



Thank you for your purchase!

FAQS - Frequently Asked Detox Questions

- **What are the benefits of doing an herbal detox?**

To eliminates toxins, heavy metals, old fecal matter, parasites, candida, gas, bloating, and excess retained fluid from the body. Both the Candida Parasites Cleanse and Tummy Tea Tox are synergistically very beneficial.

- **How to prepare the herbal infusions?**

Bring a kettle or pot to a rolling boil. Add 1 tablespoon of the Candida Parasites Cleanse in a tea ball. Pour boiling water over the tea ball in a 30 oz Tumbler and let it steep for 8 -17 minutes. Begin consuming the herbal infusions upon waking and continue to do so throughout the day.

- **Could both the Candida parasites Cleanse and Tummy Tea Tox be combined together?**

No!

- **When does one start drinking herbal infusions?**

It has no impact on which herbal infusion is consumed first. Just make sure to consume them separately, at least twenty minutes apart. Each herbal infusion can be drunk for over an hour, but it is best to consume them in small doses.

- **Is it possible for this detox to alleviate fibroids?**

Yes. The detox has been reported to have reduced the size of fibroids, enhanced penetration, and reduced pain and bleeding.

- **Is it necessary for one to detox if already a plant-based, consuming a healthy diet, and exercising?**

Yes, because in the years preceding the transition to a plant-based diet, one had amassed layers of toxicity, fecal matter, mucus, and acidity in the body.

- **Will one be able to breastfeed while detoxing?**

No. If one is expecting or breastfeeding, it is not recommended to detox. By detoxing, contaminants could be released into the bloodstream, where they could enter the placenta or breast milk before being removed.

- **Is this detox beneficial for individuals with diabetes and high blood pressure?**

Yes, numerous customers have reported substantial enhancements in their blood sugar and blood pressure levels as a consequence of the detox.

- **Will this detox be beneficial for individuals with Crohn's disease, IBS, Ulcerative Colitis, and other gastrointestinal disorders, yeast and fungal infections?**

Yes. Upon completion of the detox, clients who have experienced gastrointestinal issues and fungal infections have reported significant advantages.

- **What is the suggested diet for the detox?**

Preferably raw vegan and plant based. We recommend staying away from meat, dairy, and refined foods, from meat and cereals, processed sugars and all oils be eliminated, with the exception of coconut oil.

- **What should be expected during the detox?**

One may experience a dull headache, minor stomach cramps, fatigue, and nausea as toxicity is released from the tissues into the blood and mucus and bowel waste are eliminated. This is an indication that the body is in the process of detoxifying. This is a common occurrence during the initial three to four days of the detox. Additionally, one may experience diarrhea at the outset, as opposed to full feces. This stage will be passed when the bowels achieve a state of health and tone. One may also observe an increase in vitality, libido, sound sleep, and mood, particularly after 10-14 days. Eventually, the majority of the weight loss and healing will occur during weeks three and four. The utilization of the sauna to the fullest extent facilitates the elimination of chemicals, which in turn reduces the symptoms associated with cleansing.

- **Does the body keep cleansing once the detox ends?**

Yes, if one follows a plant-based diet and then has consistent workout sessions.

- **Is it common for detoxification to cause acne?**

Absolutely. One of the main paths of removal for toxins, mucus, and viruses is the skin. Once you start detoxing, you can get brief acne that would fade.

- **Is it possible to accomplish the detox while taking medication?**

Yes, a significant number of clients who were taking medication successfully complete the detox. Nevertheless, if you have any queries or concerns, please consult your primary physician.

- **Is it allowed to engage in physical activity and training during the detoxification process?**

Without a doubt. We strongly advise that one engages in physical activity during the detox process to facilitate the elimination of contaminants. Nevertheless, it is important to listen to the body and take a break whenever one feels fatigued.

- **Why is the herbal detox so bitter?**

Bitter herbal remedies are a critical component of the healing process because they facilitate the detoxification of the liver, kidneys, and lymphatic system. The majority of individuals have underdeveloped sense of taste, as they tend to consume only sweet, salty, and fatty foods, while avoiding all bitter foods

- **Is there anything I can add to alleviate the bitterness?**

Regrettably, there is no potential for flavor enhancement; however, orange slices may be consumed following each sipping.

How often should one detox?

We suggest every 4 months!