



Support, Don't Shock Your Body

Detox marketing makes big promises.
Your body just needs your support.

✗ DETOX MARKETING SAYS...



Drink only juice
for 3 days



Drink a
"detox" tea



Cleanse
your colon



Buy expensive
detox supplements



Lose weight
fast



Push through
exhaustion



Feeling awful
means it's working



Quick fixes

♥ YOUR BODY REALLY NEEDS...



Balanced meals
with healthy protein
Include protein, healthy fats,
complex carbs, and plenty of
colorful vegetables.



Plenty of water
Hydration supports every
system in your body.



Fiber from
whole foods
Fruits, vegetables, whole grains,
beans, nuts, and seeds.



Whole foods, colorful
produce, and healthy protein
Nourishing meals provide what
your body truly needs.



Daily movement
and fresh air
Gentle exercise supports circulation,
lymph flow, and stress relief.



Restful, restorative sleep
Your body repairs and renews
while you rest.



Gentle, consistent support
Most nourishing choices work
best when they feel good.



Healthy habits
every day
Small, daily choices create lasting
vitality and balance.

→ Your Body's Natural Detox Team ←

Hard at work for you, 24/7.



LIVER

Filters toxins and
helps break down
substances for
elimination.



KIDNEYS

Filter waste and
excess fluids from
the blood and
maintain balance.



DIGESTIVE TRACT

Breaks down food,
absorbs nutrients,
and eliminates
waste.



LUNGS

Remove carbon
dioxide and bring
in oxygen.



LYMPHATIC SYSTEM

Moves lymph fluid
and supports
immune function.

Food is medicine. ♥ Herbs are allies. ♥ Your body does the rest.

Choose nourishment.
Choose support. Choose you.

