

Cleaning the Colon

Fasting and detoxification have countless benefits to the body. The toxins can build up in your body, mainly the colon. The built up waste can eventually cause some serious health issues such as hypertension, stress, headaches, depression, weight gain and candida. A fast will help you get rid of these toxins, letting the body heal leading to a healthier colon and life.

There are a few steps that need to be followed if you want the detox and nutrients to work efficiently for your body. We recommend you follow Amina's fast food list to reap the benefits.



Herbal Affinity

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Nutritional Guide
Mother Nature's Gift to Us

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the streets of the city: also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations.

— Revelations 22:1-2



Health Management

Detoxifying Your Body and the Colon

Take 1 tsp. of baking soda with 8 oz. lemon water before you eat to clean out excess waste. Skip a day and repeat. Stay near a restroom during this time.

On the third day at 7 a.m., start your herbal regimen and follow directions, most of all be consistent.

Eat fresh fruit daily.

Try to get your meals in before 7 p.m. for maximum digestive purposes.

Important Reminders

Drink 64 oz. of (spring) water per day but no more than one gallon.

Take any pharmaceuticals one hour prior to any supplements.

Follow our nutritional guide strictly and take products regularly for best results.

Your body heals best during the hours of 10 p.m. to 2 a.m. regarding sleep.

The grains listed can be made into pasta, flour or cereals.

Make sure to read all product ingredients to avoid accidental consumption of unapproved items.

Be sure to continue your good eating habits during detox cleanse.

Items to Avoid

The microwave kills nutrients in your food.

Iodized table salt, tap or filtered water, soda or coffee, processed snacks, chips, candy, bread or any baked goods. Cooked food (eat as much as possible during detox for best results).

White rice, flour, sugar, soy and starch.

Remember, whatever you put in your mouth should support your central nervous system.



Amina's Fast Food List

Foods you can consume while following the detox plan - organic is best:

VEGETABLES

Lettuce (all except iceberg)
Bell Peppers
Onions
Cucumbers
Avocados
Kale
Mushrooms (all except Shitake)
Sea Vegetables
Squash
Tomatoes (cherry or plum)
Tomatillos
Turnip Greens
Zucchini
Watercress
Sprouts
Yams

FRUIT

Bananas (burro or med. small)
Apples (peeled)
Cherries
Currants
Dates
Figs
Grapes (seeded)
Key Limes (seeded)
Lemons (seeded)
Mangos
Melons (seeded)
Oranges
Pears
Plums
Raisins
Tamarind
Cantaloupe

GRAINS

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

NUTS & SEEDS

Walnuts
Almonds
Sunflower
Hemp Seeds
Flax Seeds
Chia Seeds
Brazil Nuts (small amount)

OIL

Virgin Olive Oil (unheated)
Coconut Oil (unheated)
Sesame Oil
Avocado Oil

LEGUMES

Garbanzo Beans
Black Eyed Peas
Kidney Beans

SPICE & SEASON

Mild Flavors
Basil
Bay Leaf
Cloves
Dill
Oregano
Savory
Sweet Basil
Tarragon
Thyme
Cayenne
Onion Powder
Habanero
Sage

SALT

Pink Himalayan Salt
Powdered Seaweed

SWEET BASIL

Raw Honey
Date Sugar
Coconut Sugar
Pure Agave
Coconut Milk
Hemp & Almond Milk

Bladderwrack & Irish Sea Moss contains:

Ninety-two of the approximately 102 minerals that the body is composed of. A daily mega cell food plus cleanse. Combining these two herbs and taken consistently with the Alkaline diet dissolves mucus, boost immunity to rid the body of infections. They are loaded with life-enhancing nutrients like natural iodine, sulfur, protein, bromine, beta-carotene, calcium, iron, magnesium, potassium, zinc, vitamins B, C and much more. They also fight with fighting iron deficiency, improving mental health, reducing the effects of radiation, slows the signs of aging and help you maintain a healthy digestive system reducing the risk of coronary disease.

Our featured products:

BLADDERWRACK & SEA MOSS

MUCUS CLEANSE

100 (capsicum, Oregano, Mullein Leaf, Fenugreek)

CANDIDA CLEANSE

100 (Pau de Arco, Black Walnut, Oregano, Red Raspberry Leaf, Mullein Leaf, Olive Leaf)



Blood Cleanse, Pau de Arco and Red Clover coming soon!

