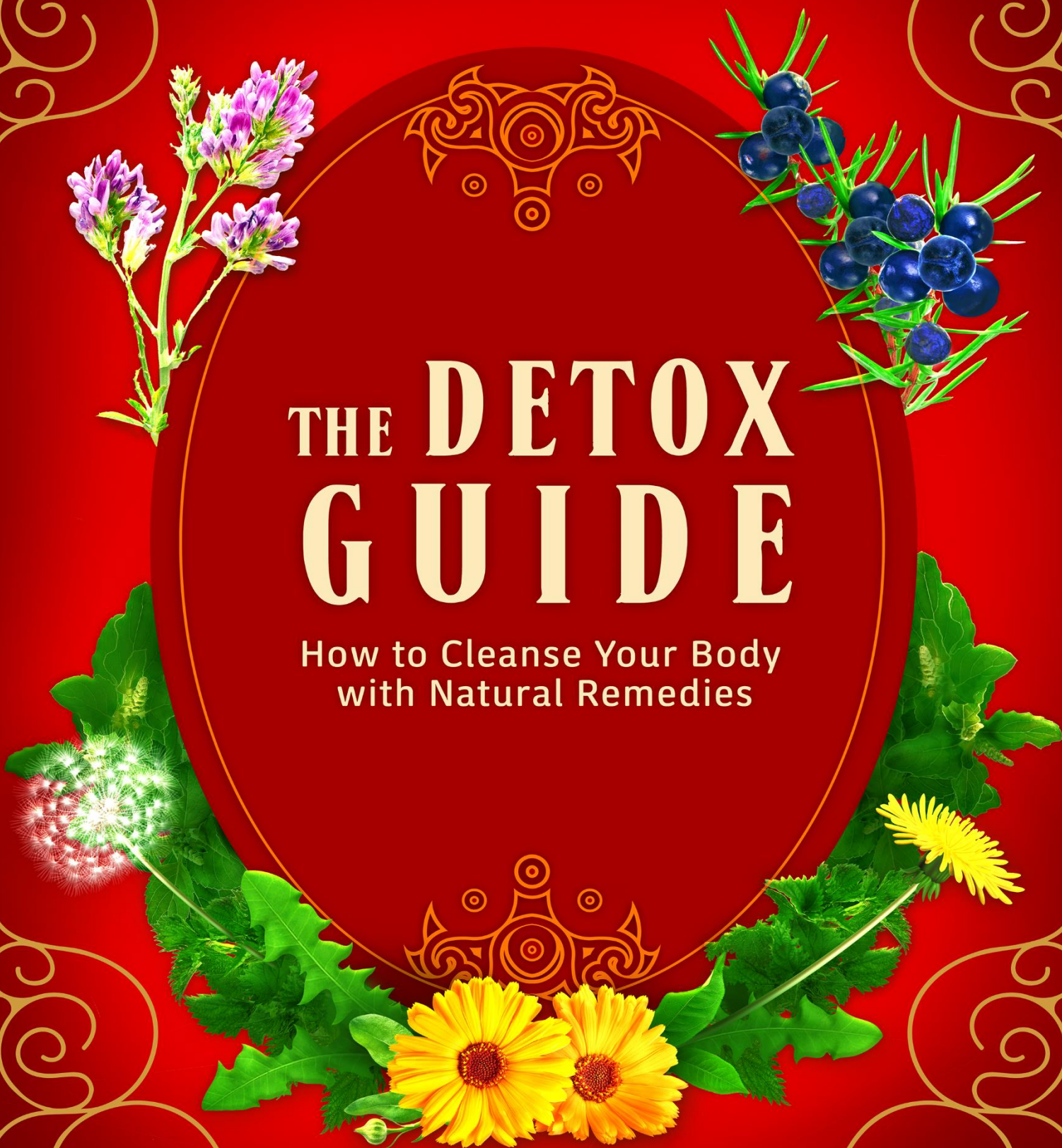


Alexandra Gillot

THE DETOX GUIDE

How to Cleanse Your Body
with Natural Remedies



The Detox Guide

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Alexandra Gillot

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Introduction

The word "detox" has become a hot topic in the world of health and is often associated with juice cleanses, restrictive diets, enemas and extreme regimens. In reality, detoxification isn't a quick fix - it's an essential process that your body is already doing right now as you sit reading this guide. The systems in your body work tirelessly to filter and eliminate toxins, to keep you in balance without the need for drastic interventions.

We will focus, in this book, on a gentle, long-term support for our body's natural detox mechanisms in order for you to keep your health in its prime. This means becoming more aware of how toxins enter our systems such as chemical preservatives, processed foods, environmental pollutants and stress to name just a few - and understanding how they impact our health. Instead of looking for a temporary solution, the goal is to make simple, sustainable changes to support long term health.

This guide offers tips to naturally enhance your body's cleansing abilities - without deprivation or unrealistic rules. It's about getting more sleep to allow your brain to clear out toxins, incorporating antioxidant-rich foods to protect your cells, and introducing cleansing herbs to support your organs' natural detoxifying mechanisms.

Further chapters will provide explanations of a number of herbs and a few other natural remedies so you can understand how they affect different systems in the body to help keep them clean and healthy. I will give practical examples of how to use them and I have included some recipes to make simple detoxifying remedies which are easy to prepare and use at home whenever you feel you may need them. I have included a section dedicated to heavy metal cleansing so you can get familiar with different herbs and natural remedies that can support this process.

No fads, no extremes - just practical, nourishing habits that help you feel lighter, more energized, and in tune with your body's natural rhythm.

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Don't get me wrong, deep cleanses and intense detoxes can be important for example to rid the liver from gallstones and to deep clean the body from excessive toxicity. Panchakarma is an example of an intensive Ayurvedic cleansing process for example which works wonders for mind, body and soul. Just remember, it is a good idea to always have a trained professional to accompany the process.

Toxin accumulation can be compared to a dirty house. The more we leave the dirt to accumulate and don't keep on top of the dirty dishes, dirty clothes, and general grime from day to day living the harder it is to get everything clean and so will need a more intensive process to get back to a clean and healthy state. The same thing goes for the human body. Simple cleansing actions implemented daily and avoiding toxins in general will help to maintain a clean and healthy system without needing radical cleanses or temporary fixes.

Herbs work harmoniously with your body by gently stimulating the liver, kidneys and lymphatic and digestive systems - the primary organs responsible for detoxification.

While chemical medications often suppress symptoms and trap toxins within the body, herbs work to draw out and cleanse these toxins while simultaneously strengthening and revitalizing the cells. Instead of forcing your body into a detox “shock mode,” they enhance its natural ability to flush out toxins at a pace that feels right for you. What’s even better is that you can easily incorporate them into your daily routine.

Sipping herbal teas like dandelion root or nettle can support liver and kidney function, while adding turmeric or parsley easily increases your antioxidant intake.

These small, consistent actions can make a big difference over time, promoting better energy, clearer skin, improved digestion, and an overall sense of well-being.

Detoxifying Herbs and Their Uses

Herbs are not single-purpose remedies; they are complex, multi-functional medicines that act on various systems of the body simultaneously. Unlike pharmaceuticals, which are often designed to target one symptom or function, herbs contain a vast array of bioactive compounds that work together to restore balance in the body.

For example, milk thistle aids in liver function whilst improving digestion and providing antimicrobial benefits - all at once. That is why we cannot just link a herb to one system in the body even though it may have more affinity to one specific system; its healing properties always have broader benefits.

This chapter looks at a selection of herbs, their medicinal properties and how they can be used to support the body's detoxifying mechanisms.

Alfalfa - Medicago sativa



Alfalfa is a nutrient-rich and antioxidant-rich herb with deep roots that allow it to absorb essential minerals from deep within the soil. It is known as a high-quality animal feed.

Alfalfa is widely known for its ability to restore balance in the body, particularly due to its alkalizing properties. Many modern health issues are linked to excessive acidity, which can contribute to inflammation, digestive discomfort, and overall system imbalance. By neutralizing excess acids, alfalfa helps create a more alkaline environment in the body, which soothes nerves and muscles, improves digestion, and reduces fermentation and bacterial overgrowth in the gut.

Alfalfa is rich in fiber, making it an excellent digestive aid. Its natural laxative properties gently stimulate the intestinal muscles, keeping bowel movements regular and preventing toxin buildup in the colon. By flushing out waste, alfalfa supports a healthy gut microbiome, reducing the risk of harmful bacteria overgrowth and digestive issues. It has even been suggested as a supportive remedy for diverticulosis, a condition where small pockets form in the intestines and can trap waste, leading to discomfort and inflammation.

Alfalfa also acts as a powerful blood cleanser, thanks to its high levels of chlorophyll - a compound that binds to heavy metals and toxins in the bloodstream, preventing their reabsorption and promoting their elimination. Additionally, alfalfa seeds have been used to help lower cholesterol levels, supporting heart health and circulation.

Another major benefit of alfalfa is its diuretic effect, which helps support kidney function. By increasing urine production, alfalfa encourages the removal of excess fluids and waste, reducing the workload on the kidneys and promoting overall detoxification.

One of the most popular ways to consume alfalfa is as sprouts, which can be added to sandwiches, salads, wraps, or smoothies for a fresh, nutrient-packed boost.

Alfalfa can be ingested in powder, capsule or in tablets providing a more concentrated form of ingestion. You can also make a nutritious tea from alfalfa. When choosing dried alfalfa or supplements, look for organic, high-quality sources without added fillers or synthetic ingredients for maximum effectiveness.

If you are taking anticoagulant medications, alfalfa could interfere with their effects and should be avoided. Individuals with weakened immune systems should also steer clear of sprouted alfalfa seeds, as they can carry bacteria that pose a risk of infection.

Additionally, high doses of alfalfa are not recommended during pregnancy or for those with autoimmune conditions, as it may overstimulate the immune system and potentially worsen symptoms.

Calendula - Calendula officinalis



Calendula has an uplifting and revitalizing nature, embodying the warmth of the sun and restoring vitality. Known for its anti-inflammatory, anti-fungal, wound-healing, and external medicinal properties, commonly used as a topical dressing for wounds, burns, sores, and skin infections.

However, its benefits extend far beyond the skin - this golden-hued flower is also useful to support the body's detox process especially in the liver and lymphatic system.

Calendula gently stimulates the immune system, making it an excellent herb for reducing colds, swollen glands, flu, and fever.

Calendula improves a sluggish liver and gallbladder function helping the body eliminate toxins efficiently. It also lowers a damaged liver's enzyme count.

Calendula thins fluids to help them to be eliminated especially pus and is useful for lingering inflammatory processes such as pneumonia and bronchitis and purulent wounds. It is great for sore throats and tonsillitis especially when combined with echinacea.

Its antibacterial properties increase its potency against infections. Calendula acts as a lymphatic cleanser, clearing out stagnant fluids, swollen glands, and toxic buildup within the body. Making it beneficial for infections and inflammatory states linked to poor lymphatic circulation.

Calendula is good for cleansing the blood when there is lymphatic swelling. It can also be useful for tender and swollen breasts. Calendula can be a useful herb to support lymphatic detoxification following an illness.

Calendula flowers can be used fresh or dry to make teas. Fresh flowers are great for making tinctures. During pregnancy avoid oral use. Those with allergies to plants in the Asteraceae family should avoid calendula.

Dandelion - Taraxacum officinale



Dandelion is an invaluable plant for cleansing and revitalizing the body. Its roots and leaves have long been used as a powerful spring tonic, aiding digestion, supporting liver function, and gently balancing hormones.

Thriving in full sunlight and fertile, moist soil, dandelions are abundant in gardens, pathways, and open fields and usually dismissed as a mere weed.

The nutrient-rich leaves are packed with vitamin C, vitamin K1, potassium, magnesium, and beta-carotene, making them among the most nutrient-rich greens available. Dandelion roots can grow as long as twelve inches, anchoring the plant deeply in the earth.

Both the roots and leaves of dandelion are bitter in taste and like other bitter herbs play a crucial role in digestion. Just a small taste can trigger a cascade of digestive secretions. This process enhances the breakdown of fats, alleviates slow digestion, relieves bloating, gas, and constipation, improves nutrient absorption, supports liver function by clearing congestion, and optimizes the body's detoxification pathways.

Another benefit to the digestive system comes from the high content of inulin in the dandelion root. It is also present in the leaves. Inulin is a prebiotic fiber that nourishes beneficial gut bacteria. Since inulin is not digestible by humans, it travels to the colon, where it fosters a thriving microbiome. Which makes dandelion important not only for digestion but also for immune function, and metabolic health. With the overuse of antibiotics disrupting

gut balance, incorporating prebiotic-rich foods like dandelion root is a simple yet effective way to restore microbial harmony.

Dandelion roots make a great liver tonic which is another way this herb can improve digestion and toxin elimination whilst also improving related skin conditions such as acne or eczema.

Dandelion can be a wonderful, gentle option instead of using synthetic hormone treatments. It is often used as a hormonal balancer for menstrual and menopausal symptoms. Its cooling nature makes it perfect for calming tension. Those recovering from illness or surgery can benefit from a daily dose of dandelion root to restore balance and vitality.

Dandelion leaves are a natural diuretic, and so help to eliminate excess fluids without irritating the kidneys or urinary tract. This gentle action makes them particularly useful for reducing water retention, especially before menstruation and can be used for treating hypertension and edemas. Unlike pharmaceutical diuretics which tend to promote potassium excretion, dandelion is rich in potassium and so is nourishing to the body and preserves the body's potassium levels.

For those looking to incorporate dandelion into their detox routine, the leaves can be eaten generously, fresh in salads, cooked in soups and vegetable dishes, or infused into tinctures, or teas. The fresh root can be decocted to treat the liver and also taken as a tincture, or consumed in powdered form for easy daily use. The leaves and roots can also be used for making herbal vinegars and oxymels.

Harvesting dandelion from clean, chemical-free areas ensures maximum potency and safety. Dandelions are the primary target of the huge amounts of herbicides sprayed onto lawns each year. Many of these chemicals have not undergone thorough safety testing, and some have been strongly linked to cancer and other serious health issues not to mention the environmental harm they cause.

While dandelion is generally safe, it is important to note some contraindications. Those with allergies to plants in the Asteraceae family, such as ragweed, marigolds, or daisies, may also

experience allergic reactions. Those on hypertensive medication or diuretics should also avoid dandelions.

Echinacea - *Echinacea purpurea*, *Echinacea pallida*, *Echinacea angustifolia*



Echinacea, a genus of medicinal plants belonging to the Asteraceae family, holds significant importance in herbal medicine and is native to North America.

While there are nine distinct species of Echinacea, only three are widely recognized for their therapeutic properties: *Echinacea purpurea* (L.) Moench, *Echinacea pallida*

(Nutt.) Nutt., and *Echinacea angustifolia* DC.

The Echinacea flower is easily recognizable by its striking daisy-like appearance. It features a raised, spiky central cone, typically in shades of orange or brown, surrounded by long, drooping petals that range in color from deep purple to pale pink.

In Western herbal medicine, echinacea is considered a key remedy for a variety of health concerns. Most known for its impact on the immune system when used on the onset of bacterial infections and viruses. It is commonly used as a gargle for throat infections, mouth infections and gum problems.

Echinacea is also indicated for the treatment of acne and boils. Echinacea helps manage allergies, including asthma. For respiratory infections, Echinacea helps to clean out the lungs by thinning out phlegm so it can be more easily expectorated.

Echinacea is considered blood purifying and is an alterative herb which means it supports the organs that clean out the blood. It is even used for blood poisoning. This explains why

traditionally Native Indians have used it for treating snake bites, insect bites and septicemia. Echinacea also stimulates the immune system, allowing the body to better fight off the venom's effects by increasing white blood cell activity and promoting a faster immune response to the foreign toxin.

Echinacea improves lymphatic drainage as it helps the body remove excess fluid, waste products, and toxins from tissues by circulating lymph fluid through the lymphatic system.

Three- to four-year-old echinacea roots can be used to make tinctures and decoctions. The flowers can also be used to make tinctures and teas.

Echinacea can be used in making salves as an anti-inflammatory and antiseptic wound healer or in case of bacterial infections. The dried root can be ground into a powder and applied directly to wounds. It is important to avoid taking echinacea in cases of leukemia as it increases white blood cell count. Those with allergies to plants in the Asteraceae family should avoid echinacea.

Ginger - Zingiber officinale

Ginger originates from Southeast Asia but is now widely grown in tropical regions across the globe. Its rhizome, known for its pungent and warming flavor, is commonly used in both culinary dishes and traditional medicine.

Beyond its role as a spice, ginger is highly valued for its medicinal properties, particularly its potent antioxidant effects.

Rich in powerful antioxidants such as gingerol, shogaol, and zingerone, ginger reduces inflammation, and supports overall health by protecting cells from free radical damage. Its



use spans centuries, from soothing digestive issues, easing pain to boosting immunity and promoting overall well-being.

Ginger stimulates digestion by increasing the production of digestive enzymes and bile, which helps break down fats more efficiently and supports the smooth movement of food through the digestive tract. This action prevents stagnation, bloating, and gas buildup, ensuring that waste is eliminated efficiently. It also soothes irritation in the gut, reducing inflammation and promoting a balanced digestive system.

Beyond digestion, ginger plays a crucial role in detoxification by supporting liver function. It helps protect the liver, enhances enzymatic activity, and promotes the elimination of toxins. It helps a sluggish liver to work more efficiently.

Ginger also helps to clean out the respiratory system when there is mucus build up in the chest. Warm poultices can be used to help this process in cases such as bronchitis and pneumonia.

Fresh ginger can be used in teas and decoctions. Dried ginger is considered to be very hot in nature and can be too hot for mucous tissue. A potent infusion of ginger tea can help clear up congestion, ease a persistent cough, and open blocked sinuses. Its natural warming effect generates internal heat, making it especially beneficial when experiencing chills at the start of a cold or flu.

Sipping ginger tea or taking a spoonful of honey infused with ginger can also soothe a scratchy throat, while its antimicrobial properties work to combat infections and prevent them from worsening. Fresh ginger can also be used to make tincture.

Generally ginger is considered safe to use however if you are very hot in nature ginger can be too warming and therefore you may not benefit from its effects. Ginger is therefore suited to colder constitutions.

Green tea - Camellia sinensis



Green tea has a history spanning over 5,000 years, originating in China where it was first used for its medicinal properties. By the 8th century, Buddhist monks introduced green tea to Japan, where it became central to Zen traditions and the Japanese tea ceremony.

Over time, it spread along trade routes to other parts of Asia and the Middle East. Green tea is made from the same plant as black tea and oolong tea. It is the preparation method which makes the difference. Green tea is rich in antioxidants, particularly catechins, which help combat oxidative stress and protects cells from damage.

Green tea has also been shown to support brain function, improving focus and memory due to its combination of caffeine and L-theanine.

Additionally, it may help prevent neurodegenerative disorders such as Alzheimer's and Parkinson's by protecting brain cells from damage and reducing cognitive decline.

Beyond its neurological benefits, green tea plays a vital role in heart health and metabolism. Studies have linked regular consumption to a reduction in LDL (bad) cholesterol, improved arterial function, and lower blood pressure, all of which decrease the risk of heart disease and stroke.

Green tea is also widely used as a natural metabolism booster, increasing fat oxidation and promoting weight loss when combined with a healthy diet and exercise. Its ability to support liver function aids in detoxification, helping the body eliminate toxins more efficiently.

Green tea's polyphenols have also been studied for their anticancer properties, showing potential in inhibiting tumor growth and lowering the risk of breast, prostate, and colorectal cancers. Its immune-boosting effects also help to combat infections and viruses.

With its wide-ranging health benefits green tea is a simple yet effective addition to a daily wellness routine.

The quality of the tea you choose plays a crucial role in its effectiveness. Loose organic tea, prioritizing quality over convenience, makes a significant difference and will maximize the plant's natural potency and unlock its full medicinal potential. Whilst organic tea leaves will make sure you are not ingesting any extra chemicals from pesticides.

Tea contains caffeine, which can affect individuals differently. The ideal amount to consume daily depends on your personal caffeine tolerance.

While general guidelines can be helpful, it's essential to pay attention to how your body responds. If drinking tea makes you feel restless or jittery, or if it interferes with your sleep, it may be a sign to reduce your intake. For therapeutic purposes, the suggested dosage is 1 to 2 teaspoons of loose tea infused in 1 cup of water, consumed 3 to 5 times per day.

Horsetail - Equisetum arvense

Horsetail is an ancient plant with origins tracing back to enormous tree-like ancestors that thrived during the Palaeozoic era, between 600 and 375 million years ago. Horsetail is a non-flowering plant that reproduces through spores rather than seeds.



Unlike most plants, it relies on spore-producing cones to disperse and propagate, a trait it shares with ancient ferns and mosses, a sign of its prehistoric origins.

Its remarkable therapeutic value is largely attributed to its high silica content, much of which is readily absorbed by the body. This mineral plays a crucial role in connective tissue repair

and regeneration, supporting the health of cartilage, bones, and skin, while also aiding in reducing hemorrhaging and promoting structural strength.

One of silica's unique properties is its ability to draw out impurities, a function seen in both homeopathic applications and clinical practice. It has been traditionally used to expel pus, remove foreign material from wounds, and assist in the healing of fractures by promoting nutrient transportation to the outer layers of the body.

Due to its role in strengthening hair, nails, and skin, horsetail is often recommended for weak or brittle hair, hair loss, split ends, and damaged nails, including ridged, cracking, or fungal-infected nails. Its potent antifungal properties make it particularly beneficial for treating nail fungus.

As a mild yet nourishing diuretic, horsetail enhances the elimination of both fluids and solid waste through the urine, making it useful for conditions affecting the urinary tract, including inflammation, burning sensations, and cystitis. It also helps regulate excessive mucus discharge from the bladder and soothes irritation of the urinary organs.

To maximize its medicinal effects, fresh horsetail should be used in decoctions. However, it should be avoided during pregnancy, by individuals with diabetes, or by those taking over-the-counter diuretics.

Long-term use is not recommended; if consumed daily, it is advised to take a break after two weeks before resuming.

Juniper - Juniperus communis



Juniper is a low-growing shrub native to North America, Europe, and Asia, and has long been valued for its detoxifying properties, particularly through its effects on the kidneys, urinary tract, and circulation.

A member of the cypress family, juniper berries contain volatile oils that stimulate the body's natural elimination processes, making it a powerful diuretic.

Juniper berries primarily support kidney detoxification by acting as a natural diuretic, stimulating the kidneys to increase urine production and enhance the elimination of excess fluids, toxins, and metabolic waste. This action is particularly beneficial for individuals experiencing fluid retention, water-logged tissues, and chronic swelling, especially in the lower body, legs, and feet.

By increasing diuresis (urine output), juniper helps clear congestion in the urinary system and may relieve conditions such as chronic renal congestion and edema. It also removes mucus buildup from the genitourinary tract.

In addition to its kidney-cleansing effects, juniper also plays a role in respiratory and digestive detoxification. It stimulates the mucous membranes of the lungs and digestive tract, helping to expel mucus, improve circulation, and clear respiratory congestion. This makes it particularly effective for individuals suffering from bronchitis, chest infections, asthma, and coughs, especially when combined with symptoms of scanty, dark urine.

Juniper's ability to increase circulation to the extremities further aids in the elimination of toxins, while its warming and stimulating properties help relieve cramps, numbness, muscle weakness, and chronic pain caused by poor circulation or cold conditions.

Juniper berries should be collected only after the second year of fruit when they are dark in color. The best way to use them is in an infusion or in a tincture.

You can also get juniper berry capsules. They should be avoided in cases of acute kidney inflammation, nephritis, blood in the urine, or proteinuria, as their strong diuretic effects may worsen these conditions.

They are also not recommended for individuals with large kidney stones or damaged kidney function. Those with neuritis (nerve inflammation) should use caution, as juniper may have a stimulating effect on the nervous system.

Additionally, pregnant women should avoid juniper, as it can stimulate uterine contractions and potentially lead to complications.

Milk Thistle - Silybum marianum



Milk thistle is a resilient plant native to the Mediterranean region, spanning Europe, Central Asia, and India, and extending as far south as Ethiopia.

Over time, it has been introduced to North America, Australia, New Zealand, and Colombia, where it is considered invasive in certain areas. This hardy herb flourishes in sunny meadows, disturbed soils, and pastures, particularly in areas frequently impacted by human activity or livestock grazing.

While it can tolerate a range of environments, it does not thrive in extremely dry, rocky soil.

Milk thistle is one of the most well-documented herbal remedies for liver health and has been used in Western herbal medicine for centuries. Traditionally, it has been used to protect the liver from toxins, promote cell regeneration, and support overall liver function. It is

commonly prescribed for hepatitis, jaundice, and liver stress caused by alcohol consumption, infections, and to support chemotherapy.

The plant's medicinal properties are primarily derived from its seeds, which contain silymarin, a powerful antioxidant and liver-protective compound.

Silymarin has been extensively studied for its ability to stabilize liver cell membranes, neutralize toxins, and promote liver cell regeneration. Research conducted in Germany since the 1970s has demonstrated that silymarin can help prevent severe liver damage if taken within 48 hours of exposure to toxic substances, such as deadly mushrooms like *Amanita phalloides* (death cap mushrooms). Because of this, silymarin is sometimes used as an emergency intervention for poisoning.

Milk thistle has also been explored for its potential anticancer properties. Studies in laboratory settings suggest that silymarin, particularly silybin, may help slow the growth of certain cancer cells by reducing oxidative stress and inflammation.

Research suggests that silymarin may protect liver function in patients undergoing chemotherapy. One clinical study involving children with leukemia found that silymarin helped regulate liver enzymes without interfering with chemotherapy treatments.

Milk thistle is also traditionally used to support allergy relief and immune function. In a 2011 clinical trial conducted in Iran, patients with allergic rhinitis (hay fever) reported a significant reduction in symptoms after taking a silymarin extract.

Milk thistle's anti-inflammatory properties may help regulate the immune response to allergens. Some herbalists recommend milk thistle tinctures for hay fever.

This versatile herb is available in multiple forms, depending on its intended use. Capsules containing milk thistle seeds (500 mg) can even be used for hangovers.

Tablets are commonly prescribed for long-term liver support, especially in cases of cirrhosis, fatty liver disease, and chronic liver conditions. For acute conditions, such as liver infections, a decoction made from milk thistle seeds is sometimes recommended, with a

dosage of one-third of a cup (75 ml) daily. In cases of poisoning, a fluid extract or tincture is administered in small, frequent doses due to its rapid protective effects on the liver. However, for chronic conditions, milk thistle works gradually over time, and a dosage of 2–5 drops taken three to four times per day can provide the necessary amount.

Individuals with hormone-sensitive conditions such as breast cancer or endometriosis should avoid milk thistle. It has been shown to help regulate blood sugar levels, which can be beneficial for some individuals. However, for those taking diabetes medications, it may cause blood sugar to drop too low (hypoglycemia) and should therefore be avoided.

While some traditional sources suggest milk thistle may be safe during pregnancy, clinical research on its safety for pregnant and breastfeeding women is still lacking. Avoid use with immunosuppressants.

Neem - Azadirachta indica



Neem is one of the most revered herbs in Indian Ayurvedic medicine. Its leaf extracts have long been used to address ailments such as asthma, eczema, diabetes, and rheumatism, while neem oil is valued for its ability to nourish the scalp, combat head lice, and soothe inflamed skin conditions.

Research has also explored neem's potential as a natural insecticide and contraceptive.

Beyond its medicinal benefits, the neem tree itself is believed to purify the air, which is why it is frequently planted in India and other tropical regions.

This evergreen tree, which can grow up to 52 feet (16 meters) tall, is easily recognized by its compound leaves and delicate white flowers. Originally native to Iran, Pakistan, India, and Sri Lanka, neem thrives in forests and woodlands throughout the Indian subcontinent. Due

to its adaptability, it has been naturalized in tropical regions across the globe. It is commonly planted along roadsides for its shade-giving properties, while its leaves and seeds are harvested year-round for their medicinal and agricultural benefits.

Neem is also recognized for its detoxifying properties, helping to cleanse the body by supporting liver function, improving digestion, promoting urinary health, and enhancing skin clarity. Its rich concentration of antioxidants and bioactive compounds helps reduce oxidative stress, supporting the liver's ability to process and eliminate toxins efficiently. In Ayurvedic medicine, neem is believed to rid the body of "ama" (toxins).

A key benefit of neem is its role in liver and blood purification. It helps maintain liver health by reducing inflammation and oxidative damage, supporting healthy liver enzyme activity, and promoting the breakdown of metabolic waste. Through its blood-purifying properties, neem is believed to help reduce skin conditions such as acne, eczema, and rashes that are often linked to toxin buildup.

Beyond internal health, neem has powerful antibacterial, antifungal, and anti-inflammatory properties that contribute to skin and oral wellness. It has been traditionally used to treat wounds, infections, and fungal overgrowth, making it a valuable remedy for acne, psoriasis, and other inflammatory skin conditions. In oral care, neem has been a trusted natural tooth cleanser (often found in natural toothpastes), used to prevent gum disease, cavities, and bacterial infections in the mouth.

Neem also plays a significant role in gut health, helping to balance intestinal flora by reducing harmful bacteria and parasites. This makes it beneficial for individuals dealing with digestive issues such as bloating and indigestion.

While neem is occasionally used as a mild laxative, it is not considered a primary colon cleanser but rather a gentle digestive aid that promotes a healthier gut environment.

One of neem's most profound benefits is its ability to strengthen the immune system. Packed with immune-modulating compounds, it enhances the body's defense against infections

and chronic inflammation. It has been traditionally used to manage fevers, fight viral infections, and support overall immune resilience.

Neem can be safely used in various forms, but it is essential to follow proper guidelines to avoid adverse effects. Consuming fresh or dried neem leaves in moderation - around 4 - 5 leaves daily for up to 10 weeks - will support detoxification, digestion, and immunity.

You can also make neem tea by steeping dried leaves in hot water. While neem oil is highly beneficial for skin and scalp health, it should never be ingested, as it is toxic to the liver. Instead, it can be diluted with a carrier oil like coconut or almond oil and applied to the skin to treat acne, eczema, dandruff, and fungal infections. Performing a patch test before use helps prevent irritation.

Additionally, boiled neem water can serve as a natural mouth rinse to improve oral hygiene or as a face wash or hair rinse to soothe skin conditions.

Neem should be avoided during pregnancy, as it may trigger uterine contractions and increase the risk of miscarriage. Some research suggests it could also affect sperm production. Individuals with diabetes should use caution, as neem may lower blood sugar levels, which could be dangerous when combined with medication.

Neem oil and seeds are highly toxic to children and should never be ingested, as they can cause severe reactions, including vomiting, diarrhea, seizures, and even coma. Those taking immunosuppressants or diabetes medications should consult a healthcare professional before using neem, as it may interfere with these treatments.

Nettles - Urtica dioica



Stinging nettles have a wonderful ability to strengthen, detoxify, and nourish the body. Though it may seem like an ordinary weed, nettle is anything but.

Packed with essential minerals, vitamins, and proteins, nettles have been used for centuries to promote vitality, cleanse the system, and restore balance.

Herbalist David Hoffman once said, “When in doubt, use nettle,” and for good reason - this versatile plant offers wide-ranging benefits for circulation, detoxification, kidney function, and reproductive health.

One of nettle’s most profound effects is on the blood. It enhances circulation, moves stagnant blood, and serves as an excellent source of iron, making it particularly beneficial for those experiencing anemia or general fatigue. It also supports balanced blood sugar levels and blood pressure, making it a useful herb for individuals managing diabetes or hypertension.

It can also be used for heavy or prolonged menstruation, as it has a natural ability to reduce excessive bleeding both internally and externally. This same blood-building and clotting effect make nettle a valuable postpartum ally, helping replenish iron levels after childbirth and aiding in recovery.

A deeply restorative herb for the kidneys, nettle is a diuretic, encouraging sluggish kidney function, flushing out excess water, and cleansing bodily fluids. It is used for urinary tract infections and to help dissolve gravel and stones in the kidneys and bladder. By supporting kidney function, nettle assists in detoxifying the entire system, promoting the elimination of waste products like uric acid.

Nettle is also a nutritious green for culinary use with a spinach-like flavor. When harvested young, the tender leaves make a nutrient-rich green perfect for soups, sautés, and teas.

Though the sting may seem intimidating, it is easily neutralized by blanching in boiling water for a minute. The resulting cooking water transforms into a refreshing, mineral-rich tea or broth. However, once nettle flowers, its leaves should no longer be consumed, as they become tough and may irritate the kidneys.

Nettle also plays an important role in protein metabolism. Nettle encourages the removal of protein waste and interestingly, often grows near compost-rich soils, manure piles, and areas high in organic matter, hinting at its natural affinity for processing proteins and waste.

To safely harvest nettles without getting stung, wear thick gloves and use sharp scissors or garden shears to snip the top 4-6 tender leaves, as they are the most nutritious and have the mildest flavor. Interestingly, new leaves don't sting, so focusing on fresh, young growth is the best way to avoid irritation. Hold the stem carefully and cut just above a leaf node to encourage regrowth. To neutralize the sting, dry the leaves, blanch them in boiling water for 1-2 minutes, or cook them in soups and sautés. Harvest in early spring for the best flavor, choosing young plants before they flower. Always harvest sustainably, taking only what you need and leaving enough for the plant to thrive.

One of nettle's lesser-known but equally fascinating uses is in urtication, a practice where fresh nettle leaves are intentionally brushed onto the skin in order to get stung! This helps to stimulate circulation and relieve pain. This external application has been used for centuries to alleviate musculoskeletal pain, arthritis, and joint stiffness. The mild sting activates blood flow to the area, reducing discomfort and increasing mobility.

Nettle's benefits extend into immune support, where it has been shown to help with seasonal allergies. Regular use before allergy season can help build resilience and lessen allergic responses.

Nettle leaves, roots and seeds all have medicinal properties. Nettles can be taken in tea or in a tincture. For external use they can be used in salves.

As a strong diuretic, it may cause excessive fluid loss in individuals with dry constitutions, potentially leading to dehydration.

Individuals taking blood thinners, diuretics, or blood pressure medications should exercise caution, as nettle may enhance or interfere with these effects.

Those prone to low blood pressure should also use it carefully, as its diuretic properties may contribute to further drops in blood pressure.

Oregon Grape - Mahonia spp.



Oregon grape, a resilient member of the barberry family, thrives in the rugged landscapes of the Rocky Mountains.

More than just an ornamental plant with striking yellow roots and deep blue berries, it is a powerful herbal remedy long used to support digestion, detoxification, and overall vitality.

Revered for its bitter properties, Oregon grape stimulates secretions from the gastrointestinal tract, enhancing digestion, absorption, and metabolism. It also plays a crucial role in liver and gallbladder function, making it one of the most effective herbs for cleansing and nourishing the blood.

At its core, Oregon grape works by optimizing the body's ability to break down and eliminate waste. Its effect on the liver is particularly profound - by stimulating bile production, it helps prevent sluggish digestion and the constipation that often results from poor bile flow.

As a blood cleanser, it encourages the removal of toxins, indirectly acting as a potent antimicrobial and is considered a herbal antibiotic.

Oregon grape's influence extends beyond the digestive system. Poor waste elimination can lead to inflammation in muscles, joints, and bones, creating stiffness, pain, and swelling.

By improving metabolism and lymphatic drainage, this herb helps clear catabolic waste - those byproducts of metabolism that, when not properly eliminated, can accumulate and cause chronic irritation.

When the lymphatic system is sluggish, toxins become trapped, leading to swollen glands, congestion, and a buildup of thick mucus. Oregon grape works to clear these obstructions, improving circulation and reducing glandular swelling. This action makes it a valuable ally in treating chronic skin conditions, as many forms of eczema, psoriasis, and acne stem from an overloaded liver and inefficient waste removal.

In addition to its cleansing and revitalizing properties, Oregon grape can be an essential remedy for those with dry constitutions. When the body is too dry, it struggles to transport and eliminate waste efficiently, leading to stagnation and irritation.

Oregon grape is traditionally prepared from its roots in a variety of forms, including decoctions, tinctures, fluid extracts, powders, and capsules.

A strong decoction of the yellow root is often used for internal cleansing, while a tincture is typically taken in small doses, starting with just a few drops at a time. Due to its potency, it is recommended to begin with conservative amounts and gradually increase as needed.

However, while Oregon grape is a powerful ally, it is not suitable for everyone. Those with extremely dry constitutions should use it with caution, as its bitter and detoxifying properties can be overly drying if not balanced with nourishing herbs.

It is not recommended during pregnancy, as it can stimulate uterine contractions.

Red Clover - Trifolium pratense



Red clover (*Trifolium pratense*), is a vibrant member of the legume family.

Native to central Asia but now widely cultivated and naturalized across the world, this herb has a special affinity for the body's glands, particularly the lymph nodes.

Its blossoms have been traditionally used for conditions involving swollen or congested glands, such as mumps or lymphatic blockages, and is known to assist the body in breaking down hardened glandular cysts or nodes.

The lymphatic system is the body's natural drainage network responsible for removing waste and toxins. When the lymphatic system becomes sluggish, congestion can lead to swelling, chronic infections, and inflammatory conditions. By promoting lymphatic circulation, red clover helps to clear stagnation, making it an excellent herbal remedy for detoxification.

It is often used for skin conditions such as eczema and psoriasis, which can stem from poor elimination of toxins through the liver and kidneys.

Red clover also plays an important role in blood purification. It helps eliminate metabolic waste by stimulating bile production and improving liver function. This action supports digestion and enhances the body's ability to break down and excrete toxins, ultimately relieving pressure on the liver and pancreas.

Indicated in cases of systemic toxicity due to impaired liver function, making it a valuable ally in cases of chronic inflammation or sluggish metabolism. Acting as a gentle diuretic, it encourages urination and helps flush out excess fluids and waste products from the body. This property makes it useful for conditions where fluid retention or sluggish elimination is a concern. Additionally, red clover contains coumarins, natural compounds that can thin the blood slightly and improve circulation.

The herb is also of interest for its potential hormonal effects. Red clover is a remedy for menopausal symptoms such as hot flashes and night sweats.

Another aspect of red clover is its influence on cognitive health. It has been noted for its ability to support brain function, particularly in cases where mental clarity has been compromised due to overwork or stress.

Red clover blossoms can be used in infusions or tinctures. Avoid Red clover during pregnancy and breastfeeding. People with liver conditions should also exercise care when using red clover, as its detoxifying properties can sometimes place additional strain on an already compromised liver.

Discontinue use at least two weeks before any planned surgery to reduce the risk of excessive bleeding. Also avoid use with hormone sensitive conditions or when using blood-thinners.

Schisandra - Magnolia vines

Schisandra (*Schisandra chinensis*), often referred to as Wu Wei Zi, meaning "five-flavored berry" in Chinese, is an adaptogenic herb used traditionally in Chinese and Russian medicine.

Known for its restorative and rejuvenating properties, schisandra supports the nervous system, enhances mental clarity, protects the liver, balances fluid levels, and even acts as a sexual stimulant.

As an adaptogen the berries help the body resist and adapt to physical, emotional, and environmental stressors while promoting overall equilibrium.



Schisandra works as a nerve tonic, improving reflex responses, sharpening mental focus, and increasing resistance to mental and physical fatigue.

Traditionally used for treating conditions such as chronic depression, forgetfulness, irritability, and cognitive decline. Despite its stimulating effects, schisandra also possesses calming properties, making it a valuable herb for individuals struggling with insomnia, dream-disturbed sleep, and anxiety-related restlessness. In Chinese medicine, it is said to "quiet the spirit and calm the heart," which highlights its dual role as both an energizer and a sedative.

Schisandra berries are important for liver protection and detoxification. Its hepatoprotective properties make it highly beneficial for individuals with hepatitis, liver congestion, and poor liver function. The active compounds in schisandra, including lignans, have been shown to enhance liver enzyme activity, accelerating the detoxification process and promoting the elimination of toxins. Its powerful antioxidant effects help combat oxidative stress.

Beyond its effects on the nervous system and liver, schisandra plays a key role in balancing the body's fluid levels. It strengthens kidney function and is traditionally used to alleviate symptoms such as night sweats, excessive thirst, and frequent urination. By supporting the kidneys' ability to regulate fluid balance, schisandra helps maintain homeostasis, preventing both excessive dryness and excessive fluid retention.

Schisandra is also widely regarded as a sexual tonic for both men and women. It is believed to increase the secretion of sexual fluids, enhance libido, and improve sexual stamina, particularly in men. Traditional Chinese Medicine often prescribes schisandra for individuals experiencing sexual exhaustion, weakness, or reproductive imbalances, as it fortifies the body's energy reserves and promotes vitality.

Schisandra is used to treat chronic coughs, shortness of breath, and wheezing, making it valuable for individuals with lingering respiratory infections or conditions such as asthma.

More recently, schisandra has gained recognition for its beneficial effects on skin health. It is now commonly used to treat urticaria (hives), eczema, and other inflammatory skin

conditions, as its liver-cleansing and anti-inflammatory properties help clear toxins from the blood, reducing flare-ups and irritation. Traditional herbalists believe that many chronic skin conditions stem from internal toxicity, and by cleansing the liver and improving circulation, schisandra promotes healthier, clearer skin from the inside out.

Schisandra is commonly consumed as a tincture, tea or decoction, powder, or extract, with dosages adjusted based on the individual's needs. It can be taken alone or combined with other adaptogenic herbs such as ginseng or ashwagandha for a more comprehensive restorative effect.

It should not be used during pregnancy, as it has the potential to stimulate uterine contractions. Individuals with gastric ulcers or severe acid reflux should also use it cautiously, as schisandra can increase stomach acid production, potentially worsening these conditions.

Those on blood thinners or immunosuppressants, should avoid using schisandra.

Tulsi (Holy Basil) - Ocimum sanctum, Ocimum gratissimum



Holy Basil - known in India as Tulsi is considered a sacred herb and is used in Ayurvedic medicine.

It is known to bring longevity, resilience, and spiritual well-being. Its name in Sanskrit, Tulsi, means "beyond compare," in reference to its healing properties.

Holy Basil thrives across various regions, including India, Malaysia, Central and South America. It comes in three primary varieties, each offering distinct yet complementary benefits:

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- ✓ Rama Tulsi (*Ocimum sanctum*) is the most widely cultivated variety, featuring green leaves.
- ✓ Krishna Tulsi (*Ocimum tenuiflorum*) has deep purple leaves.
- ✓ Vana Tulsi (*Ocimum gratissimum*) is a wild-growing perennial, has dark green leaves with a distinct clove-like flavor, it is known as "clove basil" in Brazil.

Holy basil is best known as an adaptogen and helps the body adapt to stress while promoting overall balance. It supports mental clarity, reducing symptoms of anxiety, forgetfulness, and sleep disturbances. It may aid in managing ADHD, ADD, mind fog and cognitive fatigue by acting as a cerebral stimulant.

Holy basil enhances liver function, which is essential for detoxifying harmful substances from the blood. It helps in the breakdown and elimination of toxins, including heavy metals and pollutants, while stimulating the production of liver enzymes that assist in metabolizing toxins.

Rich in polyphenols, flavonoids, and essential oils, Holy Basil neutralizes free radicals reducing oxidative stress, and protects cells from damage caused by toxins. It promotes blood circulation and filtration, helping to remove toxins from the bloodstream.

Holy basil has expectorant and bronchodilator properties that help clear mucus and toxins from the lungs. It is beneficial for people exposed to air pollution and smoke, as it helps the body detox from carbon monoxide and other airborne toxins.

It also acts as a mild diuretic, promoting urine production and flushing out toxins through the kidneys, helping prevent kidney stones and improving renal function by reducing toxic overload. Supporting a healthy microbiome, Holy basil reduces harmful bacteria and toxins in the gut, aids digestion, and helps the body eliminate undigested waste and metabolic byproducts. It also increases glutathione production which is important for detoxification.

The most common way to consume holy basil is as a tea or tincture. To prepare tea, steep fresh or dried Holy Basil leaves in hot water for 5-10 minutes and drink daily.

A tincture or extract can be used by adding a few drops in water for a concentrated detox boost.

Capsules provide standardized holy basil supplementation for regular support, while fresh leaves can be chewed or added to smoothies to aid digestion and detoxification. With all supplements be sure they are well sourced and organic.

Holy Basil may have an antifertility effect and should be avoided by couples trying to conceive or pregnant women.

Due to its mild anticoagulant properties, it should not be used alongside warfarin or before and after surgery. If taking insulin or other glucose-lowering drugs, consult a healthcare provider, as holy basil may amplify their effects.

As a warming and stimulating herb, it may aggravate individuals with an already excess heat constitution (Pitta in Ayurveda), leading to overstimulation or restlessness.

Turmeric - Curcuma longa



Turmeric, with its golden-hued rhizomes has remarkable healing properties, has been used for thousands of years in Ayurvedic medicine and Indian cuisine.

Originally from Southeast Asia, it has spread to tropical regions worldwide, with India producing and consuming nearly 80% of the world's turmeric.

Beyond its culinary uses, turmeric has gained international recognition for its ability to relieve pain, reduce inflammation, increase immunity, detoxify the body, and support overall well-being.

At the heart of turmeric's power lies curcumin, its active compound responsible for most of its medicinal effects. Curcumin is a potent anti-inflammatory, antioxidant, and detoxifier, supporting liver function, enhancing digestion, and protecting against chronic diseases.

However, curcumin has low bioavailability, meaning it is not easily absorbed into the bloodstream. To maximize its benefits, it should be consumed with black pepper, which contains piperine, a compound that enhances curcumin absorption by up to 2000%. This combination ensures that the body can effectively retain and utilize curcumin, unlocking its full therapeutic potential.

When you see descriptions of turmeric benefits to health it is easy to ask: how can one herb be so effective in treating so many health concerns? The answer lies in turmeric's ability to modulate inflammation - a key driver of chronic diseases such as cancer, type 2 diabetes, autoimmune disorders, asthma, arthritis, ulcerative colitis, eczema, and psoriasis. By calming the body's inflammatory response, turmeric helps ease symptoms, promote healing, and prevent long-term damage.

This anti-inflammatory power is what makes turmeric a valuable tool not only for disease prevention but also for overall health optimization and detoxification. Its anti-inflammatory properties are what make it a wonderful natural pain reliever for cases such as arthritis and injuries.

Turmeric is one of nature's detoxifiers, primarily due to its ability to enhance liver detoxification. Turmeric stimulates enzymes that break down toxins, allowing them to be flushed from the body efficiently. It shields the liver from damage caused by alcohol, medications, pesticides, and environmental pollutants while boosting glutathione production, the body's master antioxidant and detox molecule.

Turmeric is also highly effective in heavy metal detoxification, as curcumin binds to lead, cadmium, and mercury, preventing their accumulation in tissues and reducing their toxic effects.

Additionally, turmeric's ability to neutralize free radicals helps protect cells from oxidative stress, a major factor in aging, chronic diseases, and environmental toxin exposure.

Turmeric also plays a crucial role in digestion and gut health. It stimulates bile production, aiding in the breakdown of fats and the removal of toxins, while its antimicrobial properties help balance gut bacteria and reduce harmful pathogens.

Turmeric is a powerful immune booster, thanks to its antimicrobial, antiviral, and antifungal properties. It helps fight infections, reduce inflammation that weakens the body's defenses, and enhance the activity of white blood cells, which are essential for immune function. This makes turmeric especially beneficial for infections, autoimmune conditions, respiratory infections, and chronic inflammatory diseases.

Its ability to clear mucus and reduce inflammation in the lungs makes turmeric a valuable remedy for those suffering from asthma, allergies, and pollution-related lung damage.

In the modern world, insulin resistance, metabolic syndrome, and type 2 diabetes are becoming increasingly common, particularly in the West. Effectively managing these conditions requires a holistic approach, including proper sleep, regular exercise, and a whole-food, low-carbohydrate diet. When used in combination with these healthy lifestyle practices, turmeric has been shown to reduce inflammation linked to type 2 diabetes and lower fasting insulin levels, helping regulate blood sugar and improve metabolic health.

Turmeric can be consumed in various forms, including powder, capsules, fresh root, and tinctures. One of the most effective ways to take it is as a tincture with black pepper, as alcohol-based extracts allow for better absorption.

Another excellent way to consume turmeric is by adding freshly grated root to juices or smoothies, where its compounds remain highly bioavailable.

If using turmeric powder, it's important to ensure proper preparation to maintain its potency. Store-bought powders may lose their active ingredients due to excessive heat processing and mixing with other substances. The best way to prepare turmeric at home is to grate fresh

root, sun-dry it naturally, and then blend it into a fine powder, which can easily be added to food or smoothies.

It acts as a natural blood thinner, so individuals taking anticoagulant medications (such as warfarin) should avoid turmeric. Those with gallbladder issues, kidney stones, or low blood pressure should also use it cautiously.

In some cases, high doses may cause stomach irritation, particularly in sensitive individuals.

Uva Ursi - Arctostaphylos uva-ursi

Uva ursi, often known as Bearberry, is a medicinal herb which thrives in the forests and mountainous regions of Europe, Asia, and North America.



Uva Ursi has a high content of arbutin, a compound that, when metabolized in the body, transforms into hydroquinone - a potent antimicrobial agent. This allows Uva Ursi to act as a natural disinfectant, flushing out harmful bacteria and excessive mucus from the urinary tract. It is especially famous for treating bladder infections that produce thick, greenish discharges, a sign of excess phlegm and bacterial overgrowth.

Its astringent properties help tone and tighten relaxed mucous membranes, reducing inflammation and excessive secretions not only in the bladder but also in the throat, lungs, stomach,

Uva Ursi plays a critical role in digestive detoxification. It supports healthy bile flow and stimulates sluggish pancreatic enzymes, ensuring the efficient breakdown of food and preventing toxic buildup in the gut.

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It is particularly beneficial for those struggling with indigestion, nausea, slow gastric emptying, and chronic diarrhea, which often signal an overburdened digestive system in need of cleansing.

Additionally, Uva Ursi's antiseptic nature makes it a valuable remedy for bronchitis and excessive phlegm buildup in the lungs, where it helps expel mucus and prevent bacterial infections from taking hold.

It is traditionally consumed as an infusion by steeping 1–2 teaspoonfuls of dried leaves in a cup of boiling water.

For a more concentrated form, it is also available as a tincture or extract, which can be taken in small doses for deep urinary and digestive cleansing.

However, caution is advised - while generally safe in moderate amounts, Uva Ursi contains tannins that can cause constipation if overused.

Avoid during pregnancy and best not to give it to children as it can cause liver toxicity.

The Body's Detox Systems

Whether from food, the environment, medications, or internal metabolic waste your body is working hard to keep you running smoothly. Your liver, kidneys, digestive, lymphatic, respiratory, cardiovascular, immune, endocrine, and nervous systems all work together to maintain balance and prevent harmful substances from accumulating. However, when these systems become overwhelmed, toxins can linger, leading to an array of uncomfortable symptoms.

Understanding how each system functions, how it responds to toxic overload, and how to support it naturally is really important in order to support your body's natural detoxifying mechanisms.

Liver

Have you been feeling constantly drained, struggling with stubborn weight gain, or noticing your skin breaking out more than usual? These could be signs that your liver is working overtime and needs extra support.

As the body's main detox organ, the liver is like your built-in filtration system, responsible for processing toxins from the food you eat, the medications you take, the alcohol you drink, and even the air you breathe. It breaks down harmful substances so they can be safely eliminated through bile and urine.

The liver also plays a crucial role in hormone regulation, fat metabolism, and cholesterol management, making it one of the hardest-working organs in your body.

When the liver becomes overwhelmed by toxins, it slows down, which leads to a toxic backlog in your system. Instead of efficiently filtering and breaking down waste, the liver gets

congested, allowing toxins to linger in the bloodstream. This can result in fatigue, sluggish digestion, bloating, and difficulty breaking down fatty foods.

Additionally, hormonal imbalances can occur, leading to irregular menstrual cycles, PMS, mood swings, and weight gain - especially around the abdomen. When the liver can't keep up, toxins can even be pushed out through the skin, causing acne, eczema, and rashes. Over time, an overburdened liver can lead to fatty liver disease, chronic inflammation, and metabolic dysfunction.

Your liver is however incredibly resilient and has the ability to regenerate when given the right support. Hydration is key! Drinking plenty of water helps flush out toxins and keeps the liver functioning efficiently.

Reducing alcohol intake is another major step, as alcohol creates toxic byproducts that stress the liver and promote inflammation. Eating nutrient-dense foods like leafy greens, beets, cruciferous vegetables (broccoli, brussels sprouts, cabbage), and healthy fats supports liver detox pathways.

Adding liver-supporting herbs like milk thistle, dandelion root, turmeric, and burdock root can further enhance the liver's ability to filter toxins, repair damage, and maintain optimal function.

Calendula, neem, oregon grape, red clover, schisandra and tulsi (holy basil) are also all important herbs for supporting liver health.



Golden milk recipe

Golden milk is a traditional Ayurvedic recipe. It is soothing, anti-inflammatory and is full of antioxidants.

Perfect for supporting the liver's detoxification, this version uses fresh ginger and fresh turmeric for a richer flavor and enhanced health benefits, making it a perfect choice not only for the liver but also to support digestion, immune support, and to relax at the end of a long day!



Ingredients:

- 1 cup of milk (dairy, almond, coconut, or oat milk)
- 1-inch piece of fresh turmeric (grated or 1 teaspoon turmeric powder)
- 1-inch piece of fresh grated ginger (grated)
- ¼ teaspoon cinnamon powder or half a cinamon stick
- Pinch of black pepper (optional, enhances curcumin absorption)
- ½ teaspoon coconut oil or ghee (optional, enhances curcumin absorption)
- 1 tablespoon honey or maple syrup (optional, for natural sweetness)
- ½ teaspoon vanilla extract (optional, for extra flavor)

Instructions:

- Warm 1 cup of milk over low-medium heat. Stir occasionally to avoid scorching.
- Use a fine grater to grate the turmeric and ginger.
- Add the turmeric, ginger and the cinamon to the milk and stir well.
- Allow the mixture to gently simmer so the spices infuse fully for 5 minutes.
- Stir occasionally to ensure even mixing.
- Stir in the pepper and coconut oil or ghee.
- Add the honey or maple syrup for a hint of sweetness.

- Stir in the vanilla extract.
- Use a mesh strainer to remove the ginger and turmeric pieces.
- Pour into a cup and enjoy warm!



Dandelion & nettle green juice recipe

This powerful green juice is perfect for flushing out toxins, supporting the liver, digestive and kidney function whilst cleansing the blood.

It is rich in antioxidants and full of nutrients.



Ingredients:

- 1 cup of fresh chopped dandelion leaves
- ½ cup of fresh nettle shoots
- ½ cucumber
- 1 celery stalk
- 1 green cored apple
- juice of ½ lemon
- 1-inch piece of fresh ginger
- 1 ½ cups of filtered water or coconut water

Instructions:

- Rinse all ingredients thoroughly. If using a juicer, pass the dandelion leaves, nettle shoots, cucumber, celery, apple, lemon, and ginger through the juicer.
- If using a blender, add all ingredients along with the water or coconut water, then blend until smooth.

- Strain the juice using a fine mesh strainer or nut milk bag for a clearer, more refreshing drink, or enjoy it as a thicker juice with fiber intact.
- Pour into a glass and drink immediately.



Liver support oatmeal

This nourishing and detoxifying oatmeal is packed with liver-supportive ingredients to help protect, cleanse, and regenerate liver cells.

Milk thistle seeds support liver detoxification and cell repair. Turmeric also supports the liver, while cinnamon and flaxseeds support digestion and metabolic health.

This is a delicious, easy-to-make breakfast that promotes overall liver function and gut health.

Ingredients:

- ½ cup of rolled oats
- 1 cup of unsweetened almond milk
- 1 teaspoon of ground milk thistle seeds
- ½ teaspoon of turmeric powder
- ½ teaspoon of cinnamon
- 1 tablespoon of ground flaxseeds
- 1 tablespoon of raw honey or maple syrup
- ½ cup of fresh or frozen blueberries or blackberries
- 1 tablespoon of chopped walnuts or almonds

Instructions:

- In a small saucepan, bring almond milk (or water) to a simmer.
- Stir in the oats, turmeric, and cinnamon, and cook for 5 minutes, stirring occasionally.

- Once the oats are soft, remove from heat and stir in ground milk thistle seeds and flaxseeds.
- Let sit for a minute, then drizzle with honey or maple syrup, if desired.
- Top with berries and chopped nuts for added nutrients.
- Serve warm and enjoy!



Liver recovery glycerite

This herbal glycerite is formulated to support liver function, promote detoxification, and aid digestion using a blend of milk thistle, burdock root, dandelion root, and oregon grape root.

These herbs work together to protect liver cells, stimulate bile production, and enhance the body's natural detoxification processes, making this glycerite a gentle yet effective liver tonic.

This alcohol-free extraction method preserves the medicinal properties of these liver-loving herbs, creating a gentle yet potent glycerite that can be used daily to support liver health, improve digestion, and promote overall well-being.

Ingredients:

- ½ cup dried milk thistle seeds
- ½ cup dried burdock root
- ½ cup dried dandelion root
- ½ cup dried oregon grape root
- Vegetable glycerine
- Spring, filtered or distilled water

Instructions:

- Grind the dried herbs as needed to increase surface area for better extraction. Crumbled or powdered herbs work better than large pieces.
- Fill a clean, dry glass jar halfway with the ground dried herbs.
- In a separate jar, mix 3 parts vegetable glycerine with 1 part distilled water (this creates a 75% glycerine and 25% water solution). Shake well to combine.
- Pour the glycerine-water mixture over the herbs in the jar, filling to about one inch from the top, ensuring all plant material is submerged.
- Use a clean spoon to mix the herbs and remove air bubbles. If needed, add more liquid to keep the herbs fully covered.
- Cap the jar tightly and label it.
- Store in a cool, dark place away from sunlight and allow it to macerate for 4-6 weeks. Shake the jar daily to help with extraction.
- Check the liquid level and add more glycerine-water mixture (for dried herbs) or 100% glycerine (for fresh herbs) as needed to keep the herbs fully submerged.
- After 4-6 weeks, strain the glycerite through 3-4 layers of cheesecloth, squeezing the plant material to extract all the liquid.
- Transfer the strained glycerite into clean amber glass bottles with airtight lids. Label.
- Take 1-2 dropperfuls (30-60 drops) daily, diluted in water or tea.



Hangover tincture

This tincture is designed to support liver detoxification, ease nausea, reduce inflammation, headaches and promote recovery after excessive alcohol consumption.

Ginger helps reduce nausea and settle the stomach, while peppermint eases digestive discomfort and headaches.

Turmeric supports liver detoxification together with milk thistle, which helps to protect liver cells and accelerate alcohol metabolism.

Ingredients:

- 20g of grated fresh ginger
- 10g of dried peppermint
- 10g of grated dried turmeric
- 10g of dried milk thistle seeds
- 350ml of 70% grain alcohol
- 150ml of spring or filtered water

Instructions:

- Place all herbs and roots in a clean glass jar.
- Pour 350ml of 70% grain alcohol over the herbs.
- Add 150ml of spring or filtered water.
- Seal the jar tightly and shake well.
- Store in a cool, dark place for 4-6 weeks, shaking the jar every few days.
- After the extraction period, strain through cheesecloth or a fine mesh strainer.
- Transfer the tincture into amber glass dropper bottles.
- Take 30-60 drops in a glass of water 2-3 times a day.

Digestive System

Your digestive system (which also includes the liver!) does far more than just process food - it's a critical detoxification system that ensures toxins and waste are eliminated properly.

Every bite you take passes through an intricate system that includes your stomach, intestines, pancreas, gallbladder, and gut microbiome, all working together to break down food, extract nutrients, and eliminate anything that isn't needed.

The liver produces bile, which is stored in the gallbladder and released into the intestines to help break down fats and escort toxins out of your body.

Meanwhile, fiber acts as a magnet, binding to toxins in the gut so they can be safely eliminated. A healthy gut microbiome (the collection of good bacteria in your intestines) also plays an important part of detoxification by breaking down harmful substances and preventing toxin reabsorption.

When digestion slows down due to a poor diet, chronic stress, or an imbalance in gut bacteria, waste and toxins that should be eliminated can instead linger in the intestines, increasing the risk of reabsorption into the bloodstream.

Prolonged gut irritation can lead to increased intestinal permeability - sometimes referred to as "leaky gut" - where the integrity of the gut lining is weakened, increasing the chances of toxin reabsorption through the intestinal walls. This can trigger immune responses and systemic inflammation.

Of course drinking plenty of water also ensures smooth digestion and keeps everything moving along efficiently. Fiber-rich foods like fruits, vegetables, whole grains, and legumes help bind to toxins and escort them out of your body.

Probiotic-rich foods like yogurt, kimchi, and sauerkraut restore gut balance by supporting beneficial bacteria, which play a key role in breaking down harmful compounds.

Herbs like dandelion, peppermint, oregon grape and ginger are excellent for the digestive tract, reducing bloating, and improving bile flow, making waste elimination easier and more efficient.

Other herbs indicated for the digestive system are neem, turmeric and uva ursi.



Alfalfa sprouts



Alfalfa sprouts are a simple yet powerful addition to any meal, offering numerous benefits for the digestive system. Their alkalizing properties help neutralize excess acidity in the gut, reducing inflammation, easing digestive discomfort, and promoting overall balance.

Rich in fiber, alfalfa sprouts gently stimulate intestinal movement, preventing constipation and

supporting regularity.

Their natural prebiotic properties also nourish beneficial gut bacteria, fostering a healthier microbiome and reducing the risk of bloating and gas.

Additionally, their high chlorophyll content aids in detoxification, binding to toxins and heavy metals for easier elimination.

Light, fresh, and nutrient-dense, alfalfa sprouts are an effortless way to enhance digestion and overall well-being.

Instructions:

- Start by placing about 2 tablespoons of alfalfa seeds in a clean jar, sprouter, or bowl. Cover them with 2-3 times the amount of cool water and let them soak overnight (approximately 8-12 hours).
- After soaking, drain the water and rinse the seeds well with fresh water. Be sure to drain as much water as possible to prevent bacterial growth.
- Store the jar at room temperature, away from direct sunlight, for about 3 days. During this time, rinse and drain the sprouts every 8-12 hours to keep them fresh and prevent mold or bacteria from forming.

- On the fourth day, move the sprouts to an area with indirect sunlight. This encourages photosynthesis, which gives the sprouts their green color and boosts their nutritional value. Continue rinsing and draining every 8-12 hours as they continue to grow.
- By day 5 or 6, your alfalfa sprouts should be fully grown and ready to eat. Give them a final rinse and store them in the refrigerator to keep them fresh.

When consuming alfalfa sprouts, it's important to keep in mind that they carry a higher risk of bacterial contamination, particularly *E. coli* and *Salmonella*, since they are grown in a moist environment.

To reduce this risk, always buy high-quality seeds, follow proper hygiene practices, and ensure your growing equipment is thoroughly cleaned before sprouting.



Digestive Honey Balls



This recipe is designed to support and restore the digestive system, particularly the stomach and intestinal lining.

Slippery elm is rich in mucilage, a soothing compound that helps protect and repair the gut lining. It can be beneficial for both diarrhea and constipation, as it regulates moisture in the digestive tract, ensuring smoother waste elimination.

Calendula has calming properties that help reduce irritation in the digestive system, while turmeric is a well-known anti-inflammatory that aids in repairing damage to gastrointestinal tissues caused by poor diet or straining during bowel movements.

Alfalfa is highly nutritious and helps maintain an alkaline balance in the body, promoting overall gut health. Licorice root further strengthens the gut lining and provides relief from

irritation, while honey acts as a natural prebiotic, feeding beneficial gut bacteria and supporting digestion.

This combination of herbs and honey makes these digestive support balls a gentle and effective remedy for maintaining gut health, reducing inflammation, and improving digestion.

Ingredients:

- 2 tbsp of calendula flower powder
- 2 tbsp of turmeric powder
- 2 tbsp of slippery elm powder
- 2 tbsp of licorice root powder
- 2 tbsp of alfalfa powder
- 5 tbsp of honey

Instructions:

- In a small bowl, combine the herb powders and mix well.
- Gradually mix in the honey, stirring until a thick, sticky paste forms.
- Using teaspoon sized scoops, spoon out the paste and roll into balls.
- Place the balls on a plate and refrigerate until firm.
- Keep in an airtight container in the fridge for up to 2 weeks.



Tummy Tincture

This soothing and restorative digestive tincture is formulated to support gut health, improve digestion, and promote microbial balance.

Oregon grape root is a natural bitter tonic rich in berberine, a compound known for its antimicrobial and liver-supporting properties. It helps balance gut bacteria, improve

digestion, and stimulate bile production, which is essential for breaking down fats and eliminating toxins.

Fennel is a gentle yet effective carminative herb that helps relieve bloating, gas, and cramping while promoting smooth digestion and gut motility.

Slippery elm is a mucilaginous herb that coats and soothes the digestive tract, reducing inflammation and protecting the gut lining, making it especially useful for those with acid reflux, IBS, or leaky gut.

Ingredients:

- ½ cup of dried chopped slippery elm bark
- ½ cup of dried chopped oregon grape root
- ½ cup of dried fennel
- 2 cups 40% vodka

Instructions:

- Place the dried herbs into a clean glass jar.
- Pour vodka over the herbs until fully submerged.
- Seal the jar tightly and shake well.
- Store in a cool, dark place for 4-6 weeks, shaking the jar every few days.
- After the extraction period, strain through a cheesecloth or fine mesh sieve, squeezing out all liquid.
- Transfer the tincture into amber glass dropper bottles for storage and label.
- Take 30-60 drops (1-2 dropperfuls) in water or tea up to 2-3 times daily.



Digestive support juice

This refreshing and gut-soothing juice is specially crafted to aid digestion, reduce bloating, and promote overall gut health.

Fennel is well known for its ability to relax the digestive tract, reduce bloating, and prevent gas buildup, making it an excellent remedy for indigestion and stomach cramps.

Mint helps to soothe the stomach, support digestion, and relieve nausea, while also promoting healthy gut motility.

Ginger is a powerful anti-inflammatory digestive aid that stimulates digestion, reduces nausea, and improves nutrient absorption.



Ingredients:

- 1 cup of fresh pineapple chunks
- 1 cup of cucumber, chopped
- 1 cup of coconut water or plain water
- ½ cup of fresh fennel bulb or stalks, chopped
- ½ cup of fresh mint leaves
- 1 inch piece of fresh ginger
- ½ lemon, juiced



Instructions:

- Wash all ingredients thoroughly.
- Add everything to a juicer and process until smooth. If using a blender, blend well and strain through a fine mesh strainer or cheesecloth.
- Pour into a glass and enjoy!
- Drink before or after meals to aid digestion and reduce bloating.
- Can be drunk daily as a natural digestive tonic.



Calming digestive tea

This gentle and soothing herbal tea is designed to ease digestion, reduce bloating, and calm the nervous system, making it perfect for relieving digestive discomfort, stress-related indigestion, and an upset stomach.

This comforting tea is perfect for unwinding after meals or to calm down at the end of the day.

Ingredients:

- 2 teaspoons of dried lemon balm
- 1 teaspoon of dried chamomile flowers
- 1 teaspoon of dried peppermint leaves
- 2 cups of hot water

Instructions:

- Combine all herbs in a teapot or infuser.
- Pour hot water over the herbs and steep for 10-15 minutes.
- Strain and drink warm.
- Enjoy after meals or before bed for digestive support and relaxation.

Kidneys

Are you experiencing water retention, puffiness in your face or legs, or dark-colored urine? Do you feel dehydrated even after drinking water? Could be your kidneys needing a helping hand!

Your kidneys are your body's built-in filtration system, removing excess waste, toxins, and fluids through urine while maintaining proper hydration and electrolyte balance. They work closely with the liver to filter out harmful substances.

When your kidneys are under stress - whether due to dehydration, excessive salt intake, or over exposure to heavy metals and certain medications such as painkillers - their filtration efficiency declines. This can lead to swelling, kidney stones and high blood pressure.

Supporting kidney function starts with staying well-hydrated and avoiding excessive processed foods that can stress these vital organs.

Herbs like nettle, parsley, horsetail, and dandelion leaf act as diuretics, encouraging fluid balance and helping the kidneys efficiently flush out toxins.

A glass of cranberry juice can also help keep your kidneys healthy. Their benefits come primarily from their high content of antioxidants, organic acids, and bioactive compounds that help flush toxins and reduce inflammation, preventing UTIs.

Other herbs that support kidney function include alfalfa, red clover, tulsi (holy basil).



Kidney cleansing tea

This tea can be used to treat fluid retention and is great for supporting overall kidney and urinary health.

It is a natural diuretic and is rich in antioxidants and minerals.

Ingredients:

- 1 teaspoon of dried juniper berries
- 1 teaspoon of dried schisandra berries
- 1 teaspoon of dried dandelion leaves (if using fresh leaves use 2 teaspoons of chopped leaves)
- 2 cups of water



 Instructions:

- Add the berries and the water in a saucepan on a low heat.
- Cover and leave to simmer for 5-7 minutes.
- Remove from the heat.
- Add the dandelion leaves.
- Leave for another 10 minutes to brew.
- Strain the tea with a wire double meshed strainer.
- Take this tea 1-2 times a day when needed.



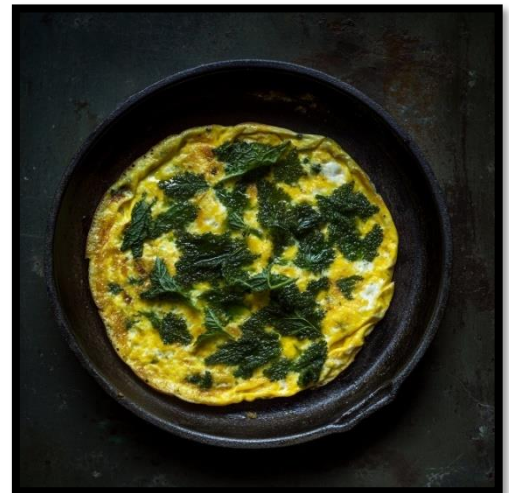
Nettle omelette recipe

Nettles are important for keeping the kidneys healthy. This recipe for nettle omelette is a nutrient-rich, delicious way to enjoy the detoxifying benefits of nettles.

Nettles are packed with iron, magnesium, calcium, and antioxidants, making this a perfect breakfast or light meal for staying healthy.

 Ingredients:

- 1 cup of fresh nettle leaves (young, tender leaves are best)
- 3 large eggs
- ½ small onion, finely chopped
- 1 clove of garlic, minced
- ¼ cup of crumbled feta or grated cheese (optional)
- 1 tablespoon of butter or olive oil
- Salt and black pepper, to taste



Instructions:

- Wearing gloves, rinse the fresh nettle leaves thoroughly and remove any tough stems.
- In a pot of boiling water, blanch the nettles for 1–2 minutes to neutralize the sting, then drain and finely chop them.
- In a bowl, whisk the eggs with milk (if using), salt, and black pepper until well combined.
- Heat butter or olive oil in a non-stick pan over medium heat. Sauté the onion and garlic until softened and fragrant, about 2 minutes.
- Add the chopped nettles and cook for another minute, stirring gently.
- Pour the egg mixture over the sautéed nettles and cook undisturbed for 2–3 minutes, or until the edges begin to set.
- Sprinkle the cheese over the top, then carefully fold or flip the omelette.
- Cook for another 1–2 minutes until fully set.
- Slide onto a plate and serve warm with toast, fresh herbs such as cilantro, parsley and alfalfa sprouts.



UTI tea

This tea is designed to support urinary tract health, reduce inflammation, fight bacteria, and relieve discomfort associated with urinary tract infections (UTIs).

The combination of soothing, antimicrobial, and diuretic herbs helps protect the urinary tract, ease irritation, and promote a faster recovery.

Marshmallow root is a mucilaginous herb that coats and protects the delicate lining of the urinary tract, reducing irritation and inflammation.

Horsetail, a natural diuretic while uva ursi is a powerful natural antimicrobial that has been traditionally used to help clear bacterial infections from the urinary tract.

Corn silk is a gentle urinary tonic that soothes inflammation, reduces irritation, and helps restore urinary balance.

Ingredients:

- 2 ½ cups of water
- 1 teaspoon of dried chopped marshmallow root
- 2 teaspoons of dried horsetail
- 1 teaspoon of dried chopped uva ursi leaves
- 1 teaspoon of dried chopped corn silk

Instructions:

- In a small saucepan, add marshmallow root and horsetail with 2 ½ cups of water.
- Cover with a lid and bring to a gentle simmer over low heat.
- Let simmer for 10 minutes.
- Remove from heat and add uva ursi and corn silk to the pot.
- Cover and let steep for 10-20 minutes.
- Strain and drink 2-3 cups daily for several days until the symptoms improve to help fully clear the infection.
- Do not use daily for more than 2 weeks.



Nettle & parsley kidney flush

This refreshing and detoxifying juice shot is designed to support kidney function, flush out toxins, and promote urinary health.

Nettle is a natural diuretic, helping to increase urine flow, reduce water retention, and remove waste, while parsley is rich in antioxidants and compounds that aid detoxification and support kidney health.

This quick and easy green shot is a natural way to cleanse and rejuvenate the kidneys.

 Ingredients:

- ½ cup of fresh chopped young nettle leaves
- ½ cup of fresh chopped parsley leaves
- ¼ cup of cucumber
- ½ lemon, juiced
- ¼ cup water

 Instructions:

- Wash the fresh nettle and parsley leaves thoroughly.
- Add all ingredients to a blender or juicer.
- Blend until smooth, then strain using a fine mesh strainer or cheesecloth (if desired).
- Pour into a small glass and drink immediately as a concentrated shot.
- Take 1-2 shots daily for kidney support and detoxification.
- Best consumed on an empty stomach in the morning.



Kidney support tincture

This kidney-cleansing tincture is to support urinary tract health, flush out toxins, and promote optimal kidney function.

The combination of uva ursi, dandelion, and cleavers provides antimicrobial, diuretic, and detoxifying benefits, making it an excellent natural remedy for kidney and bladder health.

 Ingredients:

- ½ cup of dried chopped uva ursi leaves
- ½ cup of dried chopped dandelion leaves
- ½ cup of dried chopped cleavers
- 2 cups 40-50% vodka

Instructions:

- Place the dried herbs into a clean glass jar.
- Pour vodka over the herbs until fully submerged.
- Seal the jar tightly and shake well.
- Store in a cool, dark place for 4-6 weeks, shaking the jar every few days.
- After the extraction period, strain through a cheesecloth or fine mesh sieve, squeezing out all liquid.
- Transfer the tincture into amber glass dropper bottles for storage and label.
- Take 30-60 drops (1-2 dropperfuls) in water or tea up to 2-3 times daily.
- Use during times of kidney stress.

Skin

Your skin isn't just about aesthetics - it's one of your body's largest detox organs, acting as a protective barrier against external toxins while also eliminating waste through sweat.

Toxins that can't be processed internally get expelled through the skin, leading to inflammation, and uneven texture.

On top of that, your skin is constantly exposed to environmental toxins from pollution, UV radiation, and harsh chemicals in skincare products.

Over time, these harmful substances can damage skin cells, accelerate aging, and weaken your skin's natural protective barrier.

To keep your skin clear and radiant, hydration is key once again! Drinking plenty of water helps flush out impurities and supports your skin's moisture barrier.

Eating antioxidant-rich foods, such as berries, leafy greens, and healthy fats like avocados and nuts as well as foods rich in omega 3s such as oily fish and chia seeds can all contribute to keeping your skin vibrant, elastic and healthy.

Sweating through exercise, sauna sessions, or even hot baths encourages the release of toxins through the skin. Using natural, toxin-free skincare products can also prevent exposure to harmful chemicals that can clog pores and cause irritation.

Herbs like calendula, neem, and red clover have been traditionally used to soothe inflammation, promote wound healing, and improve overall skin health.

Your skin's health is of course dependent on the health of your kidneys and liver as the skin will have less to process if they are not overloaded with toxins.



Burdock Leaf Poultice

A burdock leaf poultice is a natural remedy used to soothe inflammation, reduce pain, promote healing, and draw out toxins from the body.

Burdock (*Arctium lappa*) is known for its anti-inflammatory, antimicrobial, and wound-healing properties. It can be used for joint pain, burns, ringworm, rashes, infections and even broken toes and fingers.

Ingredients:

- Enough dried burdock leaves to cover the affected area
- Boiling water
- Clean cloth, bandage, cheesecloth

Instructions:

- Place the dried burdock leaves in a bowl.
- Pour just enough boiling water over them to moisten completely and leave to sit for a few minutes.
- Once softened, place the leaves directly on the affected area or if the leaves are broken it may be easier to wrap them in cheesecloth before applying.
- Secure with a clean cloth or bandage to hold the poultice in place.

- In most cases you can leave it on for 20-30 minutes. You can leave it for longer if you feel it is necessary. For broken bones it can be left overnight.



Wound Salve

This nourishing and protective salve is formulated to aid wound healing, reduce inflammation, and help prevent infection.

Made with a blend of skin-soothing, antibacterial, and regenerative herbs, it's perfect for minor cuts, scrapes, burns, insect bites, and dry or irritated skin.

Calendula supports skin repair and reduces irritation, while plantain helps draw out impurities and calm itching.

Comfrey is rich in allantoin, a compound that encourages new tissue growth and speeds up healing, making it ideal for minor wounds and bruises.

Thyme, known for its antimicrobial properties, provides additional protection against infections. Combined with a moisturizing herbal oil base and beeswax to form a protective barrier, this salve helps keep skin hydrated and promote faster recovery.



Ingredients:

- ½ cup of dried calendula flowers
- ½ cup of dried plantain leaves
- ½ cup dried comfrey leaves
- ¼ cup dried thyme leaves
- 2 cups of olive oil (more or less)
- ¼ cup beeswax pellets

Instructions:

- Make sure the herbs are finely crumbled before measuring them. Place them in a clean, dry glass jar.
- Pour olive oil over the herbs until fully submerged.
- Seal the jar and place it in a cool, dark place for 2-4 weeks, shaking gently every few days.
- Once infused, strain out the herbs using a fine mesh strainer or cheesecloth, squeezing out as much oil as possible.
- In a double boiler or heatproof bowl over simmering water, melt the beeswax pellets.
- Add the herb-infused oil and stir until fully combined.
- Remove from heat and pour the mixture into small glass jars or tins. Label.
- Let cool until solidified, then store in a cool, dry place.



Indian bridal face mask

This is a modern take on the traditional Indian bridal face mask, Ubtan, which has been used for centuries to give both brides and grooms radiant, glowing skin before their wedding day.

This all-natural mask is packed with ingredients known for their brightening, exfoliating, and skin-soothing properties.

Turmeric with its anti-inflammatory and antioxidant benefits helps to calm and protect the skin, while chickpea flour gently exfoliates dead skin cells, removes excess oil, and evens out skin tone.

Sandalwood powder is brightening and anti-aging. This mask is ideal for controlling acne, reducing blemishes, and improving overall skin texture.

Rose water hydrates and refreshes, while sweet almond oil can be added for extra moisture if you have dry skin.

 Ingredients:

- 1 teaspoon of turmeric powder
- 2 teaspoons of chickpea flour
- 1 teaspoon of sandalwood powder
- 2-3 teaspoons of rose water
- ½ teaspoon of sweet almond oil (optional, for drier skin)

 Instructions:

- In a small bowl, mix turmeric powder, chickpea flour, and sandalwood powder.
- Add the rose water or water and stir until a smooth paste forms.
- If using oil, then stir it into the mixture for extra hydration.
- Apply evenly to a clean face and leave on for 10-15 minutes.
- Rinse with warm water, gently massaging in circular motions for light exfoliation.



Detoxifying activated charcoal face mask

This deep-cleansing and purifying face mask helps to draw out impurities, unclog pores, absorb excess oil, and soothe irritated skin. Activated charcoal is well known for its detoxifying properties, while bentonite clay further pulls out toxins.

This mask is suitable for oily, acne-prone, or combination skin.

 Ingredients:

- 1 tsp activated charcoal powder
- 1 teaspoon of bentonite clay
- 1 teaspoon of aloe vera gel
- 1 teaspoon of raw honey
- 1-2 teaspoons of water or rose water (adjust for desired consistency)

Instructions:

- In a non-metal bowl, mix with a wooden spoon the activated charcoal and bentonite clay.
- Add aloe vera gel and raw honey, stirring to combine.
- Slowly add water or rose water, mixing until a smooth paste forms.
- Apply evenly to a clean face, avoiding the eye area.
- Let sit for 10-15 minutes (or until just starting to dry, but not completely).
- Rinse off with warm water and pat skin dry.



Antiseptic wound powder

This antibacterial and healing herbal wound powder is perfect for cuts, scrapes, insect bites, minor wounds, and skin infections.

The combination of echinacea and goldenseal provides antimicrobial and anti-inflammatory properties whilst making sure that infection does not spread.

Ingredients:

- 2 tbsp dried powdered echinacea root
- 2 tbsp dried powdered goldenseal root

Instructions:

- If your herbs are not already in powder form then grind all dried herbs into a fine powder using a mortar and pestle, spice grinder, or blender.
- Sift through a fine mesh strainer to remove large particles and ensure a smooth powder.
- Store in a clean, dry glass jar or a shaker bottle for easy application.
- Sprinkle a small amount of powder directly onto cuts, wounds, insect bites, or irritated skin.
- Cover with a clean bandage or leave open to air dry.

- Reapply as needed until the wound heals.

Respiratory System

Your lungs hard filter out toxins from the air, including pollution, cigarette smoke, household chemicals, and mold spores whilst ensuring your body gets the oxygen it needs to function optimally.

Lining your airways are tiny hair-like structures called cilia, which act as the first line of defense by trapping harmful particles and sweeping them away before they reach deeper into the lungs. Meanwhile, mucus helps capture airborne toxins and prevent them from entering the bloodstream.

Constant exposure to airborne toxins can overwhelm your lungs, leading to persistent congestion, wheezing, shortness of breath, and increased susceptibility to infections.

One of the most overlooked but serious threats to respiratory health is mold toxicity. Mold spores can be inhaled, triggering inflammation in the lungs and causing respiratory problems.

Protecting your lungs from these harmful exposures starts with improving indoor air quality. Household air-cleaning plants, such as snake plants, peace lilies, aloe vera, spider plants, and Boston ferns, naturally remove toxins like benzene, formaldehyde, and airborne mold spores, making them a great addition to any home. Maintaining proper ventilation, investing in an air purifier, and keeping humidity levels below 50% can also help prevent mold growth and reduce respiratory irritation.

In addition to air quality, limiting direct exposure to harmful chemicals is crucial for lung health. Everyday products like paints, cleaning supplies, and air fresheners release volatile organic compounds (VOCs) which damage the respiratory system. When using paints, solvents, or harsh chemicals, always wear a mask and ensure proper ventilation by opening

windows or using an exhaust fan. Opting for natural cleaning products and low-VOC paints can significantly reduce toxic exposure.

Spending time outdoors in fresh air, practicing deep breathing exercises like diaphragmatic breathing and pranayama, and incorporating steam inhalation with essential oils such as eucalyptus and peppermint can help open airways and clear out mucus.

Staying well-hydrated is equally important, as it keeps mucus thin and easier to expel, preventing buildup in the lungs.

Herbs such as mullein leaf, thyme, eucalyptus, peppermint, and licorice root have long been used to soothe irritated airways, reduce inflammation, and promote mucus clearance. For those dealing with mold toxicity, activated charcoal and chlorella may

help bind and eliminate mycotoxins from the body. Other herbs which support respiratory health include ginger, juniper, schisandra, tulsi (holy basil) and turmeric.



Tulsi and ginger tea

A combination of ginger and tulsi (holy basil) is considered beneficial for respiratory issues like coughs, colds, bronchitis, and congestion due to their combined anti-inflammatory and expectorant properties; ginger helps clear mucus while tulsi soothes irritated airways, making them a popular remedy in Ayurvedic medicine to alleviate respiratory discomfort.

It also helps the liver and kidneys eliminate toxins, while also boosting immunity. Its soothing properties aid digestion, relieving bloating, nausea, indigestion. It reduces inflammation, eases joint pain and inflammatory conditions.

The tulsi helps to calm the nervous system, reducing stress and anxiety, making this tea perfect for both relaxation and revitalization.

 Ingredients:

- 1 cup (250ml) of water
- 1 large handful of fresh tulsi leaves or a tablespoon of dried chopped leaves
- 1 teaspoon freshly grated ginger
- 1 tablespoon of honey (optional, for sweetness)
- ½ teaspoon lemon juice (optional)



 Instructions:

- In a small pot or kettle, bring 1 cup of water to a gentle boil.
- Remove from the heat and add Tulsi leaves (fresh or dried) and grated ginger.
- Stir gently to mix the ingredients.
- Let steep for 10 minutes.
- Use a fine mesh strainer or tea filter to remove the leaves and ginger pieces.
- Pour the strained tea into your cup.
- Stir in the honey and lemon.



Breathe easy tincture

This respiratory-supporting tincture is formulated to clear congestion, calm coughs and reduce inflammation, and promote lung health.

Thyme is an antispasmodic herb, helping to relax the respiratory muscles and ease cough-related spasms.

Peppermint acts as a decongestant, ginger helps calm coughs, reducing irritation and inflammation in the throat and lungs.

Mullein is a well-known lung tonic, soothing the respiratory tract and aiding in mucus removal. This tincture is perfect for coughs, bronchial congestion, and overall respiratory function.

Ingredients:

- ½ cup of dried peppermint leaves
- ½ cup of dried thyme
- ¼ cup of dried mullein leaves
- ¼ cup of dried ginger root
- 2 cups of 40% vodka

Instructions:

- Place the dried herbs in a clean glass jar, filling it about halfway.
- Pour the vodka over the herbs until they are completely submerged.
- Seal the jar tightly with a lid and label it.
- Store the jar in a cool, dark place for 3 weeks, shaking it gently every few days.
- After maceration, strain through cheesecloth or a fine mesh strainer, squeezing out all the liquid from the herbs.
- Transfer the tincture into amber glass dropper bottles and label with the ingredients and date strained.
- Take 30-60 drops (1-2 dropperfuls) in water or tea up to 2-3 times daily.
- Can be used at the first sign of congestion, cough, or respiratory irritation.



Steam inhalation with essential oils

Steam inhalation delivers warm, moist air into the respiratory system, helping to loosen thick mucus in the nasal passages, throat, and lungs. This process makes it easier to expel congestion and provides relief from colds, sinus infections, and other respiratory irritants.

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Acting as a natural humidifier, steam hydrates the airways while thinning mucus, promoting clearer breathing and soothing irritation.

Adding peppermint, eucalyptus, and tea tree essential oils helps even more to relieve sinus pressure, and helps fight respiratory infections.

Peppermint essential oil contains menthol, which acts as a natural decongestant, reducing inflammation and opening blocked nasal passages for easier breathing.

Eucalyptus essential oil is rich in cineole, a compound known for its mucus-clearing, antibacterial, and anti-inflammatory properties.

Tea tree essential oil has potent antiviral and antimicrobial properties, helping to reduce infection.

Ingredients:

- 4 cups of hot water
- 2 drops of peppermint essential oil
- 2 drops of eucalyptus essential oil
- 2 drops of tea tree essential oil

Instructions:

- Boil 4 cups of water. Pour into a heatproof bowl.
- Add peppermint, eucalyptus, and tea tree essential oils to the water.
- Lean over the bowl, keeping your face about 10 inches away.
- Drape a towel over your head, creating a tent to trap the steam.
- Close your eyes and breathe deeply through your nose and mouth for 5-10 minutes.
- If you find the heat overwhelming, take short breaks, then continue.
- You can do this process 1-2 times daily.



Ginger chest poultice

A ginger chest poultice is a natural decongestant and anti-inflammatory remedy that helps loosen mucus, ease coughs, and support respiratory function.

Ginger stimulates circulation, warms the chest, and helps break down mucus, making it beneficial for colds, bronchitis, and congestion-related discomfort. The heat from the poultice opens airways, relaxes chest muscles, and promotes lung clearing.

Ingredients:

- 3 cups of filtered water
- 1 cup of fresh ginger, grated
- Cloth large enough to cover the chest or back.

Instructions:

- In a pot, bring 4 cups of water to a boil.
- Add the grated ginger and reduce heat, allowing it to simmer for 15-20 minutes to create a strong decoction.
- Remove from heat and strain the liquid into a bowl.
- Soak a clean cloth or towel in the hot ginger decoction, wring out excess liquid (it should be very warm but not burning hot).
- Place the warm, damp cloth over the affected area.
- Cover with a dry towel to retain heat.
- Leave on for 15-30 minutes, replacing with a freshly soaked cloth if needed to maintain warmth.



Expectorant cough syrup

This natural expectorant cough syrup helps to loosen mucus, soothe the throat, and support lung health.

Mullein works as a lung tonic, helping to clear congestion and ease coughing. Licorice root is a demulcent, coating the throat and reducing inflammation while thinning mucus.

Eucalyptus contains cineole, which acts as a natural expectorant and decongestant, helping to clear the airways.

The honey is antibacterial and soothing for the throat.

Ingredients:

- 1 cup of filtered water
- 2 tablespoons of finely broken-up dried mullein leaves
- 1 tablespoon of finely broken-up dried licorice root
- 1 tablespoon of finely broken-up dried eucalyptus leaves
- 1 cup of honey

Instructions:

- In a small pot, bring 1 cup of filtered water to a simmer.
- Add the mullein, licorice root, and eucalyptus leaves.
- Cover with a lid and simmer for 15 minutes, allowing the herbs to fully extract their medicinal properties.
- Remove from heat and strain the liquid through cheesecloth or a fine mesh strainer to remove all plant material.
- While the liquid is still warm (but not hot), stir in the honey until fully dissolved.
- Pour into a clean glass jar or bottle and store in the refrigerator for up to 4 weeks.
- Take 1 teaspoon every 3-4 hours as needed.

Cardiovascular System

Your cardiovascular system is made up of the heart and blood vessels and plays a key role in detoxification by transporting oxygen, nutrients, and waste products throughout your body.

When your circulation is strong and efficient, your cells receive the fuel they need while toxins are carried to detox organs like the liver and kidneys to be broken down and prepared for elimination.

However, when toxins accumulate in the bloodstream, they can damage blood vessels and contribute to inflammation, oxidative stress, and plaque buildup.

Exposure to heavy metals, trans fats, and excess sugar can lead to high blood pressure, poor circulation, and an increased risk of heart disease. Impaired circulation can also leave you feeling fatigued, dizzy, or prone to varicose veins due to insufficient oxygen delivery.

To keep your cardiovascular system strong, daily movement is essential. Activities like walking, jogging, yoga, and strength training help maintain healthy circulation and strengthen the heart. Hydration, once again, plays a major role! Drinking enough water helps keep blood viscosity balanced and prevents sluggish circulation.

Foods rich in antioxidants help to keep arteries clear. Herbs, including hawthorn and garlic, are well-known for supporting heart health, improving circulation, lowering blood pressure and reducing oxidative stress in the blood vessels. Other herbs which support this system include: alfalfa, echinacea, green tea, juniper, neem, nettles and tulsi (holy basil).



Healthy heart infusion

This gentle yet nourishing blend can be enjoyed daily to help support cardiovascular health, strengthen the heart, improve circulation and balance blood pressure.

Ingredients:

- ½ cup of dried hawthorn berries
- ½ cup of dried linden blossoms
- ½ cup of dried nettle leaves
- 6 cups hot water

Instructions:

- Combine the hawthorn berries, linden blossoms, and nettle leaves in a teapot or infuser.
- Pour hot water over the herbs and let steep for 15-20 minutes.
- Strain and serve warm.
- Drink 1-4 cups per day. Can be stored in the fridge to be heated and served the following day.



Hawthorn Wine

Hawthorn is a well-known herb for heart health, circulation, and blood pressure regulation.

When infused in red wine, which is naturally rich in resveratrol and antioxidants, the combination creates a potent cardiovascular tonic that can help improve blood flow, regulate blood pressure, strengthen the heart, and support vascular function.

Ingredients:

- 1 cup of dried hawthorn berries
- 1 bottle (750ml) of dry red wine

Instructions:

- Pour the red wine into a clean glass jar or bottle.
- Add the hawthorn berries.

- Seal the jar and store it in a cool, dark place for 4 weeks, shaking it gently every few days.
- After 4 weeks, strain the mixture through a fine mesh sieve or cheesecloth to remove the berries.
- Transfer the infused wine into a clean bottle and store in a cool, dark place.
- Drink 1-2 tablespoons per day before bed to support heart health. Can be taken as a daily tonic or used occasionally for cardiovascular support.



Blood flow tea

This circulation-boosting herbal tea combines stinging nettles, hawthorn berries, and red clover, creating a mineral-rich infusion that helps improve blood flow, support heart health, and cleanse the blood.

Ingredients:

- ¾ cup of dried stinging nettles
- ½ cup of dried hawthorn berries
- ¾ cup of dried red clover blossoms
- 4 cups of hot water

Instructions:

- In a teapot or infuser, combine stinging nettles, hawthorn berries, and red clover.
- Pour hot water over the herbs and let steep for 15-20 minutes.
- Strain and serve warm.
- Can be kept in the fridge and drunk for up to 24 hours.



High blood pressure tincture

This herbal tincture combines hibiscus, yarrow, cinnamon, hawthorn, and linden to support heart health, circulation, and lower blood pressure balance.

These herbs work synergistically to improve blood flow, reduce inflammation, regulate blood pressure, and promote general cardiovascular health.

Ingredients:

- 10 g of dried hibiscus flowers
- 10g of dried yarrow
- 10 g of ground cinnamon
- 10g of dried hawthorn berries
- 10g cup dried linden blossoms
- 350ml of 70% grain alcohol (this may need to be pre-diluted with filtered or spring water to get the correct alcohol percentage)
- 150ml of filtered or spring water

Instructions:

- Place all dried herbs and cinnamon into a clean glass jar.
- Pour the water and alcohol over the herbs until they are fully submerged.
- Seal the jar tightly and shake well.
- Store in a cool, dark place for 3 weeks, shaking the jar gently every few days.
- After the extraction period, strain through cheesecloth or a fine mesh sieve, squeezing out all the liquid.
- Transfer the tincture into amber dropper bottles for storage and label them.

You can take 1-2 drops per kilo of your weight in drops per day. You can divide the total number of drops into 2 or 3 doses. Dilute each dose in a small amount of water.

The dosage will depend on the seriousness of the condition. In most cases you will not need to take more than 2 drops per kilo. In a crisis you could use up to 3 times your weight in drops.

Avoid eating and drinking anything other than water for at least an half an hour before and after taking the tincture.



Blood purifying tea

This detoxifying and blood-purifying tea combines dandelion, burdock root, and red clover, three powerful herbs known for their ability to support liver function, promote detoxification, and cleanse the bloodstream.

Dandelion and burdock root are traditional blood purifiers, while red clover helps remove toxins and improve circulation.

Ingredients:

- 1 tablespoon of dried dandelion root
- 1 tablespoon of finely chopped dried burdock root
- 1 tablespoon of dried red clover blossoms
- 4 cus hot water

Instructions:

- Add to the water the dandelion root and burdock root into a saucepan and simmer with a lid on for 10 minutes.
- Remove from the heat and add the red clover blossoms and leave to steep for another 5 minutes.
- Strain and serve.
- Can be kept in the fridge for up to 24 hours.
- Take 1-2 cups daily.

Nervous System

Have you ever experienced brain fog, memory lapses, or sudden mood swings? Maybe you wake up feeling groggy, struggle to focus throughout the day, or notice unexplained anxiety creeping in. Your nervous system, especially your brain, is incredibly sensitive to toxins.

Your brain has a built-in security system called the blood-brain barrier, which acts like an ultra-selective filter, allowing in essential nutrients while keeping out harmful substances. However, some toxins - heavy metals, pesticides, alcohol, and synthetic chemicals - can bypass or weaken this barrier, leading to inflammation, oxidative stress, and cognitive decline.

Long-term exposure to neurotoxins can damage neurons, disrupt neurotransmitter balance, and increase the risk of neurodegenerative diseases like Alzheimer's and Parkinson's.

One of the most crucial detox systems in the brain is the glymphatic system. Think of it as the brain's built-in waste removal service, responsible for flushing out metabolic waste, harmful proteins like beta-amyloid and tau, and other toxins that accumulate throughout the day.

However, this system only works efficiently during deep sleep. When you don't get enough quality rest, toxins linger in your brain, causing mental fatigue, poor concentration, emotional instability, and long-term cognitive decline.

Prioritizing deep sleep is essential. The glymphatic system is most active during slow-wave sleep, so aim for 7–9 hours of uninterrupted rest each night. Keeping a consistent sleep schedule, avoiding blue light before bed, and reducing caffeine intake in the evening can all improve sleep quality.

Hydration is another key factor - dehydration can slow cerebrospinal fluid movement, making it harder for your brain to flush out toxins.

Reducing exposure to heavy metals is also important. Avoid aluminum-based deodorants, use glass or stainless steel cookware instead of non-stick pans, and filter your water to remove contaminants like lead and mercury.

A diet rich in healthy fats, leafy greens, and antioxidant-rich foods helps nourish the brain and combat oxidative stress. Omega-3 fatty acids found in foods like walnuts, flaxseeds, and salmon support neuron health and reduce inflammation.

Neuroprotective and adaptogenic herbs such as gotu kola, bacopa monnieri, ashwagandha support cognitive function and enhance mental clarity.

Herbs such as lemon balm and chamomile have a calming effect on the nervous system and can help with getting a good night's sleep.



Tulsi pesto

This tulsi (holy basil) pesto is a delicious and aromatic twist on classic pesto, combining the unique peppery, slightly sweet flavor of tulsi with traditional pesto ingredients.

Tulsi is an adaptogen and supports the nervous system to recuperate after periods of prolonged stress.

Packed with antioxidants, anti-inflammatory properties, and digestive benefits, this vibrant sauce is perfect for pasta, salads, sandwiches, roasted vegetables, or as a dip.



Ingredients:

- 2 cups of fresh tulsi (holy basil) leaves (loosely packed)
- ½ cup of fresh basil leaves (optional, balances the strong Tulsi flavor)
- ¼ cup of pine nuts
- 2 cloves garlic

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- ½ cup of extra virgin olive oil
- ¼ cup of grated parmesan cheese
- ½ teaspoon sea salt
- Juice of ¼ lemon (adds brightness and preserves color)



Instructions:

- Rinse and pat dry the tulsi and basil leaves to remove excess moisture.
- In a food processor or blender, combine the nuts, garlic, and salt, and pulse until coarsely ground.
- Add the tulsi leaves, basil (if using), olive oil and lemon juice and blend until a smooth, creamy consistency is achieved.
- Stir in the grated parmesan cheese.
- Adjust the texture by adding more olive oil if needed.
- Transfer to an airtight jar and refrigerate for up to 1 week or freeze in small portions for long-term storage.



Nerve calming tincture

This soothing herbal tincture is designed to calm the nervous system, reduce stress, and promote relaxation.

It blends gentle nervine herbs that help with anxiety, tension, and restlessness, making it a great natural remedy for stress relief and better sleep.



Ingredients:

- 15g of dried chamomile flowers
- 10g of dried lemon balm
- 10g of dried passion flower
- 15g of dried skullcap

- 350ml of 70% grain alcohol (this may need to be pre-diluted with filtered or spring water to get the correct alcohol percentage)
- 150ml of filtered or spring water

Instructions:

- Place all dried herbs into a clean glass jar.
- Pour the alcohol and water over the herbs.
- Seal the jar tightly and shake well.
- Store in a cool, dark place for 3 weeks, shaking the jar gently every few days.
- After the extraction period, strain through cheesecloth or a fine mesh sieve, squeezing out all the liquid.
- Transfer the tincture into amber dropper bottles for storage and label.
- Take 30-60 drops (1-2 droppers full) up to 3 times daily for calm and relaxation. Can be added to tea or water.
- Best used before bed or during stressful moments.



Brain boost tincture

This brain-boosting tincture is formulated to enhance cognitive function, improve memory, increase mental clarity, and support overall brain health. This combination of herbs provides adaptogenic, and neuroprotective properties to boost focus, reduce mental fatigue, and support nervous system function.

Ginkgo biloba increases blood flow to the brain, improving memory, concentration, and cognitive function.

Gotu kola is known as a brain tonic, helping to enhance learning, reduce anxiety, and support mental clarity.

Rosemary has been shown to improve memory retention and stimulate brain function.

Tulsi (Holy Basil) is an adaptogen that helps reduce stress and support mental resilience.

Ingredients:

- ½ cup of dried ginkgo biloba leaves
- ½ cup of dried gotu kola leaves
- ¼ cup of dried rosemary
- ¼ cup of dried tulsi (holy basil)
- 2 cups of 40% vodka

Instructions:

- Place the dried herbs in a clean glass jar, filling it about halfway.
- Pour the vodka over the herbs until they are completely submerged.
- Seal the jar tightly with a lid and label it.
- Store the jar in a cool, dark place for 3 weeks, shaking it gently every few days.
- Strain the tincture through cheesecloth or a fine mesh strainer, squeezing out all the liquid from the herbs.
- Transfer the tincture into amber glass dropper bottles and label with the ingredients and date strained.
- Take 30-40 drops in water or tea up to 2 times daily.



Stress soothing tea

This calming herbal tea is designed to relieve tension, ease stress, and balance mood, making it perfect for moments of overwhelm or winding down after a long day.

It blends chamomile, lemon balm, tulsi, and lavender, each offering unique benefits to the nervous system.

Chamomile is known for its ability to relax muscles, ease nervous tension, and promote restful sleep.

Lemon balm gently lifts mood, calms the mind, and reduces feelings of anxiety. T

ulsi, also known as holy basil supports emotional balance, reduces stress hormones, and enhances resilience.

Lavender provides a calming aroma and nervine properties that ease anxiety, regulate mood, and promote a sense of peace. Together, these herbs create a nourishing and deeply soothing blend that restores calm and emotional equilibrium.

Ingredients:

- 1 teaspoon of dried chamomile flowers
- 1 teaspoon of dried lemon balm
- 1 teaspoon of dried tulsi (holy basil)
- 1 teaspoon of dried lavender flowers
- 2 cups hot water

Instructions:

- Combine all dried herbs in a teapot or infuser.
- Boil the water and pour hot water over the herbs and let steep for 10-15 minutes.
- Strain and serve warm.



Mushroom hot chocolate

This adaptogenic hot chocolate is designed to nourish the nervous system, promote relaxation, and enhance brain function. Infused with lion's mane and reishi mushrooms, it offers neuroprotective benefits while also calming the body and mind.

Lion's mane mushroom stimulates nerve growth factor (NGF), supports cognitive function, and promotes brain cell regeneration.

Reishi mushroom is an adaptogen that helps regulate stress, improve sleep quality, and balance the nervous system. Combined with cacao, which is rich in magnesium and

serotonin-boosting compounds, this delicious drink provides a deeply nourishing and grounding experience.

Ingredients:

- 2 cups of whole milk or non-dairy milk
- 2 tablespoons of cacao powder
- 1 teaspoon of lion's mane mushroom powder
- 1 teaspoon of reishi mushroom powder
- 1 cinnamon stick
- Honey or maple syrup to taste

Instructions:

- In a small saucepan, warm the milk over low heat.
- Add cacao powder, lion's mane, reishi, and the cinnamon stick, whisking until fully combined.
- Simmer for 5 minutes stirring occasionally.
- Remove from heat, discard the cinnamon stick, and stir in honey or maple syrup.
- Pour into a mug and enjoy warm.

Immune System

Your immune system is always on high alert to identify and eliminate harmful invaders, whether they be viruses, bacteria, or environmental toxins. It plays a critical role in detoxification by regulating inflammation, neutralizing foreign substances, and working closely with other detox organs like the liver, lymphatic system, and gut.

But when the immune system is constantly bombarded by toxins it can become overactive or suppressed. An overactive immune system leads to chronic inflammation, autoimmune disorders, and allergic reactions, while a weakened immune system leaves you vulnerable

to frequent infections, slow healing, and low energy. A weakened immune system is of course more susceptible to getting sick.

From reading about the other organ systems it must be obvious by now how important hydration and a healthy, nutrient rich diet is. The same goes for supporting the immune system.

Incorporating immune-boosting herbs like echinacea, turmeric, elderberry, astragalus, garlic, and thyme can be a great way to strengthen the body's natural defense mechanisms.

Green tea, calendula, milk thistle, and nettles are also important herbs for immune function.



Turmeric & black pepper tincture recipe

This turmeric and black pepper tincture is a potent immunity booster. It helps fight off infections and improves immunity as can be used as a preventative measure for colds and flus.

This tincture is also a powerful anti-inflammatory and is rich in antioxidants. It helps to support liver function, relieve inflammation related pain, and help with heavy metal detoxification.



The black pepper in this recipe contains piperine, which increases the bioavailability of curcumin. This recipe will give 500 ml of tincture.

Ingredients:

- 50g of grated, sun dried turmeric root
- 5g of black peppercorns
- 350 ml of 70% grain alcohol (this may need to be pre-diluted with filtered or spring water to get the correct alcohol percentage)

- 150 ml of filtered or spring water



Instructions:

- First grate the fresh turmeric root. Then spread the grated turmeric on a clean surface and allow it to sun dry. This helps preserve the curcumin properties, which are sensitive to heat.
- Crush the black peppercorns slightly to release their active compounds.
- Add the turmeric and crushed black pepper to a clean, dry glass jar. Pour in the alcohol and water ensuring that the herbs are fully submerged.
- Tightly seal the jar and shake well to mix the ingredients.
- Store the jar in a cool, dark place for at least 4-6 weeks, shaking it once daily to help extract the medicinal compounds.
- After the infusion period, strain the liquid using a fine mesh strainer or cheesecloth, discarding the solids.
- Transfer the tincture into dark glass bottles with a dropper for easy use.
- Don't forget to label them.

You can take 1-3 drops per kilo of your weight in drops per day. You can divide the total number of drops into 2 or 3 doses. Dilute each dose in a small amount of water.

The dosage will depend on the seriousness of the condition. For most problems you will not need to take more than 2 drops per kilo.

For daily use as a preventive treatment for example when trying to give the immune system a boost, 1 drop per kilo is probably sufficient taken in the morning. Avoid eating and drinking anything other than water for at least an half an hour before and after taking the tincture.



Root wine

This fortified herbal red wine is a potent immune tonic, blending the immune-stimulating and antiviral properties of echinacea, the anti-inflammatory effects of ginger, and the deep immune-supporting qualities of astragalus root.

Red wine acts as a natural preservative and extraction medium, enhancing the absorption of beneficial plant compounds. This warming elixir is perfect for supporting the immune system and helping the body fight infections.

Ingredients:

- ½ cup of dried echinacea root
- ¼ cup of dried ginger root
- ¼ cup of dried astragalus root
- 1 bottle (750ml) of dry red wine
- 2 tablespoons of honey (optional)

Instructions:

- Place the dried echinacea, ginger, and astragalus roots in a clean glass jar or bottle.
- Pour the red wine over the herbs.
- Seal the jar and shake gently to mix.
- Store in a cool, dark place for 2-4 weeks, shaking the jar every few days to aid extraction.
- After maceration, strain through cheesecloth or a fine mesh strainer, squeezing out as much liquid as possible.
- Stir in honey if desired, then transfer the infused wine to a clean glass bottle for storage.
- Take 1-2 tablespoons daily as an immune tonic. Use at the first sign of illness to help fight colds and flu.
- Can be enjoyed as a small glass in the evening for immune support and relaxation.



Immune support tea

This soothing and invigorating herbal tea combines the antiviral, anti-inflammatory, and antioxidant-rich properties of lemon and ginger with additional immune-supporting herbs to create a powerful natural remedy.

This tea helps strengthen the immune system, fight infections, support digestion, and reduce inflammation, making it perfect for cold and flu season or daily wellness.

Ingredients:

- 1-inch piece of fresh grated ginger (or 1 teaspoon dried ginger)
- ½ lemon, juiced
- 1 teaspoon of dried elderflowers
- 1 teaspoon of dried echinacea
- 1 teaspoon of dried tulsi (holy basil)
- 2 cups of filtered water
- 1 teaspoon of raw honey

Instructions:

- In a small pot, bring the water to boil.
- Add the herbs.
- Remove from heat and let steep for 10 minutes.
- Strain into a mug and stir in lemon juice and honey (if using).
- Drink warm 1-2 times daily for immune support.



Infection fighting tincture

This powerful antimicrobial tincture is formulated to support the immune system, fight bacterial and viral infections, and reduce inflammation.

Perfect to help the body combat colds, flu, respiratory infections, and general immune weakness.

Thyme is a strong antimicrobial and expectorant, effective against respiratory infections, coughs, and sore throats.

Echinacea and elderberries are antiviral and immune-boosting.

Ingredients:

- ½ cup of dried echinacea root
- ½ cup of dried elderberries
- ½ cup of dried thyme leaves
- 2 cups of 60% vodka

Instructions:

- Place the herbs into a clean jar.
- Pour the vodka over the herbs, ensuring they are fully submerged.
- Seal the jar tightly with a lid and label it.
- Store the jar in a cool, dark place for 3 weeks, shaking gently every few days to aid extraction.
- Strain through cheesecloth or a fine mesh strainer, squeezing out all the liquid from the plant material.
- Transfer the tincture into amber glass dropper bottles and label with the ingredients and date strained.
- Take 30-60 drops (1-2 dropperfuls) in water or tea up to 3 times daily for immune support.
- Use at the first sign of illness to reduce the severity and duration of infections.
- For preventative immune support, take once daily during cold and flu season.



Immunity boosting seasoning

This potent herbal seasoning paste is packed with immune-boosting, antimicrobial, and anti-inflammatory ingredients to help fight infections, support digestion, and enhance overall wellness.

This blend can be easily included into meals to marinate meats or fish, add to broths, stews or soups. Stir into soups, stews, and broths for an immune-boosting kick. Spread on toast or crackers for a quick health tonic.

You can also mix it into salad dressings. Take ½ teaspoon daily as a natural immune booster during cold and flu season.

Ingredients:

- 6 cloves of fresh garlic, peeled
- 1 inch piece of fresh ginger, peeled and chopped
- 1 tablespoon of fresh thyme leaves (or 1 teaspoon dried)
- 1 tablespoon of fresh oregano leaves (or 1 teaspoon dried)
- ¼ teaspoon of sea salt
- ¼ cup of extra virgin olive oil
- 1 tablespoon of fresh lemon juice (optional)

Instructions:

- In a food processor or mortar and pestle, blend together garlic, ginger, thyme, oregano, and sea salt until it forms a rough paste.
- Slowly add the olive oil and lemon juice (if using) while blending until a smooth, spreadable consistency is achieved.
- Store in a clean, airtight glass jar in the refrigerator for up to 2 weeks.

Endocrine System

The endocrine system is a network of glands responsible for producing hormones that regulate metabolism, energy levels, mood, stress response, sleep, and reproductive health.

These hormones are incredibly sensitive to environmental toxins, particularly endocrine-disrupting chemicals (EDCs) found in plastics, pesticides, food packaging, and personal care products. EDCs, such as BPA, phthalates, parabens, and persistent organic pollutants (POPs), interfere with hormonal function by mimicking, blocking, or altering hormone activity.

Over time, exposure to these toxins can contribute to thyroid disorders, adrenal dysfunction, infertility, PMS, irregular menstrual cycles, insulin resistance, and metabolic disorders like obesity and diabetes.

Long-term exposure also affects cortisol production, making it harder for the body to manage stress and energy levels. These harmful chemicals enter the body through pesticide-laden foods, plastic food containers, household cleaners, cosmetics, antibacterial soaps, flame-retardant fabrics, and processed foods that absorb synthetic compounds during packaging, storage, and transportation.

Minimizing exposure to EDCs is essential for maintaining hormonal balance and overall health. Choosing organic foods reduces pesticide intake, while avoiding plastic containers and opting for glass or stainless steel will also make a difference.

Drinking filtered water instead of bottled water, switching to natural skincare and cleaning products, and using fragrance-free and organic lotions, deodorants, and shampoos significantly lower the toxic burden on the body. Processed and canned foods should be minimized, as they often contain hidden chemicals.

Adaptogenic herbs like ashwagandha and tulsi support stress regulation and hormone balance.

Red clover, motherwort and mugwort can be important for balancing women's hormones and reducing hormone related symptoms of menstruation and the menopause.



Adrenal support tea

This nourishing adrenal-support tea is designed to balance stress hormones, support energy levels, and promote overall resilience. The blend of schisandra berries, ashwagandha root, tulsi, and lemon balm works to strengthen adrenal function, reduce the effects of chronic stress, and restore balance to the nervous system.

Ashwagandha helps the body adapt to stress and regulate cortisol levels. It supports adrenal function, enhances stamina, and reduces fatigue caused by prolonged stress.

Schisandra berries are another powerful adaptogen that protect the adrenal glands, improves energy levels, and enhances mental clarity.

Tulsi (holy basil) is known for its ability to calm the nervous system, reduce anxiety making it great for long-term stress support.

Lemon balm has a soothing effect on the nervous system, helping to relieve stress, reduce tension, and support better sleep.

Ingredients:

- ¼ cup of dried schisandra berries
- ¼ cup of dried ashwagandha root
- 2 tablespoons of dried chopped tulsi leaves
- 2 tablespoons of dried lemon balm
- 6 cups of water

Instructions:

- In a large pot, add the ashwagandha root and schisandra berries to the water.
- Cover with a lid and bring to a gentle simmer over low heat.

- Let simmer for 10 minutes.
- Remove from heat and add the tulsi and lemon balm to the pot.
- Cover again and let steep for 15 minutes.
- Strain and serve.
- Drink throughout the day for ongoing adrenal support.



Menstrual support tincture

This hormone-balancing tincture balances estrogen, regulates hormonal fluctuations, and supports mood and nervous system health. Perfect for those tense premenstrual days and during menstruation.

It is also great for menopausal symptoms. Red clover contains isoflavones, which mimic estrogen-like effects in the body, helping to ease menstrual symptoms. Vitex berry (Chaste tree berry) regulates hormonal cycles, and reduces PMS.

Ingredients:

- ½ cup of dried red clover blossoms
- ½ cup of dried vitex berries
- 2 cups of 40% vodka

Instructions:

- Place the dried red clover and vitex berries in a clean glass jar, filling it about halfway.
- Pour the vodka over the herbs until they are completely submerged.
- Seal the jar tightly with a lid and label it.
- Store the jar in a cool, dark place for 3 weeks, shaking it gently every few days to help with extraction.
- Strain the tincture through cheesecloth or a fine mesh strainer, squeezing out all the liquid from the plant material.

- Transfer the tincture into amber glass dropper bottles and label with the ingredients and date strained.
- Take 30-60 drops (1-2 dropperfuls) in water or tea up to 2 times daily.



Thyroid supporting seaweed & miso soup

This mineral-rich, hormone-balancing soup nourishes the thyroid and regulates metabolism. Seaweed (wakame, dulse, and kelp) is one of the best natural sources of iodine, an essential mineral that supports thyroid hormone production.

Shiitake mushrooms contain polysaccharides, beta-glucans, and antioxidants, which help reduce inflammation, support immune function, and promote endocrine balance.

Ginger is a well-known circulatory stimulant and anti-inflammatory herb, helping to enhance metabolic function.

Miso (fermented soybean paste) provides probiotics, which are essential for gut health and to improve iodine absorption for the thyroid.

Ingredients:

- 4 cups of water
- 2 tablespoons of miso paste (preferably unpasteurized for probiotics)
- ½ cup of dried wakame or dulse seaweed
- ½ teaspoon of kelp flakes
- 1 teaspoon of grated fresh ginger
- 1 garlic clove, minced
- ½ cup of shiitake mushrooms, thinly sliced
- ½ block of organic tofu, cubed
- 2 tablespoons of chopped green onions
- 1 teaspoon of sesame oil

Instructions:

- In a medium pot, bring the water to a simmer over low heat.
- Add the seaweed, shiitake mushrooms, ginger, and garlic. Simmer for 10 minutes until the mushrooms are tender.
- Remove from heat and let cool for a minute or two before stirring in the miso paste (miso should not be boiled to preserve probiotics). Stir well until dissolved.
- Add the kelp flakes, tofu (if using), sesame oil, stirring gently.
- Serve warm, garnished with chopped green onions.



Blood sugar balance tea

This blend is designed to help support balanced blood sugar levels, improve insulin sensitivity, and promote metabolic health. By combining herbs known for their blood sugar-regulating this tea provides a natural way to stabilize energy levels and reduce sugar spikes.

Cinnamon helps regulate blood sugar by improving insulin sensitivity and slowing glucose absorption.

Fenugreek seeds are rich in fiber and compounds that help lower blood sugar levels and improve digestion.

Tulsi supports metabolic function, reduces stress-related sugar spikes, and enhances insulin efficiency.

Nettle provides essential minerals that support pancreatic function and blood sugar regulation.

Ingredients:

- 1 teaspoon of cinnamon chips or ½ teaspoon of ground cinnamon
- 1 teaspoon of dried fenugreek seeds
- 1 teaspoon of dried tulsi (holy basil)

- 1 teaspoon of dried nettle leaves
- 2 cups of hot water

Instructions:

- Combine all herbs in a teapot or infuser.
- Pour hot water over the herbs and let steep for 10-15 minutes.
- Strain and drink warm.
- Enjoy 1-2 times daily, preferably before meals to help regulate blood sugar levels.



Menopause tincture

This tincture eases menopausal symptoms, balances hormones, and supports overall well-being during the transition into menopause. The combination of black cohosh, motherwort, and sage helps to reduce hot flashes, regulate hormones, relieve mood swings, and support cognitive clarity.

Black cohosh is widely used to reduce hot flashes, night sweats, and hormone-related discomfort, as it supports estrogen balance.

Motherwort is a calming heart tonic, helping to ease anxiety, emotional stress, and heart palpitations that can arise due to hormonal fluctuations.

Sage is well known for its ability to balance hormones, improve cognitive function, and reduce excessive sweating.

Ingredients:

- ½ cup of chopped dried black cohosh
- ½ cup of dried motherwort
- ½ cup of dried sage
- 2 cups of 60% vodka

Instructions:

- Place the dried herbs in a clean glass jar.
- Pour vodka over the herbs making sure they are completely submerged.
- Seal the jar tightly with a lid and label.
- Store the jar in a cool, dark place for 3 weeks, shaking it gently every few days to help with extraction.
- Strain the tincture through cheesecloth or a fine mesh strainer, squeezing out all the liquid from the plant material.
- Transfer the tincture into amber glass dropper bottles and label.
- Take 30-60 drops (1-2 dropperfuls) in water or tea up to 2-3 times daily.

Lymphatic System

When you are feeling puffy, swollen, or like your body is holding onto excess fluid or struggling with persistent stiffness, bloating, or chronic inflammation, your lymphatic could be under strain. This often overlooked system is responsible for draining waste, toxins, and excess fluids from your tissues, but when it becomes overburdened, toxins can build up and leave you feeling heavy, fatigued, and congested.

Unlike the cardiovascular system, which has the heart to pump blood, the lymphatic system has no pump. It relies entirely on movement, hydration, and muscle contractions to keep lymph fluid circulating efficiently.

This fluid collects waste, toxins, and excess fluid from tissues, transporting them to lymph nodes, where immune cells filter and neutralize harmful substances before elimination.

The lymphatic system is actually a part of the immune system. When the lymphatic system isn't functioning properly, toxins accumulate, leading to fluid retention, poor circulation, swollen lymph nodes, fatigue, and a weakened immune response. A

congested lymphatic system can also contribute to skin issues, cellulite, and joint stiffness due to toxin buildup in tissues.

Again, hydration is key - drinking plenty of water ensures that lymph fluid moves freely and efficiently. The best ways to stimulate lymphatic drainage include movement, deep breathing, massage, and proper hydration. Exercises like yoga, rebounding (jumping on a mini-trampoline), and dry brushing all help increase circulation and lymph flow. Herbs like red clover, echinacea, calendula, oregano grape and dandelion root help detoxify the lymphatic system.



Lymph cleansing tincture

This tincture was formulated to give the lymphatic system extra support and to help improve lymphatic drainage and help the body remove excess fluid, waste products, and toxins from tissues by circulating lymph fluid through the lymphatic system.

This recipe is for 500ml of tincture.

Ingredients:

- 30g of chopped fresh dandelion root
- 10g of dried oregon grape root
- 15g dried red clover
- 10g of dried calendula flowers (if you have fresh flowers then you can use 20g)
- 350ml of 70% grain alcohol (this may need to be pre-diluted with filtered or spring water to get the correct alcohol percentage)
- 150ml of filtered or spring water



Instructions:

- Put the herbs into a clean, tightly sealing jar.
- Pour in the alcohol and water ensuring that the herbs are fully submerged.
- Tightly seal the jar and shake well to mix the ingredients.
- Store the jar in a cool, dark place for at least 4-6 weeks, shaking it once daily to help extract the medicinal compounds.
- After the infusion period, strain the liquid using a fine mesh strainer or cheesecloth, discarding the solids.
- Transfer the tincture into dark glass bottles with a dropper for easy use.
- Don't forget to label them.

You can take 1-3 drops per kilo of your weight in drops per day. You can divide the total number of drops into 2 or 3 doses. Dilute each dose in a small amount of water.

The dosage will depend on the seriousness of the condition. For most problems you will not need to take more than 2 drops per kilo. For daily use as a preventive treatment for example when trying to give the immune system a boost, 1 drop per kilo is probably sufficient taken in the morning.

Avoid eating and drinking anything other than water for at least an half an hour before and after taking the tincture.



Lymph tonic

This herbal tonic is designed to support lymphatic drainage, detoxification, and overall immune health.

Cleavers (*Galium aparine*) is one of the most effective lymphatic-cleansing herbs, helping to stimulate lymph flow, reduce swelling, and promote gentle detoxification.

Dandelion root (*Taraxacum officinale*) supports liver function and kidney health, helping to flush out toxins and excess fluid from the body.

Burdock root (*Arctium lappa*) is a powerful blood purifier that aids in clearing toxins from the lymphatic system and skin while also supporting digestion and immune function.

Ingredients:

- 1 teaspoon of dried cleavers
- 1 teaspoon of dried dandelion root
- 1 teaspoon of dried burdock root
- 2 cups of filtered water

Instructions:

- In a small pot, bring 2 cups of filtered water to a simmer.
- Add the dandelion and burdock root first. Cover and simmer for 10-15 minutes to extract their medicinal properties.
- Remove from heat and add the cleavers.
- Cover and let steep for 10 more minutes.
- Strain and drink warm or cool.
- Drink 1-2 cups daily to support lymphatic detox.
- Drink as a daily tonic to support long-term lymphatic and liver health.
- Use at the first sign of swelling, water retention, or sluggish lymph flow.



Lymph draining tea

This soothing and detoxifying infusion is designed to support lymphatic drainage, reduce fluid retention, and promote immune health.

Cleavers (*Galium aparine*) is a powerful lymphatic cleanser, helping to promote drainage, reduce swelling, and detoxify tissues.

Calendula supports lymphatic function while red clover helps to move stagnant lymph fluid, clear toxins, and reduce swelling in lymph nodes.

Ingredients:

- 1 teaspoon of dried cleavers
- 1 teaspoon of dried calendula
- 1 teaspoon of dried red clover
- 2 cups of water

Instructions:

- In a small pot, bring the water to a boil.
- Add the herbs and remove from the heat.
- Cover and steep for 10-15 minutes.
- Strain into a mug and enjoy warm or cool.
- Drink 1-2 cups daily to support lymphatic cleansing and overall wellness.



Lymphatic drainage massage oil

Unlike the circulatory system, the lymphatic system does not have a pump, relying instead on movement, deep breathing, and massage to encourage lymph flow and remove toxins from the body.

Lymphatic drainage massage helps to reduce swelling, improve circulation, and support the immune system by stimulating the flow of lymph fluid, which carries waste and toxins away from tissues. This massage oil combines frankincense, geranium, and ginger essential oils to enhance circulation, promote detoxification, and encourage lymphatic flow.

Frankincense reduces inflammation, easing lymph fluid flow through the nodes.

Geranium supports the body's detox pathways, indirectly aiding the lymphatic system by reducing toxin load.

Ginger stimulates blood and lymph circulation, helps to reduce swelling and toxin removal.

Ingredients:

- 4 tablespoons of carrier oil (such as jojoba, sweet almond, or fractionated coconut oil)
- 8 drops of frankincense essential oil
- 8 drops of geranium essential oil
- 6 drops of ginger essential oil

Instructions:

- In a clean glass bottle, add the carrier oil.
- Carefully add the frankincense, geranium, and ginger essential oils.
- Seal the bottle and shake gently to mix.
- Store in a cool, dark place.



Lymphatic cleanse herbal infusion

This herbal infusion combines chickweed, cleavers, and self-heal, three powerful herbs known for their ability to move stagnation, cleanse fluids, and restore balance to the body.

Chickweed (*Stellaria media*) is cooling, moistening, and a natural relaxant that helps flush out excess toxins and soothe irritated tissues. It supports the liver, aiding in detoxification, and is particularly useful when the body feels overheated or congested.

Cleavers (*Galium aparine*) is a diuretic and a potent decongestant, known for its ability to break down calcifications and encourage the smooth flow of fluids. It gently sweeps through the body, clearing out debris and reducing swelling.



Self-Heal (*Prunella vulgaris*) has astringent properties that help redistribute fluids, making it beneficial for addressing water retention, varicose veins, and menstrual bloating. It also encourages movement in areas where stagnation has built up over time, making it useful for shrinking cysts and promoting circulation.

Together, these herbs create a nourishing infusion that supports overall balance and fluid movement.

Ingredients:

- 1 tablespoon of dried chickweed (or 2 tablespoons fresh)
- 1 tablespoon of dried cleavers (or 2 tablespoons fresh)
- 1 tablespoon of dried self-heal (or 2 tablespoons fresh)
- 4 cups of freshly boiled water

Instructions:

- Place the herbs in a heat-proof jar or teapot.
- Pour hot (but not boiling) water over the herbs.
- Cover and let steep for 20 minutes or overnight for a strong infusion.
- Strain and enjoy warm or cold throughout the day.
- Drink 2–3 cups daily for at least 2 weeks for best results.

Oxidative Stress and Antioxidants

Herbs and spices are packed with antioxidants, which play a crucial role in protecting the body from oxidative stress. This stress has been linked to a range of health issues, including heart disease, liver dysfunction, arthritis, premature skin aging, and eye damage.

Oxidative stress occurs when the body accumulates too many free radicals which are unstable molecules that have a single unpaired electron. In an attempt to stabilize themselves, free radicals steal electrons from nearby healthy cells, triggering a chain reaction of damage.

This ongoing cycle can lead to widespread cellular harm, weakening the body's defenses over time. Antioxidants step in as natural protectors, offering up an extra electron to neutralize free radicals and break the cycle, ultimately helping to safeguard the body's cells and maintain overall health. Your diet plays an important part in getting enough antioxidants into your system to keep healthy and full of vitality.

An easy way to enhance your meals with antioxidants, look no further than your spice rack. Herbs and spices contain some of the highest concentrations of antioxidants and can be effortlessly added to everyday meals. Turmeric, cinnamon, oregano, cumin, basil, mustard seed, ginger, chili powder, paprika, garlic, coriander, and cardamom all offer powerful protection against free radicals. Fresh herbs like sage, thyme, tarragon, peppermint, and dill add both flavor and healing properties to your meals.

Fruits are one of the most delicious ways to flood your system with antioxidants. Cranberries, red grapes, peaches, raspberries, strawberries, figs, cherries, oranges, mangoes, watermelon, and papaya are just a few examples of fruits loaded with these protective compounds.

Vegetables are another excellent source of antioxidants, whilst delivering essential vitamins, minerals, and fiber that protect and nourish the body. Broccoli, spinach, carrots, sweet

potatoes, artichokes, cabbage, beets, kale, and collard greens are especially rich in antioxidants.

Some of the most powerful antioxidant-packed superfoods include blueberries, acai berries, goji berries, pomegranates, dark chocolate (at least 70% cocoa), green tea, matcha, walnuts, and pecans.

Incorporating more antioxidant-rich foods into your diet doesn't require major changes - simply add berries to your breakfast, throw a handful of spinach into a smoothie, sip on green tea, season your meals with flavorful herbs and spices, or take a snack of nuts in your bag to work. Every small step counts, and the more you fuel your body with these protective compounds, the better equipped it will be to fight off oxidative stress and keep you feeling energized, and resilient.



Antioxidant iced tea

This iced tea is a crisp, refreshing, and antioxidant-rich blend that helps with hydration, digestion, and detoxification.

Using loose tea leaves and herbs instead of teabags allows for a fuller flavor and more medicinal qualities. This is the perfect cooling beverage for hot days or for a rejuvenating afternoon pick-up.

You can adjust the ratio of each tea depending on your taste preference, adding more hibiscus for a stronger tartness or more rooibos for a richer, earthy flavor.

Ingredients:

- 2 teaspoons of loose green tea leaves
- 2 teaspoons of dried hibiscus flowers
- 2 teaspoons of loose rooibos tea
- 4 cups of filtered water
- 1–2 tablespoons of honey, maple syrup, or stevia (optional, adjust to taste)

- Ice cubes

Instructions:

- In a saucepan, heat 4 cups of water to about 175°F (80°C) - just before boiling (boiling water can make green tea taste bitter).
- Add the herbs to a tea infuser or directly into the water, then let them steep for 5 minutes. If you want a stronger or weaker tea you can adjust the brewing time.
- If you added the herbs directly to the water, strain the tea using a fine mesh strainer into a heatproof pitcher to remove the leaves.
- Stir in honey or sweetener (if using) while the tea is still warm to dissolve completely.
- Let the tea cool to room temperature, then refrigerate for at least 1 hour until chilled.
- When ready to serve, fill glasses with ice cubes and pour!



Açaí and blueberry smoothie

This nutrient-dense smoothie blends açaí and blueberries, which are both very high in antioxidants.

Chia seeds add an extra boost of fiber, omega-3 fatty acids, but are also a great source of antioxidants.

This makes a great smoothie to start the day or as an afternoon boost!



Ingredients:

- 1 frozen açaí packet (or 2 tablespoons of acai powder)
- ½ cup of fresh or frozen blueberries (1½ cups of blueberries if using açaí powder)
- 1 small banana
- ½ cup of almond milk (or any kind of nut or oat milk)
- 1 tablespoon of chia seeds

- Honey or maple syrup to taste
- Handful of ice cubes

Instructions:

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Pour into a glass or bowl and enjoy immediately.



Antioxidant boost juice

This supercharged antioxidant juice blends peach, mango, raspberry, açai, and flax seeds for a delicious and nutrient-packed drink that supports skin health, digestion, and immune function. Perfect for kids!

Ingredients:

- 1 cup of fresh or frozen raspberries
- 1 ripe mango, peeled and chopped
- 1 peach, pitted and chopped
- 1 tablespoon of açai powder
- 1 tablespoon of flax seeds (or flaxseed meal)
- ½ cup of coconut water or filtered water
- 1 teaspoon of fresh lemon juice
- Honey or maple syrup to taste
- Ice cubes (optional)

Instructions:

- Blend the raspberries, mango, peach, açai powder, flax seeds, lemon juice, and coconut water until smooth.

- Strain the juice through a fine mesh sieve or cheesecloth if a smoother texture is preferred.
- Add honey or maple syrup to taste and stir until fully dissolved.
- Pour over ice cubes and enjoy, or refrigerate for later.



Morning turmeric shot

This antioxidant-packed turmeric shot is an excellent way to boost immunity, fight inflammation, and support digestion first thing in the morning.

The black pepper enhances curcumin absorption, while the healthy fat (oil) ensures your body can fully utilize its benefits.

Lemon juice adds an extra dose of antioxidants to help detoxify and energize your body.

Ingredients:

- 1.5cm piece of fresh turmeric (or ½ tsp turmeric powder)
- ½ tbsp fresh lemon juice
- Pinch of black pepper
- ½ tbsp extra virgin olive oil, coconut oil, or flaxseed oil
- ½ cup warm water

Instructions:

- Add all the ingredients to a blender. Blend fully.
- Drink immediately on an empty stomach for best results.



Blueberry chia pudding

This creamy, antioxidant-rich chia pudding is a delicious and nutritious way to enjoy the benefits of blueberries and chia seeds.

Packed with fiber, omega-3s, and antioxidants, it's a great choice for kids and adults alike, whether as a healthy breakfast, snack, or dessert.

Ingredients:

- 1 cup of unsweetened almond milk (or milk of choice)
- ½ cup of frozen or fresh blueberries (plus more for topping)
- 2 teaspoons of maple syrup (adjust to taste)
- ½ teaspoon of vanilla extract
- 3 tablespoons of chia seeds



Instructions:

- In a high-speed blender, blend the almond milk, blueberries, maple syrup, and vanilla extract until smooth.
- Pour the blended mixture into a jar or bowl and stir in the chia seeds until well combined.
- Let sit for 5 minutes, then stir again to prevent clumping.
- Cover and refrigerate for at least 30 minutes, or overnight for a thicker consistency.
- Stir before serving and top with extra blueberries.

Heavy Metal Cleansing

Heavy metals are everywhere in modern life, silently accumulating in our bodies through air, water, food, and even household products.

While certain metals like iron, zinc, copper, and selenium are essential for biological functions, others - such as lead, mercury, cadmium, and arsenic - pose serious health risks when they accumulate in the body.

These toxic elements make their way into our system through polluted air from industrial emissions, pesticides in food, contaminated water sources, cosmetics, deodorants, cosmetics and even cookware. Over time, exposure can lead to a range of chronic illnesses, including cardiovascular diseases, neurodegenerative disorders, diabetes, immune dysfunction, and even cancer.

Once inside the body, heavy metals bind to tissues and interfere with cellular functions, damaging DNA, proteins, and enzymes that are crucial for maintaining health.

Some can trigger oxidative stress, inflammation, and apoptosis (cell death), contributing to conditions like Alzheimer's disease, kidney failure, and developmental issues in children.

Traditionally, chemical chelators have been used to remove heavy metals from the body, but these treatments can be harsh, depleting essential minerals and causing unwanted side effects.

In recent years, scientific interest has turned toward medicinal herbs and natural compounds as a safer, gentler approach to detoxification. Plants like garlic, cilantro, ginkgo biloba, and turmeric have shown remarkable potential in binding, neutralizing, and eliminating toxic metals while supporting the body's natural detox pathways.

Additionally, algae such as chlorella and spirulina and herbal fibers, offer a helping hand to help rid the body of harmful metals while replenishing vital nutrients.

Garlic is rich in organosulfur compounds, especially allicin and acts as a natural chelator, helping the body bind and eliminate toxic metals such as lead, mercury, cadmium and arsenic. These sulfur-based compounds have a unique affinity for positively charged metal ions, allowing them to effectively neutralize and escort harmful toxins out of the body.

Garlic reduces heavy metal accumulation in the liver, kidneys, and brain, where these toxins often cause the most damage. It does this by stimulating bile production and increasing urinary excretion, ensuring that metals are efficiently flushed from the system.

Additionally, garlic enhances the production of glutathione, the body's master antioxidant and detox molecule, which plays a crucial role in neutralizing free radicals and protecting cells from oxidative stress and inflammation triggered by heavy metal exposure. Garlic can be ingested regularly raw or in capsules.

Ginkgo biloba also increases the body's glutathione levels. It is especially indicated for lead poisoning. Ginkgo Biloba is known for enhancing blood flow to the brain and protecting neurons from heavy metal-induced oxidative stress. It contains flavonoids and terpenoids, which help protect against neurotoxicity, reducing brain fog, memory loss, and cognitive decline caused by heavy metals. It can be taken in a capsule form, tincture or in tea.

Turmeric (*Curcuma longa*) also restores glutathione levels but as well as its antioxidant effects, curcumin also chelates (binds to) heavy metals, trapping them and making it easier for the body to eliminate them through bile and urine. This dual action - neutralizing free radicals and actively removing metals - makes turmeric an excellent natural remedy for protecting the liver from metal toxicity and promoting safe detoxification.

Cilantro (*Coriandrum sativum*) is also a natural chelating agent, meaning it can bind to heavy metals to help remove them from the body. Research suggests that cilantro may enhance the mobilization and excretion of heavy metals through urine and feces. Some studies indicate that cilantro may disrupt the accumulation of toxic metals in organs such as the brain, liver, and kidneys, helping to reduce oxidative stress and inflammation caused by heavy metal exposure.

Activated charcoal also binds to heavy metals and toxins and prevents them from being reabsorbed into the bloodstream. It is particularly effective for acute heavy metal exposure or food poisoning, as it helps trap toxins and flush them out through stool. Charcoal powder or capsules can be taken on an empty stomach with plenty of water. Avoid taking charcoal with food, medications, or supplements, as it may bind to nutrients.

Zeolite, a natural volcanic mineral, also binds to heavy metals and effectively removes them from the body without being absorbed into the bloodstream. It can be used in powder or liquid drops.

Chlorella and spirulina are algae that do the same thing and can be easily added to smoothies or taken in capsules.

Dietary fibers, such as psyllium husk and flaxseeds, play a crucial role in binding and eliminating heavy metals from the digestive tract. Soluble fibers help trap metals and toxins in bile, while insoluble fibers promote their excretion through bowel movements. They also can be easily added to smoothies.



Heavy metal cleansing juice

This nutrient-packed smoothie is designed to help remove heavy metals like mercury, lead, cadmium, and arsenic from the body while supporting liver detoxification, digestion, and cellular repair.

A perfect way to start the day!

Ingredients:

- 1 cup of coconut water
- ½ cup of fresh cilantro
- 1 teaspoon of chlorella powder
- 1 teaspoon of spirulina powder



- ½ cup of chopped pineapple
- 2 apples (peeled and cored)
- 1 tablespoon of flaxseeds
- ½ teaspoon of turmeric powder or a small piece of fresh turmeric
- Pinch of black pepper (enhances turmeric absorption)
- 1 tablespoon of raw honey or maple syrup (optional)

Instructions:

- In a high-speed blender, combine all the ingredients.
- If the juice is too thick, add more liquid until the desired consistency is reached.
- Taste and adjust sweetness by adding raw honey or maple syrup, if needed.
- Strain through a wire double mesh strainer or nut milk bag.
- Pour into a glass and enjoy immediately!



Heavy Metal Cleansing Smoothie

This refreshing and detoxifying smoothie is packed with antioxidants, fiber, and natural detoxifiers to help remove heavy metals from the body.

Blueberries and cilantro work together to bind and eliminate toxins, while banana and fiber support digestion.

The juice of one orange adds a boost of vitamin C, further enhancing detoxification and immune support.

Ingredients:

- 1 cup of frozen or fresh blueberries
- 2 bananas (or 1 large one)
- ½ cup of fresh cilantro
- 1 tablespoon of ground flaxseeds or chia seeds

- Juice of 1 orange
- 1 cup of unsweetened almond milk
- ½ teaspoon spirulina
- Honey or maple syrup to taste
- Ice cubes, optional

 Instructions:

- Add all ingredients to a high-speed blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy immediately.



Turmeric, garlic & cilantro seasoning paste

This heavy metal cleansing paste can be used as a seasoning for soups, marinades, dressings, or spreads. An easy way to get an extra detox boost into your meals.

 Ingredients:

- 3 cloves of garlic, peeled
- 1 tablespoon of fresh finely grated turmeric (or 1 teaspoon turmeric powder)
- 2 tablespoons of extra virgin olive oil
- Juice of ½ lemon
- ¼ teaspoon of black pepper
- ¼ teaspoon of sea salt

 Instructions:

- Add all ingredients to a food processor or blender.
- Blend until smooth and well combined. Add extra olive oil if needed for a smoother consistency.
- Transfer to a glass jar and store in the refrigerator for up to one week.



Cilantro Pesto

This is another nutrient-packed recipe which is not only a flavorful addition to meals but also a powerful detox tool that helps bind and remove heavy metals from the body.

Great for marinading fish or chicked, adding to soups and curries or as a dip.

Ingredients:

- 2 cups of fresh cilantro, packed
- ½ cup raw of shelled sunflower seeds
- 2 cloves of garlic, peeled
- ½ cup of extra virgin olive oil
- Juice of 1 lemon
- 1 tablespoon of ground flaxseeds
- ¼ teaspoon of sea salt

Instructions:

- In a food processor or blender, combine cilantro, sunflower seeds, garlic, lemon juice, fiber-rich seeds and salt.
- Pulse until roughly chopped, then slowly drizzle in olive oil while blending until smooth.
- Scrape down the sides, taste, and adjust seasoning as needed.
- Store in a glass jar in the refrigerator for up to one week.



Ginkgo & turmeric tea

This detoxifying herbal tea is designed to support heavy metal removal, enhance circulation, and protect the brain and nervous system.

Ginkgo biloba is known for its ability to improve blood circulation, support cognitive function, and help remove toxins from the brain and body.

Turmeric is a powerful anti-inflammatory and antioxidant-rich herb that helps bind to heavy metals and reduce oxidative damage caused by toxic buildup.

Together, these herbs provide a gentle yet effective cleansing tea to help the body detoxify heavy metals and promote long-term wellness.

Ingredients:

- 1 teaspoon of dried ginkgo biloba leaves
- ½ teaspoon of turmeric powder or 1 teaspoon of fresh grated turmeric
- 2 cups of water
- A pinch of black pepper
- 1 teaspoon of fresh lemon juice
- 1 teaspoon of raw honey or maple syrup (optional, for taste)

Instructions:

- In a small saucepan, boil the water.
- Add the ginkgo leaves and turmeric to the water.
- Cover with a lid, remove from the heat and let sit for 10 minutes.
- Remove from heat, strain the tea into a cup, and stir in black pepper, lemon juice, and honey (if using).
- Drink warm once or twice daily for detox support.

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