Parasite • Heavy Metal • Lymphatic*

#### How to Take:

- Boil 16 ounces of water (preferably distilled water)
  - Once boiling, remove from heat
  - Add **1 teaspoon each** of parasite, heavy metal, and lymphatic 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
  - Complete the jar in its entirety
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### ◆ PHASE 2 — (Days 13-20)

*Womb Tea*

#### How to Take:

- Boil 16 ounces of water (preferably distilled water)
- Once boiling, remove from heat
- Add **3 teaspoons** of womb tea 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

### **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
- You may finish one jar before the other, just double the herbs that's left from the remaining jar.
- If you finish phase 1 early, move to phase 2
- You may finish the phases early or later than the timeframe I mentioned

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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. 🌿 ❤️