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1 Day Digestive & Parasite Cleanse

A complete cleanse like no other, this 1-day digestive and parasite cleanse is brought to you from heart of the tropics and the wisdom of Don Francisco, a third-generation healer from Central America. A perfect blend of Senna leaves, Cassia Fistula, Epsom salt and three other proprietary herbs, this complete cleanse provides lasting effects and is only needed once every six months.

Instructions

Before you take the cleanse:

1. The cleanse should be prepared the night before and left on the stove with a cover overnight.
2. The cleanse should not be taken if you are feeling unwell, recovering, or just recovered from an illness, pregnant, during menstrual cycle or when using other medications.
3. The cleanse, particularly the anti-parasite action, is most effective during the full moon
4. Be prepared. Allow between one to two full days for the effects to wear off. Do not plan intense physical activities for the day of the cleanse and the following day but you can usually resume normal activities the day after the cleanse.
5. Ensure you are at home or other comfortable spaces.
6. The cleanse is not only a physical process, but it is best done when combined with meditation, journaling, setting intentions while making sure to avoid stress.
7. Have plenty of water and ideally coconut water or electrolytes available to drink.
8. You may eat a light dinner early (before 7 pm) the night before the cleanse. Do not eat during the day of the cleanse but keep hydrated.

Preparation of the cleanse:

1. The Digestive and Parasite Cleanse must be prepared the night before and left on the stovetop and covered until morning. It does not need to be refrigerated.
2. All the herbs can be used as is except for the Cassia Fistula, the bean-shaped ingredient, and Epsom salt that is in a separate plastic bag.
3. Using a clean knife and a cutting board, break the Cassia Fistula into small pieces (about 1.5 to 2").
4. Open the plastic bag containing Epsom salt and place Epsom salt and the herbs (including cut off Cassia Fistula) in a clean pot. Pour 1 liter (~34 ounces) of clean, unchlorinated water in the pot and bring to boil.



5. Once boiling, lower the temperature and simmer until the volume has been reduced by about half (about 20 - 30 minutes)
6. Place a lid on the pot and let it sit overnight.
7. In the morning, strain the mixture into a cup.
8. Before drinking the cleanse, have few orange slices and some unpasteurized honey available to overcome the possible aftertaste.
9. Take the entire drink at once and then eat one or two slices of oranges dipped in honey for the aftertaste and to prevent possible oral purging.
10. You should soon feel an urge to go to washroom.
11. Have plenty of water, coconut water or electrolytes available and stay hydrated.
12. The intense physical effects typically wear off after 3-5 hours. Keep hydrated and avoid eating.
13. Typically, you can eat a light supper if needed.
14. The effects can continue into the second day but should be considerably milder.

After the cleanse:

Keep in mind that no cleanse is effective without a healthy diet. A combination of a healthy diet and good cleanse can help restore your energy level and boost your immune system. Follow best dietary practices before and after the cleanse. In particular, avoid processed foods and sugar.

15. We highly recommend you consider taking our 7-day circulatory cleanse about one to two weeks after the digestive & parasite cleanse for a complete detoxifying experience.

Infusion for the Respiratory System

A carefully prepared blend of seven herbs to help the regeneration of the respiratory system in the light of the chronic air pollution, persistent and increasing cases of Covid and other infections impacting the lungs. The blend includes lemon grass, leaves of Echinacea, dandelion, eucalyptus leaves, oregano, and two other proprietary herbs from Central America. We are confident you will find this infusion helpful in restoring your respiratory system.

People who have used this infusion have reported the following:

- Noticeable improvement in deep breathing
- Reduction in seasonal allergy symptoms
- Reduction in asthma symptoms and help improve breathing for smokers
- Increase in energy levels

The Infusion for Respiratory system can be taken weekly, monthly, or as needed. We recommend you take it more frequently if you are recovering from a flu, just before and during the allergy season and if you live in areas with elevated levels of air pollutants.

How to prepare the Respiratory infusion:

Each package comes with enough herbs for a two-day use. We recommend the following preparation method. For each preparation you also need cloves, ginger, cinnamon and one small whole lime. We recommend that you prepare the infusion first thing in the morning.

1. Thoroughly mix the contents of the package and divide into two equal parts.
2. Add one part in one liter of unchlorinated water. Add a few pieces of cloves, 1/4 teaspoon of ginger powder or 1/2 teaspoon of freshly chopped ginger as well as 1/4 teaspoon of cinnamon powder.
3. Thoroughly wash the lime and cut a cross on the top of the lime and place the whole lime in the center of the pot.
4. Bring to boil and then simmer at lower temperature for 20 minutes.
5. As the pot is steaming, place a towel over your head and breath in the steam as deeply as possible. Be careful as the steam will be hot. Do this for about 5 minutes, taking breaks every 20 to 30 seconds.
6. Once the infusion has simmered for 20 minutes, turn the heat off and let the mixture cool.
7. Sieve the mixture and place the liquid in a container. Drink this liquid four times during the day; after each meal and about 1.5 hours before sleep.
8. Repeat this procedure with the remainder of the herbs for the next day





The Daily Hair & Skin Herbal Infusion

Can a single product reduce gray hair, promote hair growth, restore the skin's natural glow and reduce the look of wrinkles? All without the use of chemicals? The daily hair & skin herbal infusion is a blend of five different herbs without fillers or ingredients you cannot pronounce. It contains horsetail (the main ingredient of many hair, skin and nail products), rosemary (proven to promote healthy hair growth), sage and two other proprietary herbs from Central America. It comes with minimal packaging, naturally sun-dried with no other processing. People who have used it attest to its magical effects on their hair and skin. Give it a try. We are certain you won't be disappointed.

People who have used this infusion have reported the following:

- Significant reduction in the appearance of grey hair
- Noticeable new growth when used regularly for hair and eyebrows
- Faster hair growth
- Thicker hair and more volume
- Firming of the skin and noticeable reduction in wrinkles

How to prepare the Hair and Skin infusion:

Each package comes with enough herbs for to make about 750 mL of infusion.

Depending on the amount used daily this infusion can last from 3 to 5 weeks.

1. Place the content of the package in 1.25 liters (42 ounces) of unchlorinated water.
2. Bring to boil and let it simmer at low temperature for 20 minutes.
3. Sieve the herbs and place the liquid infusion in a glass container.
4. Place in the refrigerator. You can also divide the infusion into smaller containers for ease of use.
5. About one hour prior to sleep, carefully add or gently spray the infusion on the scalp. Massage gently but thoroughly into the scalp for about 5 minutes.
6. Rub what drips on your face and neck. You may also apply a small amount of the infusion to your face and massage into your skin.
7. Allow your hair to dry or wrap your hair with a towel before going to bed.
8. You can wash your hair normally in the morning.
9. Repeat each night prior to sleep.

Circulatory Reset Infusion

We offer you a perfect blend of eight herbs to reset your circulatory system and reduce pains caused by inflammation. Consisting of Chanca Piedra (stone breaker) roots, Cola de Caballo (Horsetail), Ortega (Common Nettle), Cocolmeca, cloves and three other proprietary herbs from central America, this infusion will restore your circulatory system and reduce inflammation. There are enough herbs for the recommended seven-day use. Feel energized and revitalized with this perfect blend of eight herbs used for generations by healers from Central America.

People who have used this infusion have reported the following:

- Significant reduction in overall pain caused by inflammation
- Significant reduction to complete elimination of swelling around the ankles and feet, particularly during long periods of sitting such as air or bus travel
- Marked reduction or complete elimination of needs to urinate at night or frequent urination during the day.
- Noticeable increase in urination flow and reduction in foaming during urination
- Some users reported significant increase in vitamin D levels (most likely caused by better functioning kidneys)
- Some users reported complete elimination of chronic pain at the sole of their feet

The Circulatory Reset Infusion can be taken as needed based on individuals' circumstances and health conditions. As an anti-inflammatory infusion, it can be taken to reduce joint pains and other aches related to inflammation. In this case one may choose to take this infusion on a monthly or bi-monthly basis. To aid with better functioning of the circulatory system in general, one may take this infusion two to three times a year.

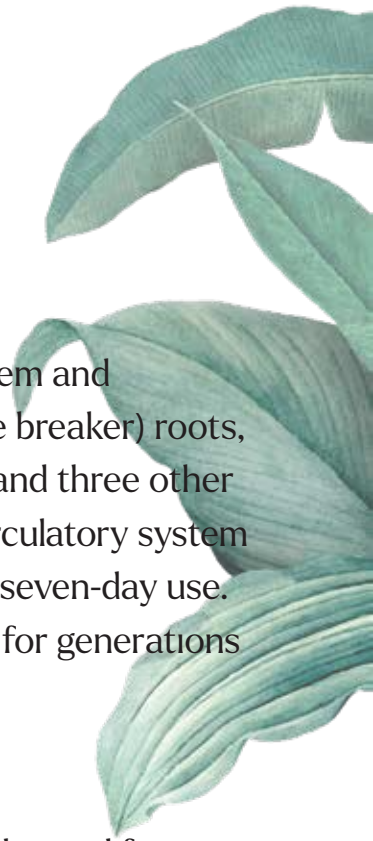
How to prepare the circulatory reset infusion

Each package comes with enough herbs for seven-day use. We recommend one of the following preparation methods.

Method 1. (Makes seven equal amount of herbal infusion)

1. Place the content of the package on a clean surface. Remove the barks and larger pieces (such as Chanca Piedra roots). With your hand or a fork mix the remaining herbs and make a heap. Divide the heap into four equal parts and mix the opposing parts.

Repeat this procedure several times until you have a reasonably homogenous mixture of herbs.



2. Divide the mixture into seven relatively equal parts. Cut the Chanca Piedra roots and other barks into smaller pieces. Add the cut roots and bark pieces to each part to make equal amount of herbs for daily use. Place each part in a separate bag.
3. Place the content of one bag in 1.25 L of unchlorinated water and bring to boil and then simmer at low heat for about 20 minutes. Sieve the solids and place the liquid (infusion) in a container.
4. This infusion should be taken four times daily in equal amounts; after each meal and then about 1.5 hours before sleep.
5. Repeat this procedure for seven days using the remaining bags of herbs prepared in Step 2.

Method 2. (Makes about 9 liters of infusion in one step)

1. Cut the roots and barks into smaller pieces.
2. Put 9 liter of unchlorinated water in a large pot and add the content of the entire package.
3. Bring to boil and then simmer for 30 minutes at low heat.
4. Sieve the mixture and place equal amount of the remaining liquid (infusion) in 7 containers. Place the containers in the refrigerator. Alternately you can put the entire infusion into a large container and keep refrigerated.
5. The content of each container of infusion should be taken four times daily; after each meal and then about 1.5 hours before sleep.
6. Use the infusion in each remaining container for the subsequent days for a total of 7-day use. Alternately, you can take equal amount of the infusion from the large container four times daily (as described earlier) for seven days.

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