

## ✦ Blood Sugar Balance Bundle

Step-By-Step Instruction Guide\*\*

### Welcome!

This bundle focuses on cleansing and strengthening the organs responsible for metabolism, insulin response, toxin elimination, and stress regulation.

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### PHASE 1— *Kidney • Adrenal • Parasite* (Days 1–12 approximately)

#### How to Take:

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

#### Activated Charcoal:

- Take **2 capsules 1-2 hours after taking the herbs**
- Charcoal helps bind and remove toxins released by parasites.
- Only use the activated charcoal during phase 1

#### What You May Feel during detoxing

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

## PHASE 2 *Gut cleanse* (Days 13-19 approximately)

### How to Take:

- Boil 16 ounces of distilled water (preferably)
  - Once boiling, remove from heat
  - Add **3 teaspoons each** of gut cleanse 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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### 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 can reuse the herbs one time before throwing away. Refrigerate used herbs in a glass tightly sealed jar, reuse within 48 hours. The tea will not be as strong, but they will still work. I do this frequently.
  - 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
  - If you reuse the herbs, you will not finish the jars. The remaining herbs are good one year (possibly longer) if sealed in a glass jar
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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. 🌿 ❤️