

**** ✨ CORE PLUS 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.

◆ 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 distilled water (preferably)
 - 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 12–21)

Blood • Parasite

Purpose: Remove parasites and waste while the body's filters are open. Clean the bloodstream, and restore energy.

How to Take:

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

Activated Charcoal:

- Take **2 capsules 1-2 hours after taking the herbs**
- Charcoal helps bind and remove toxins released by parasites.

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 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

- More than likely, you will finish phase 2 early. The program is designed for mishaps and for you to slow down if needed.
 - 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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✦ AFTER YOU COMPLETE BOTH PHASES

What You Should Notice After Completing Detox

- Improved energy
- Reduced inflammation
- Better mood + focus
- More clarity and fewer sugar cravings
- Smoother digestion

I recommend you repeat the program (or the Core or Core Max Program) 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. 🌿 ❤️