

BLOOD CLEANSING



blood is more than a fluid, its the sacred river of
life, nourishing every cell & carrying the spirit.

DISCLAIMER

This is not medical advice. This is based off of my current experience and own results that has supported my blood, health & wellness journey. This is the current stack that I have taken & sharing this purely for insight & educational purposes. Discern at your own discretion.

My name is Simona Rose. Ex Scientist turned natural healing. I was diagnosed with an incurable autoimmune condition & naturally healed myself. This is my current stack that I have been focusing on.



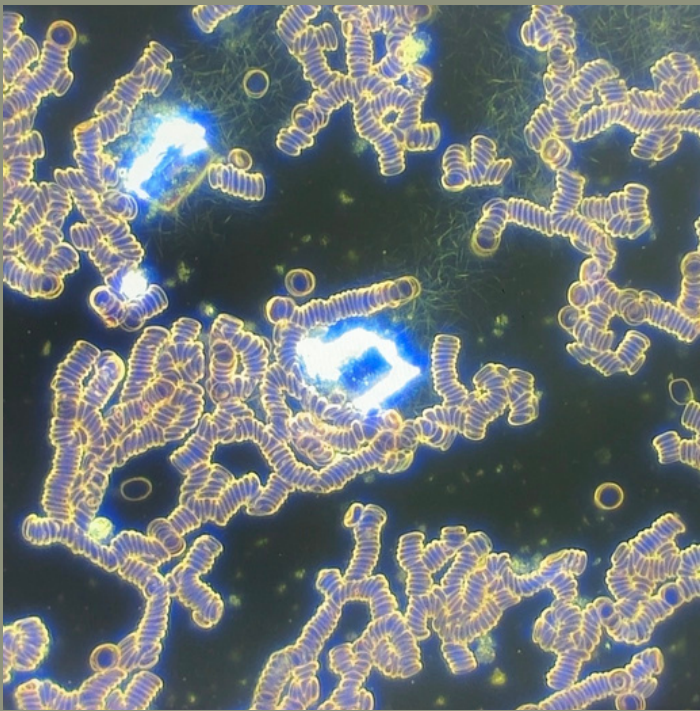
WHY BLOOD CLEANSING IS IMPORTANT

Your blood is the river of life. It delivers oxygen, nutrients, hormones, and immune cells to every cell in your body, supporting every function. But in today's world, we're exposed to pollutants like heavy metals, microplastics, and other environmental contaminants. That's why supporting your body's natural detoxification systems: your liver, kidneys, lymphatic system, and gut is an important part of overall health.

"IN TRADITIONAL CHINESE MEDICINE, BLOOD IS SAID TO HOUSE THE SHEN : THE SPIRIT. WHEN BLOOD IS NOURISHED, THE MIND BECOMES CLEAR, THE HEART BECOMES CALM, AND THE SPIRIT HAS A PLACE TO REST."

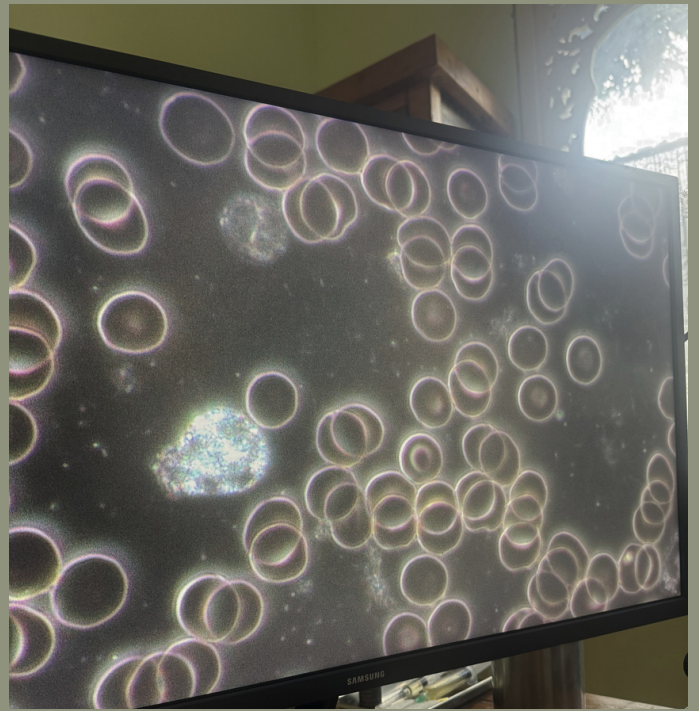
LIVE BLOOD ANALYSIS

I went to get a live blood analysis, an amazing test to see the quality of your blood. I also do functional panels. this shows you the quality of your blood cells, if there is heavy metals, parasites & such present.



BEFORE PROTOCOL

blood cells clustered, lacking surface area, heavy metals, parasites, nanotechnology.

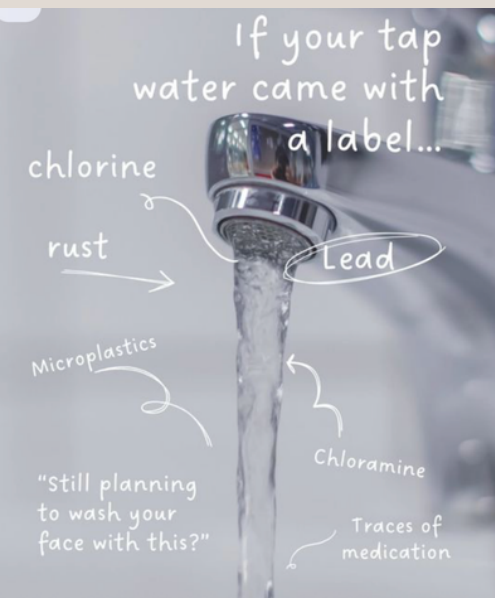


AFTER PROTOCOL

better surface area, more oxygen, no heavy metals, parasites or nanotechnology.

PART 1

HYDROGEN RICH - LIVING WATER



MOST WATER IS DEHYDRATING & POISONING YOU

tap water, bottled water are often filled with chemicals, heavy metals, microplastics that are disrupting your hormones and health.

if your water does not have charge it is dehydrating & oxidizing you.



THE QUALITY MATTERS

the quality of your water matters. First you want to ensure it is clean and then you want to ensure it is charged. hydrogen-rich is full of anti-oxidants.

WATER IS PART OF THE CLEANSE

the water is helping to flush out & support the cleanse. what is the point of cleansing if you are just putting back in the very elements that are disrupting and clogging your blood and system?

PART 1

HYDROGEN RICH - LIVING WATER

TO UPGRADE YOUR WATER
LEARN MORE HERE



CHANGE YOUR WATER
CHANGE YOUR LIFE

PART 2

BLOOD LYMPHATIC & LIVER CLEANSE

supporting the body's detox & drainage pathways



BLOOD & LYMPHATIC

ZenCleansz FLOW is a 3-year fermented whole-food formula designed to support the body's natural circulatory and lymphatic system.

Stagnant circulation and lymphatic flow can lead to low energy, puffiness, and toxic buildup. FLOW supports your body's ability to:

- Promote smooth blood and lymphatic movement
- Support gentle detox through fluid balance
- Reduce heaviness and water retention

PART 2

BLOOD LYMPHATIC & LIVER CLEANSE



Cleansing the liver can be one of the most critical steps. The liver is a filter, eliminates anything from within the body that doesn't belong. The liver regulates most chemical levels in the blood & excretes bile, which helps carry away waste products from the liver. When toxic & stressed, the liver lowers its functions, such as secreting enzymes for digestion & absorption of nutrients. Deprived of nutrition, the body gets demineralized & creates energy by drawing on its reserves. All the blood leaving the stomach & intestines passes through the liver, breaking down & processing the blood, creating nutrients.

If toxic matters have entered the bloodstream, the liver is the first internal organ to get intoxicated & eventually clogged. When clogged up, the liver & the gallbladder accumulate toxins, cholesterol, & mucus, into gallstones. A toxic & saturated liver allows unwanted particles into the circulatory system & represents the downfall of our health as toxicity spreads through our body.

PART 2

BLOOD LYMPHATIC & LIVER CLEANSE



PART 3

PARASITE CLEANSE + BINDERS

A powerful ozonated herbal oil that delivers active oxygen to eliminate anaerobic parasites, fungi, bacteria, and other pathogens in the body.



- Wormwood → target adult parasites.
- Black walnut → target adult parasites.
- Clove → target parasite eggs.

Ozonized Castor and Olive Oil
Active Oxygen Complex 69,3 %
Wormwood 10 %, Clove 10 %
Black Cumin 5 %, Mugwort 3 %
Black Walnut 1,8 %
Marjoram 0,9 %

BINDERS

- binds & helps to clear toxins and wastes
- support elimination through regular bowel movements
- reduce the re-absorption of waste during a cleanse
- the die off or toxins from parasites get binded and excreted out

Zeolite (doasge as per bottle) in the morning 30–60 minutes before food or other supplements

Chlorella (detox dose 3–5g) at night as the last thing before bed. Take with a full glass of water.

PART 4

NATTOKINASE & AUGMENTED NAC

circulatory health, nanotechnology, vax side effects

NATTOKINASE

dosage 2000mg/twice daily

an enzyme from natto, a traditional Japanese food made by fermenting soybeans with *Bacillus subtilis*.

It's gaining attention for its ability to:

- Break down blood clots
- Promote wound healing
- Support cardiovascular health

AUGMENTED NAC

dosage 1000mg/day

powerful anti-oxidant that supports the production of glutathione, the body's master antioxidant.

- promotes liver detoxification and healthy metabolic function
- helps reduce inflammation and protect against oxidative stress
- aids in respiratory health by thinning mucus and supporting lung function
- supports immune system resilience, especially under stress or illness

PART 5

SHILAJIT & MULTIVITAMIN

SHILAJIT

a mineral-rich resin traditionally used in Ayurveda. It primarily boosts cellular energy and stamina, supports brain health, increases testosterone in men, and provides antioxidant protection through its active component, fulvic acid.

helps the body naturally clear heavy metals via the fulvic acid it contains, which acts as a natural chelator. It binds to toxic elements like lead, mercury, and cadmium so they can be flushed out through your liver and kidneys.

also improves mitochondrial function, shilajit helps the body produce energy (ATP) more efficiently,

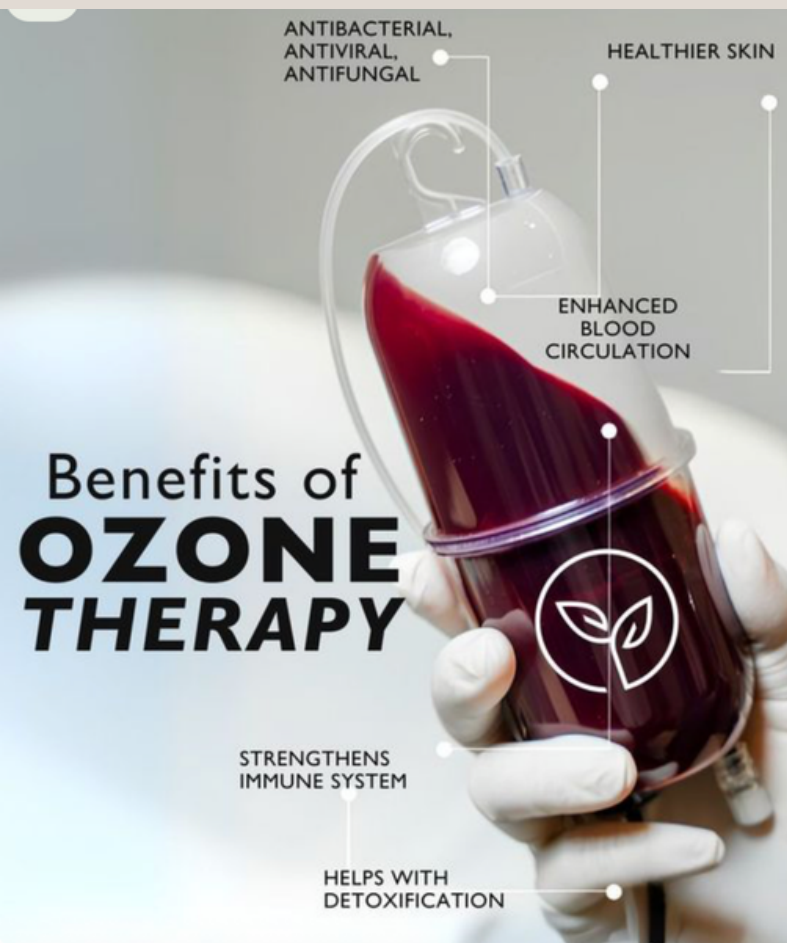
MULTI-VITAMIN

ensuring getting baseline of multi-vitamins. be mindful of your diet and these sources of getting your minerals and vitamins in you day.

PART 6

BLOOD OZONE THERAPY

I had 2 treatments, very little plaque & amazing quality.
Depending on your quality is the suggested # of treatments.



Ozone therapy works by increasing oxygen delivery and modulating inflammation throughout the body — making it a powerful ally for chronic fatigue, immune support, infections, and whole-body recovery. It's safe. It's natural. And it works at the root level.

Benefits of Ozone Therapy:

- ✓ Antibacterial
- ✓ Antiviral
- ✓ Antifungal
- ✓ Strengthens the immune system
- ✓ Healthier skin and tissue oxygenation
- ✓ Enhances blood circulation
- ✓ Supports detoxification at the cellular level



CONTINUATION

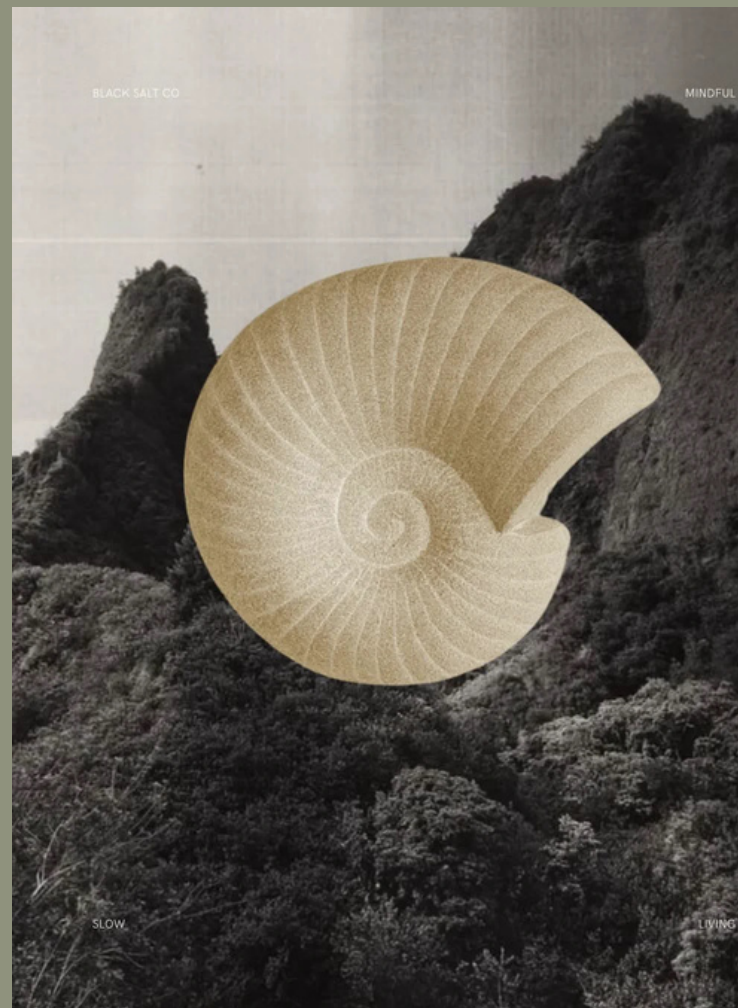
HEALTH IS NOT LINEAR ITS A SPIRAL, CYCLICAL

The parasite cleanse, liver flush is not going to be apart of my on-going stack

the blood ozone I will continue every 3-4/mo for maintenance support.

the rest I am choosing to continue taking & support my blood & overall wellness.

along with diet support, lymphatic support, movement, daily nature & sun.



MADE WITH LOVE

elemental living

STAY CONNECTED

STAY CONNECTED

STAY CONNECTED

@simonarose_



@SIMONAROSE_