

# Cleanse, Nourish & Heal – Protocol

## A Three part bio-rhythm to assist achieve and maintain optimum Health

This initial phase of Cleanse, Nourish and Heal includes a parasite cleanse, Bio-fermented Nutrition and a unique salt water based Cannabinoid formula.

1. **Gut Harmony**; Bio-Fermented & Parasite Cleanse
2. **Liquid Spirulina**; Bio-Fermented & Nutritive
3. **Hydro Mineralised Infusion (HMI)**; Bio- Electric & Regenerative

This is a layered approach that follows a simple bio-rhythm;

- **First 3 days**, following label instructions, take the Gut Harmony blend to cleanse parasites and toxins. Have in smoothies or mix in with juice or water.
- **On day 4**, begin with 20mls of the Liquid Spirulina first thing in the morning on an empty stomach.
- **Continue** with the Gut Harmony formula daily
- **Day 8** introduce the HMI formula as the first step each morning after rinsing the mouth with fresh water upon waking. Take 5 drops first morning then increase 1 drop each day until taking 15 drops then maintain this dose until bottle is finished.
- **Take a moment** each morning to sit with the HMI formula before imbibing to allow a deeper connection with the Plant Medicine.

Once all 3 elements are being taken it will look something like this;

- HMI drops upon waking
- 20 minutes later have the Liquid Spirulina
- Add the Gut Harmony blend to smoothie or juice at a convenient time in the day. Continue all formulas until finished

If you are taking any plant medicine formulas or edibles, this is fine to continue as convenient or as needed.

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## The Formulas;

### **Gut Harmony Concentrate** [Click to Order](#)

A combination of carefully selected organic superfood herbs which have been fermented with the exclusive FloraFerm process to enhance the natural nutrients, promote good gut flora and help create digestive harmony. Highly effective Parasite cleanse.

**Ingredients;** Amaranth (22%), oregano, Turmeric, Peppermint, Fennel Seeds, Echinacea Root, garlic, Honey.

Recommended minimum serving size is 1/4 to 1/2 teaspoon daily. But as this is fermented food powder based on raw whole foods rather than a medicine, you can have more if you like.

Store in a cool dark place. Refrigerate after opening

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### **Liquid Spirulina Concentrate** [Click to Order](#)

A probiotic drink which has been naturally fermented using the exclusive FloraFerm process which increases the bio availability of nutrients and adds active good bacteria. Spirulina is a nutrient dense superfood which is one of the oldest foods on the planet and combined with other highly nutritive ingredients.

Recommended 20-25ml per day and more if your body requires is.

**Ingredients;** Filtered water, Spirulina 5%, (glucose, fructose - used in the fermenting stages), oats, maize, rice, barley, linseed, mung beans, rye, wheat, millet, buckwheat. Naturally fermented

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### **Hydro Mineralised Infusion – An Exclusive Formula** [Click to Order](#)

A unique sacred plant formula made by hand with Natural Lore Wellness. This is a salt water based formula infused with chosen botanicals to assist with cell detoxification, nutrient uptake and activate the body's natural Immune response for healing. Needs to be refrigerated.

**Ingredients;** CBD dominant whole plant full spectrum strain, purified water, mineralised salts, Organic or Wild-crafted herbs: Dandelion Leaf, Dandelion Root, Sage, Lemon Myrtle, Cats Claw, Liquorice Root, Brindleberry & Blue Lily

**The Natural Lore of Release** - the energy and inspiration to just let go. To remember that resistance only creates more of that which holds us in bondage to beliefs, toxic thoughts and patterns. As nature shows us, there is nothing to actually hold on to ... so be free