

GUIA DE DESINTOXICACION

15 DIAS

LIMPIEZA INTRACELULAR Y REVITALIZACIÓN





Welcome to Your Natural **Detox Journey**

Congratulations on beginning a journey toward a healthier, more vibrant version of yourself! This 15-Day Detox Guide will not only guide you day by day, but will also educate you on the healing and transformative properties of natural herbs. Our holistic approach utilizes 100% natural supplements that come from ancient indigenous practices.

What Makes This Detox Different?

Unlike other plans, this guide is designed for deep intracellular cleansing, using natural, non-hybrid herbs that promote true cellular renewal and overall well-being.

Inspirational Bible Verse: "I can do all things through Christ who strengthens me." — Philippians 4:13

Let's begin this journey together!

Your Wellness Journal: Setting Your Intentions

Take a moment to reflect on your health goals for the next 15 days. This is your space to write down what you hope to achieve with this detox journey. Use this section to jot down your thoughts, motivations, and goals.

My Detox Journey Intentions:

1. _____
2. _____
3. _____

What areas of my health do I most want to improve?

● _____

What herbs, minerals, or fasting techniques am I excited to try?

● _____

What are some challenges I face on my wellness journey? How can I overcome them?

● _____

Inspirational Bible Verse:

"Beloved, I pray that above all things you may prosper and be in health." — 3 John 1:2



Day 1.

Establishing the Foundation

Guide:

- Take Step 1 (Detox Capsules) with a glass of water upon waking.
- 15 minutes later, take Step 2 (Revitalization Capsules).
- Focus on hydration throughout the day (8 glasses of water evenly spaced out).

Education:

- Seaweed, also known as Irish moss, is a nutrient-rich red algae. It contains over 92 essential minerals, including iodine, potassium, calcium, magnesium, and zinc, which help replenish the body's reserves and maintain proper electrolyte balance.
- Proper hydration is critical to initiate cellular cleansing, as water acts as a vehicle to transport nutrients to cells and eliminate toxins from the body. Drinking enough water facilitates kidney function, improves digestion, and promotes skin health.

Did You Know?

Cells need water to eliminate toxins and allow for efficient regeneration. When cells are well hydrated, they can function optimally, eliminating waste and absorbing nutrients more effectively.

Bible Verse:

"But I will heal you and bind up your wounds." — Jeremiah 30:17



Day 2.

Supporting your metabolism

Guide:

- Incorporate a 20-minute gentle walk to stimulate circulation.
- Avoid liquids during meals to optimize digestion.

Education:

- Bladderwrack is a seaweed rich in iodine, an essential mineral for the production of thyroid hormones. These hormones regulate metabolism, controlling the rate at which the body burns calories and uses energy. A healthy metabolism is key to maintaining a healthy weight, optimal energy levels, and efficient cellular function.

Avoiding liquids during meals can help concentrate digestive enzymes, improving food breakdown and nutrient absorption.

Did You Know?

A healthy thyroid regulates energy levels and metabolism. When the thyroid isn't functioning properly, it can cause fatigue, weight gain or loss, mood swings, and body temperature problems.

Inspiration:

"Take care of your spirit and reconnect with our Heavenly Father."
— Juan Coello



Day 3.

Liver Purification

Guide:

- Focus on avoiding processed or sugary foods to ease the burden on your liver.

Education:

- Chaparral is an herb with antioxidant and anti-inflammatory properties that has been traditionally used to support liver health. The liver is the body's primary detoxification organ, filtering toxins from the blood and neutralizing harmful substances. Maintaining a healthy liver is essential for effective detoxification and overall well-being.

Processed and sugary foods contain additives, preservatives, and

- refined sugars that overburden the liver and hinder its function. Prioritizing whole, natural foods allows the liver to function optimally.

Did You Know?

Your liver performs more than 500 functions critical to your health, including producing bile for fat digestion, glucose storage, and protein synthesis.

Bible Verse:

"Create in me a clean heart, O God." — Psalm 51:10



Day 4.

Conscious Hydration

Guide:

- Practice conscious hydration: drink water in small amounts throughout the day.

Education:

- The Seamoss in Step 2 helps attract and retain water in the cells, improving hydration at the cellular level. This is crucial for cellular function, toxin elimination, and nutrient transport.
- Consciously drinking water in small sips throughout the day allows for better absorption and prevents kidney strain.

Did You Know?

- Mild dehydration can affect metabolism, energy levels, cognitive function, and skin health.

Inspiration:

"Every action you take is a seed you plant for tomorrow." — Zig Ziglar



Day 5.

Understanding Cellular Health

Guide:

- Keep a journal to record how you feel physically and emotionally.
- **Education:**

Wormwood, a key ingredient in Step 1, is known for its antimicrobial properties, helping to fight harmful bacteria and parasites in the gut. A healthy gut is critical for nutrient absorption, immune function, and overall well-being.
- Journaling your progress allows you to observe how the detox affects your body and mind, identifying patterns and subtle changes in your energy, mood, and bodily function.

Did You Know?

- It can improve mental focus, cognitive clarity, immune function, and skin health.

Bible Verse:

"Do you not know that your body is a temple of the Holy Spirit?"
— 1 Corinthians 6:19



Day 6.

Renewed Energy

Guide:

- Practice 5 minutes of deep breathing to reduce stress.

Education:

- Cardiac coherence, achieved through deep, rhythmic breathing, can improve the immune system, reduce anxiety, and increase mental clarity. By synchronizing your heart rhythm with your breathing, you create a state of balance in the autonomic nervous system, promoting relaxation and well-being.

Did You Know?

- The heart generates an electromagnetic field that affects our emotional and physical state. Positive emotions, such as gratitude and love, generate a more coherent and harmonious electromagnetic field.

Bible Verse:

"A cheerful heart is good medicine." — Proverbs 17:22



Day 7.

Focusing on Gut Health

Guide:

- Reduce your intake to light, plant-based meals.

Education:

- Dandelion Root supports gut health by stimulating bile production, improving digestion and eliminating toxins. It is also a natural prebiotic, which feeds the beneficial bacteria in the gut, promoting a balanced microbiome.
- Eating light, plant-based meals facilitates digestion and reduces the burden on the digestive system, allowing the body to focus on detoxification.

Did You Know?

- 70% of your immune system resides in your gut. A healthy gut with a balanced bacterial flora is crucial for optimal immune function.

Bible Verse:

"Whoever believes in me, as the Scripture has said, out of his heart will flow rivers of living water." — John 7:38



Day 8.

Reflection and Progress

Guide:

- Reflect on the positive changes in your energy and overall well-being.

- **Education:**

Seamoss and Bladderwrack work together to replenish essential minerals, revitalize cells, and support thyroid function. These two marine superfoods offer a wide range of nutrients that promote cellular health, energy, and hormonal balance.

Did You Know?

- Cell renewal, which is supported by detoxification and proper nutrition, improves mental clarity, sustained energy, skin health, and immune function.

Bible Verse:

"He gives strength to the weary and increases the power of the weak."
— Isaiah 40:29



Day 9.

Improved Circulation

Guide:

- Increase your physical activity to 30 minutes to boost circulation.
- **Education:**

Burdock root cleanses the blood and improves circulatory function by removing toxins and waste from the bloodstream. It also has anti-inflammatory properties that benefit cardiovascular health.
- Regular physical exercise is essential for good circulation, as it promotes blood flow, strengthens the heart, and improves tissue oxygenation.

Did You Know?

- Efficient circulation transports oxygen and essential nutrients to all the body's cells, while removing carbon dioxide and other waste.

Bible Verse:

"The Lord is my strength and my shield."

— Psalm 28:7



Day 10.

Reconnection with Nature

Guide:

- Spend time in nature to recharge your energy.
- **Education:**
Connecting with nature reduces stress, improves overall well-being, and promotes mental calm. Being in contact with nature reduces levels of cortisol (the stress hormone) and increases the production of serotonin (the happiness hormone).

Did You Know?

- Being outdoors can increase the production of vitamin D, which is essential for bone health, immune function, and mood.

Inspiration:

"The earth is the Lord's, and everything in it."
— Psalm 24:1



Day 11.

Reflect on improvements in your skin, energy, and mood

Guide:

- Take time to observe how your skin, energy levels, and mood have changed since you began the detox.
- Follow Steps 1 and 2 as directed.

Education:

- Cellular detoxification can improve skin elasticity, reduce inflammation, and balance hormones that affect your mood. By removing toxins from the body, your skin appears more radiant, your energy increases, and your mood stabilizes.
- The antioxidants present in the herbs in Steps 1 and 2 eliminate free radicals, which are unstable molecules that damage cells and contribute to premature aging.

Did You Know?

- The skin is the body's largest organ and reflects internal health. Cleansing from within can reduce problems like acne, dryness, and blemishes.

Bible Verse:

"The Lord is good to those who wait for Him, to the soul that seeks Him." — Lamentations 3:25



Day 12.

Practice gratitude and celebrate the small victories.

Guide:

- Write three things you're grateful for in your wellness journal.
- Celebrate the small victories: more energy, better digestion, or simply a commitment to your health.

● Education:

Practicing gratitude not only improves emotional well-being but also reduces stress, strengthening the immune system. Gratitude promotes positive emotions, reduces anxiety, and improves sleep quality.

Did You Know?

- Studies show that gratitude can increase dopamine and serotonin, neurotransmitters that promote a positive mood, motivation, and emotional resilience.

Inspiration:

"Give thanks in all circumstances, for this is God's will for you in Christ Jesus." — 1 Thessalonians 5:18



Day 13.

Eliminate persistent toxins by avoiding sugar and caffeine

Guide:

- Completely eliminate refined sugar and caffeine today. Replace them with natural fruits like dates and lemon water to stay hydrated.
- Drink an herbal tea after dinner to support your nighttime detox.

Education:

- Sugar and caffeine are pro-inflammatory and can inhibit the body's ability to detoxify efficiently. Refined sugar causes spikes in blood sugar that unbalance the metabolism and weaken the immune system. Caffeine can cause dehydration and affect sleep quality.
- Herbs like Dandelion and Chaparral help the liver process residual toxins, promoting detoxification and blood purification.

Did You Know?

Consuming too much sugar can weaken your immune system for up to 6 hours.

Bible Verse:

"So whether you eat or drink or whatever you do, do it all for the glory of God." — 1 Corinthians 10:31



Day 14.

Renew your commitment to well-being

Guide:

- Reflect on how this detox has changed your perspective on health.
- Take time to plan how to maintain healthy habits after day 15.

Education:

- Consistency is key to maintaining the benefits of the detox. Incorporating Seamoss and Bladderwrack as part of your routine can ensure continued mineral replenishment and support thyroid function.
- Planning how to integrate healthy habits into your daily life will help you maintain the results of the detox long-term.

Did You Know?

- It can take up to 30 days for the body to fully adapt to a new habit, but the first 15 days are the most important for establishing a routine.

Inspiration:

"For I know the plans I have for you, says the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11



Day 15.

Reflect on your experience and consider the 35-Day Plan

Guide:

- Take a moment to reflect on the accomplishments, lessons learned, and changes you've experienced during these 15 days.
- Complete the Natural Herb Minerals Health Survey to customize your next steps on your wellness journey.

Education:

- Continuing with the 35-Day Plan will allow you to deepen your detoxification, optimize your long-term cellular health, and strengthen the results you've already achieved.
- The herbs in the 35-Day Plan are designed to provide ongoing support to all body systems, promoting holistic and lasting well-being.

Did You Know?

- After 15 days, many participants report a significant improvement in their energy levels, mental focus, sleep quality, skin health, and digestion.

Final Verse:

"Now may the God of peace himself sanctify you completely; and may your whole spirit and soul and body be preserved blameless at the coming of our Lord Jesus Christ." — 1 Thessalonians 5:23
