



PureHer Method™ Quick Kit

Designed for fast results with minimal effort

# — 7-Day — Belly De-Bloat Reset

Reduce bloating, flatten your stomach & feel lighter—starting this week

- ✓ **60+ Ingredient Cheat Sheet** (What Actually Works)
- ✓ **20 Detox Drink Recipes**
- ✓ **Done-for-You 7-Day Plan**

Simple morning drinks using natural ingredients—no extreme dieting



- ✓ Beginner-friendly
- ✓ Takes less than 5 minutes a day
- ✓ No complicated prep

*Just Mix. Sip. Feel Lighter.*

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# Build Your Own Detox Drink

(Formula System)



Pick one from each column, mix together, and sip your way to a healthier you!

Citrus Base	Metabolism Booster	Hydration Base
Lemon	Ginger	Water
Lime	Mint	Coconut Water
Orange	Cayenne Pepper	Green Tea
Grapefruit	Cinnamon	Cucumber Water
Pineapple	Apple Cider Vinegar	Aloe Water
Tangerine	Turmeric	Herbal Tea
Blood Orange	Black Pepper	Sparkling Water
Pomelo	Basil	Hibiscus Tea
Bergamot	Cilantro	Watermelon Water
Yuzu	Parsley	Infused Water (Plain)
Mandarin	Fennel Seeds	Lemon Balm Tea
Key Lime	Cardamom	Rooibos Tea
Bitter Orange	Cloves	Rose Water
Persian Lime	Rosemary	Matcha Green Tea
Kumquat	Thyme	Peppermint Tea
Citron	Oregano	White Tea
Calamansi	Sage	Jasmine Tea
Meyer Lemon	Dandelion Root	Berry Infused Water
Finger Lime	Fenugreek Seed	Mint Water
Pomegranate	Moringa Powder	Oolong Tea

## HOW TO USE IT:

**Step 1:** Pick ONE ingredient from each column

**Step 2:** Mix them together in 16-20 oz of your chosen hydration base

**Step 3:** Chill for 2 hours before drinking

**Step 4:** Sip throughout the day for maximum benefits

Example Combo: Lemon + Mint + Water = Classic Belly Detox



## QUICK MIXING GUIDE :

Citrus Base: Provides vitamin C & detox properties

Metabolism Booster: Speeds up fat burning

Hydration Base: Carries nutrients to your cells



**FORMULA: 1 Citrus + 1 Booster + 16-20oz Base = Perfect Detox Drink**



## QUICK TIPS BOX:

- ✓ Always use fresh ingredients for best results
- ✓ Chill your drink for 2 hours before consuming
- ✓ Don't add sugar – use raw honey if sweetness needed
- ✓ Drink within 24 hours for maximum potency



# Ingredient Benefits Guide

Know What You're Drinking & Why It Works

INGREDIENTS	KEY BENEFITS
Lemon	Liver detox, burn belly fat, alkalizes body
Lime	Boost immunity, aids digestion, Vitamin C
Orange	Antioxidant rich, collagen production, metabolism
Grapefruit	Fat burning enzyme, reduce insulin resistance
Pineapple	Bromelain enzyme, anti inflammatory, bloat relief
Ginger	Thermogenic fat burner, reduce inflammation
Mint	Reduce Bloating, soothes digestion, fresh breath
Cucumber	Hydrates, kills water retention, flushes toxins
Apple Cider Vinegar	Balances blood sugar, suppresses appetite
Cayenne Pepper	Speeds metabolism, increases calorie burn
Cinnamon	Regulates blood sugar, reduces cravings
Green Tea	EGCG catechins, increases fat oxidation
Coconut Water	Electrolyte hydration, potassium rich
Aloe vera	Cleanses colon, improves digestion, detoxifies
Turmeric	Anti-inflammatory, curcumin for fat loss
Black Pepper	Enhances turmeric absorption, thermogenic
Basil	Reduces stress hormones, anti-bloating

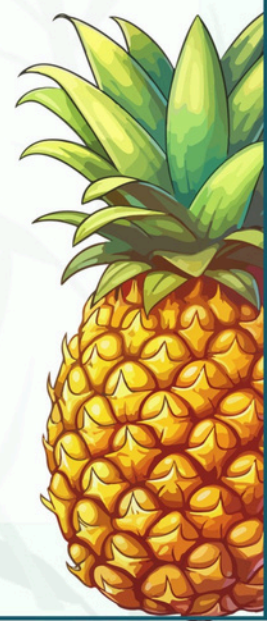


INGREDIENTS	KEY BENEFITS
Cilantro	Heavy metal detox, digestive support
Parsley	Diuretic, flushes excess water, kidney support
Fennel Seeds	Reduces gas, improves digestion, curbs appetite
Cardamom	Metabolism booster, digestive aid, detoxifies
Rosemary	Improves circulation, cognitive function, antioxidant
Dandelion Root	Liver cleanser, natural diuretic, bile production
Moringa Powder	Nutrient dense, energy boost, blood sugar control
Pomegranate	Antioxidants, reduces belly fat, heart health
Watermelon	Hydrating, amino acids, reduces muscle soreness
Hibiscus	Lowers blood pressure, metabolism support
Matcha	High in antioxidants, sustained energy, fat burn
Thyme	Antibacterial, respiratory health, digestion
Fenugreek	Controls blood sugar, reduces fat storage

### PRO TIP:

Mix ingredients based on your specific goals: fat burning, bloat relief, energy boost, or deep detox.

Rotate ingredients weekly for best results!





# Your 7-Day Detox Drinks Plan

Pre-Made Combinations for Maximum Results



Follow this plan daily or pick your favorites to repeat!



## DAILY DETOX SCHEDULE:

DAY	DETOX COMBO	BENEFIT
Day 1	Lemon + Ginger + Water	Fat burn starter, kickstarts metabolism
Day 2	Lime + Mint + Coconut Water	Cooling detox, reduces inflammation
Day 3	Orange + Cayenne + Green Tea	Metabolism booster, thermogenic effect
Day 4	Pineapple + Ginger + Cucumber Water	Bloat killer, digestive enzyme power
Day 5	Grapefruit + Mint + Aloe Water	Deep detox, liver cleanse
Day 6	Lemon + Cinnamon + Water	Gut reset, blood sugar balance
Day 7	Lime + Ginger + Green Tea	Final burn & cleanse, energy surge

## HOW TO PREPARE YOUR DRINKS:

### Morning Prep (takes 5 minutes):

1. Slice or grate your fresh ingredients
2. Add to 20 oz water or tea base
3. Refrigerate for 2+ hours or overnight
4. Strain if desired, then sip throughout the day



### Best Times to Drink:

- **Morning:** 30 minutes before breakfast (empty stomach)
- **Midday:** Between meals to curb cravings
- **Evening:** 2 hours before bed for overnight detox

## AFTER 7 DAYS:

**Option 1:** Repeat your top 3 favorite combinations

**Option 2:** Create your own custom blends using the Formula System on Page 2

**Option 3:** Try new combinations by mixing different ingredients weekly



## MAXIMIZE YOUR RESULTS:

- ✓ Drink 8-10 glasses of plain water daily alongside detox drinks
- ✓ Eat whole foods: lean proteins, vegetables, healthy fats
- ✓ Move your body for 30 minutes daily
- ✓ Get 7-8 hours of quality sleep
- ✓ Stay consistent for at least 2 weeks to see visible changes



# Make Your Detox Habit Stick

Simple Strategies for Long-Term Success



## DAILY HABIT HACKS:

### 1. Prep the Night Before

Slice your ingredients and add them to a mason jar or infuser bottle before bed. Wake up to a ready-to-drink detox water that's perfectly infused and chilled.

### 2. Set Phone Reminders

Schedule 3 daily alerts: morning (drink on empty stomach), midday (sip between meals), and evening (2 hours before bed). Consistency is everything!

### 3. Keep a Detox Journal

Track how you feel daily: energy levels, bloating, cravings, mood. Seeing progress keeps you motivated to continue your healthy habits.

### 4. Batch Prep Ingredients

Every Sunday, wash and slice a week's worth of lemons, cucumbers, and herbs. Store in glass containers in the fridge for grab-and-go convenience.

### 5. Invest in Quality Bottles

Get a 32oz glass infuser bottle or mason jar with measurements. Seeing your progress throughout the day encourages you to finish your detox drink.

### 6. Rotate Flavors Weekly

Don't get bored! Switch up your combinations every week using the ingredient chart. Your taste buds and body will thank you for the variety.



# Smart Mixing Guide

Avoid These Mistakes & Use Proven Combinations

## IMPORTANT: READ THIS FIRST!

The combinations and precautions shared on this page are examples to help you make informed choices - they do NOT represent every possible combination or reaction.

### Key Points to Remember:

- ✓ Your body is unique - What works for others may not work for you, and vice versa
- ✓ These are guidelines, not guarantees - Even "safe" combos may not suit everyone
- ✓ Your custom combinations - When creating your own mixes, use common sense and start with small amounts
- ✓ Listen to your body - If any combination causes discomfort, stop immediately regardless of whether it's listed here
- ✓ We're showing patterns - The examples help you understand which types of ingredients may conflict
- ✓ Individual health matters - Your medical conditions, medications, and sensitivities are unique to you
- ✓ When in doubt, ask - Always consult your healthcare provider before starting any new health routine

Bottom Line: This guide teaches you how to think about combining ingredients safely, not just what to combine. Use these principles to make smart choices with ANY combination you create!



# COMBINATIONS TO AVOID

(Save yourself from discomfort!)

## 1. DOUBLE ACID OVERLOAD

Bad Combo: Lemon + Apple Cider Vinegar + Grapefruit

Why It's Bad: Too acidic - causes stomach upset, acid reflux, nausea, and tooth enamel erosion

What Happens: Burning sensation, upset stomach, potential long-term dental damage

Better Choice: Lemon + Mint + Water OR Apple Cider Vinegar + Cinnamon + Water (use only ONE acidic ingredient)

**ACV RULE: Never exceed 2 tablespoons per 20oz drink. Start with just 1 tablespoon!**

## 2. EXCESSIVE HEAT/SPICE □

Bad Combo: Cayenne Pepper + Ginger + Turmeric + Black Pepper (all together)

Why It's Bad: Too thermogenic - causes heartburn, excessive sweating, stomach irritation, digestive discomfort

What Happens: Burning mouth/throat, stomach pain, possible diarrhea

Better Choice: Orange + Ginger + Water OR Lemon + Cayenne (1/8 tsp) + Water

**SPICE RULE: Choose only ONE spicy ingredient per drink (Ginger OR Cayenne OR Turmeric, never multiple)**

## 3. BITTER HERB OVERLOAD

Bad Combo: Grapefruit + Rosemary + Sage + Oregano

Why It's Bad: Too herbal/medicinal taste - extremely bitter, unpleasant, won't stick with habit

What Happens: Gag reflex, bad taste lingering for hours

Better Choice: Grapefruit + Mint + Water OR Lime + Basil + Coconut Water

**HERB RULE: Mix fresh herbs (mint, basil) with citrus. Avoid combining multiple strong herbs (rosemary, sage, thyme, oregano)**

#### **4. DIURETIC OVERLOAD**

Bad Combo: Cucumber Water + Dandelion Root + Parsley +  
Hibiscus Tea + Fennel

Why It's Bad: Excessive urination - leads to dehydration,  
electrolyte imbalance, constant bathroom trips

What Happens: Every 20 minutes to bathroom, dizziness,  
weakness, disrupted daily life

Better Choice: Cucumber + Mint + Water OR Lemon + Dandelion +  
Water

**DIURETIC RULE: Use maximum ONE diuretic ingredient per drink.  
Drink extra plain water to stay hydrated.**

#### **5. TEMPERATURE CONFLICTS**

Bad Combo: Peppermint Tea (hot) + Cayenne + Ginger + Ice

Why It's Bad: Confuses digestive system - mixed temperature signals,  
reduced effectiveness

What Happens: Stomach confusion, reduced nutrient absorption

Better Choice: Keep drinks at one temperature - either cold/room temp  
OR warm (not hot AND cold ingredients)

#### **6. TOO MANY INGREDIENTS AT ONCE**

Bad Combo: Lemon + Lime + Orange + Ginger + Mint + Cayenne +  
Cinnamon + ACV + Turmeric

Why It's Bad: Overwhelming for digestion, can't identify what's working  
or causing problems, expensive, wasteful

What Happens: Confused taste, possible stomach upset, can't  
troubleshoot issues

Better Choice: Stick to the formula - 1 Citrus + 1 Booster + 1 Base  
= Simple & Effective

**SIMPLICITY RULE: Maximum 3-4 ingredients per drink. More is NOT  
better!**

#### **7. NIGHTTIME STIMULANTS**

Bad Combo: Green Tea + Matcha + Cayenne (consumed after 4 PM)

Why It's Bad: Contains caffeine - disrupts sleep, causes insomnia,  
increases cortisol at night

What Happens: Tossing and turning, poor sleep quality, next-day fatigue

Better Choice: After 4 PM use: Lemon + Mint + Water OR Cucumber +  
Aloe Water

**TIMING RULE: Caffeinated bases (green tea, matcha, white tea)  
before 2 PM only. Use herbal teas or water after.**

# CRITICAL SAFETY WARNINGS

(Consult your doctor before using these ingredients)

## MEDICATION INTERACTIONS - VERY IMPORTANT!

### GRAPEFRUIT - DO NOT USE IF YOU TAKE:

- Blood pressure medications (any type)
- Cholesterol drugs (statins like Lipitor, Crestor)
- Anti-anxiety medications (Xanax, Buspar)
- Antidepressants (some SSRIs)
- Heart rhythm medications
- Immunosuppressants
- Antihistamines (Allegra)
- ED medications (Viagra, Cialis)
- Birth control pills (can reduce effectiveness)



**Why: Grapefruit blocks enzymes that break down medications, causing dangerous levels in bloodstream**

### DANDELION ROOT - CHECK WITH DOCTOR IF YOU TAKE:

- Diuretics/water pills (Lasix, etc.)
- Lithium (for bipolar disorder)
- Antibiotics (Cipro, others)
- Blood thinners (can increase bleeding risk)

**Why: Dandelion is a powerful diuretic and can amplify medication effects dangerously**

### ALOE VERA - AVOID IF YOU TAKE:

- Diabetes medications (insulin, metformin) - can cause dangerously low blood sugar
- Blood thinners (Warfarin, aspirin)
- Diuretics (causes potassium loss)
- Heart rhythm medications (digoxin)
- Laxatives (can cause severe diarrhea)



**Why: Aloe affects blood sugar and electrolyte balance significantly**

### FENNEL & FENUGREEK - CAUTION IF YOU TAKE:

- Diabetes medications (lowers blood sugar)
- Blood clotting medications (slows clotting)
- Hormone therapies (has estrogen-like effects)

**LICORICE ROOT (if adding later) - NEVER USE IF YOU HAVE:**

- High blood pressure
- Heart disease
- Kidney disease
- Low potassium



**PREGNANCY & BREASTFEEDING - ABSOLUTELY AVOID:**

**NEVER USE WHILE PREGNANT:**

- Aloe Vera - Can cause uterine contractions and possible miscarriage
- Fenugreek - May stimulate contractions, can induce labor
- Fennel (high amounts) - Hormone disruption, potential harm to fetus
- Sage (high amounts) - May reduce amniotic fluid
- Parsley (high amounts) - Can stimulate uterus
- Dandelion Root (high amounts) - Not enough safety data

**LIMIT WHILE BREASTFEEDING:**

- Sage - Can significantly reduce milk supply
- Parsley (high amounts) - May decrease milk production
- Peppermint (large amounts) - Can reduce milk supply
- Fenugreek - Conflicting data, use caution

**SAFE FOR PREGNANCY (moderate amounts):**

- Lemon, Lime, Orange
- Cucumber
- Mint (small amounts)
- Ginger (helps with nausea)
- Plain water, coconut water



**ALWAYS** consult your OB-GYN before starting any detox program while pregnant or nursing!

**MEDICAL CONDITIONS – USE CAUTION:**

**KIDNEY DISEASE:**

- Avoid: High-potassium ingredients (coconut water, pomegranate)
- Avoid: Excessive vitamin C (too much citrus)
- Avoid: Dandelion root

**DIABETES:**

- Monitor closely: Aloe vera, fenugreek, cinnamon (affect blood sugar)
- Check levels frequently when starting detox drinks

### **ACID REFLUX/GERD:**

- Avoid: All citrus, ACV, cayenne, tomatoes
- Safe: Cucumber, melon, coconut water, aloe (small amounts)

### **IBS/DIGESTIVE DISORDERS:**

- Avoid: Cayenne, excessive ginger, ACV
- Start very slowly with mild ingredients only

### **LOW BLOOD PRESSURE:**

- Avoid: Hibiscus (significantly lowers BP)
- Avoid: Excessive dandelion

### **BLEEDING DISORDERS:**

- Avoid: Ginger (high amounts), turmeric, garlic
- These thin blood naturally



## **ALLERGIES & SENSITIVITIES:**

### **CITRUS ALLERGY:**

- Obviously avoid entire Citrus Base column
- Watch for cross-reactivity with other fruits

### **RAGWEED ALLERGY:**

- May react to: Chamomile, dandelion, hibiscus
- Can cause itching, hives, swelling

### **NIGHTSHADE SENSITIVITY:**

- Avoid: Cayenne pepper, goji berries

### **LATEX ALLERGY:**

- May cross-react with: Kiwi, banana, avocado (not in this list but be aware)



## **GENERAL CONTRAINDICATIONS:**

### **STOP USE IMMEDIATELY IF YOU EXPERIENCE:**

- Severe stomach pain or cramping
- Diarrhea lasting more than 24 hours
- Dizziness or fainting
- Rapid heartbeat
- Difficulty breathing
- Hives, rash, or swelling
- Unusual bleeding or bruising

### **NEVER USE DETOX DRINKS AS:**

- Meal replacements (eat real food!)
- Cure for medical conditions
- Substitute for prescribed medications
- Quick fix for serious health issues



# PROVEN SAFE & EFFECTIVE COMBINATIONS

(These work for 99% of people!)

## BEGINNER-FRIENDLY STARTER COMBOS (Perfect for Week 1)

### 1. The Classic Detox

Lemon + Mint + Water

Benefits: Gentle liver cleanse, fresh taste, reduces bloating, easy on stomach

When: Morning on empty stomach

Who It's For: Everyone, especially beginners

### 2. The Bloat Buster

Cucumber + Mint + Water

Benefits: Reduces water retention, cooling, hydrating, anti-inflammatory

When: Throughout the day

Who It's For: Anyone feeling bloated or puffy



### 3. The Energy Lifter

Orange + Ginger + Green Tea

Benefits: Natural energy boost, vitamin C, metabolism support, mental clarity

When: Morning or early afternoon (before 2 PM)

Who It's For: Those needing sustained energy without coffee

### 4. The Tropical Refresher

Lime + Basil + Coconut Water

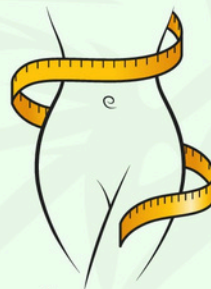
Benefits: Electrolyte replenishment, stress relief, refreshing taste

When: Post-workout or hot afternoons

Who It's For: Active people, hot weather hydration



## FAT-BURNING POWER COMBOS (For faster metabolism)



### 5. The Metabolism Maximizer

Grapefruit + Cinnamon + Green Tea

Benefits: Activates fat-burning enzymes, regulates blood sugar, sustained energy

When: Morning, 30 min before breakfast

Who It's For: Those focused on belly fat loss (check medication interactions first!)

### 6. □ The Thermogenic Torch

Lemon + Ginger + Water

Benefits: Increases body temperature, boosts calorie burn, reduces inflammation

When: Morning on empty stomach

Who It's For: Anyone wanting natural metabolism boost

### 7. The Enzyme Activator

Pineapple + Cayenne (1/8 tsp) + Coconut Water

Benefits: Bromelain enzyme breaks down fat, reduces inflammation, increases burn

When: Midday between meals

Who It's For: Those comfortable with slight spice



### 8. The ACV Formula

Lemon + Apple Cider Vinegar (1-2 tbsp) + Cinnamon + Water

Benefits: Appetite suppression, blood sugar control, fat metabolism

When: 20 minutes before meals

Who It's For: Those with no stomach sensitivities



## BLOAT-BUSTING & DETOX COMBOS (For digestive relief)

### 9. The Water Relief

Cucumber + Mint + Water

Benefits: Natural diuretic, reduces puffiness, flushes excess sodium

When: Throughout the day, especially after salty meals

Who It's For: Anyone retaining water



### 10. The Digestive Soother

Lemon + Fennel Seeds + Water

Benefits: Reduces gas, improves digestion, gentle on stomach

When: After heavy meals

Who It's For: Those with bloating or digestive discomfort



### 11. The Gut Healer

Lime + Ginger + Aloe Water (1-2 oz aloe)

Benefits: Soothes digestive tract, reduces inflammation, supports gut lining

When: Morning on empty stomach

Who It's For: Those with digestive issues  
(not pregnant/nursing)

### 12. The Anti-Bloat

Pineapple + Mint + Coconut Water

Benefits: Digestive enzymes, reduces gas, tastes amazing

When: Anytime, especially after meals

Who It's For: Everyone - crowd favorite!



## ENERGY & FOCUS COMBOS (Caffeine-free options included)

### 13. The Morning Kickstart

Orange + Ginger + Matcha Green Tea

Benefits: Sustained energy, L-theanine for focus, antioxidants

When: Morning (before 12 PM)

Who It's For: Coffee replacement seekers



### 14. The Afternoon Pick-Me-Up

Lemon + Mint + Green Tea

Benefits: Gentle caffeine boost, mental clarity, no jitters

When: Early afternoon (before 2 PM)

Who It's For: Anyone needing midday energy



### 15. The Caffeine-Free Energizer

Lime + Ginger + Coconut Water

Benefits: Natural electrolytes, B vitamins, no crash

When: Anytime, including evening

Who It's For: Caffeine-sensitive people

## EVENING/RELAXATION COMBOS (No caffeine - safe for nighttime)

### 16. The Evening Wind-Down

Cucumber + Mint + Water

Benefits: Hydrating, calming, promotes better sleep

When: Evening, 2 hours before bed

Who It's For: Everyone

### 17. The Calming Elixir

Lemon + Chamomile Tea (herbal) + Raw Honey

Benefits: Stress relief, better sleep, gentle detox

When: 1 hour before bedtime

Who It's For: Stressed individuals, poor sleepers



## 18. The Hydration Hero

Watermelon + Mint + Water

Benefits: Hydration, amino acids, light and refreshing

When: Evening after dinner

Who It's For: Everyone, especially summer evenings



## POST-WORKOUT RECOVERY COMBOS

### 19. The Electrolyte Replenisher

Lime + Ginger + Coconut Water

Benefits: Replaces lost electrolytes, reduces muscle soreness, hydrates

When: Within 30 minutes post-workout

Who It's For: Active people, gym-goers



### 20. The Inflammation Fighter

Pineapple + Turmeric + Black Pepper + Coconut Water

Benefits: Reduces muscle inflammation, speeds recovery, natural pain relief

When: Post-workout or after physical labor

Who It's For: Athletes, active individuals



## SMART MIXING RULES FOR SUCCESS

- ✓ **Start Simple** - Begin with 3 ingredients maximum (1 from each column)
- ✓ **One Spice Only** - Choose ginger OR cayenne OR turmeric, never multiple
- ✓ **ACV Limit** - Maximum 2 tablespoons per 20oz drink, start with 1 tbsp
- ✓ **Timing Matters** - Caffeinated drinks before 2 PM only
- ✓ **Listen to Your Body** - If it tastes bad or feels wrong, stop and try different combo
- ✓ **Consistency Wins** - Better to have simple combos daily than complex ones occasionally
- ✓ **Hydrate Extra** - Drink 6-8 glasses of plain water alongside detox drinks
- ✓ **Fresh is Best** - Use within 24 hours of preparation
- ✓ **Not Meal Replacements** - These complement healthy eating, never replace meals
- ✓ **When in Doubt** - Choose combos from the "Safe & Effective" list above
- ✓ **You're the Expert on YOU** - These guidelines help you make informed decisions, but YOU know your body best

## WHAT TO EXPECT:

**Week 1:** Reduced bloating, more bathroom trips (toxins flushing out), increased energy by day 4-5

**Week 2:** Flatter stomach, better digestion, clearer skin, reduced cravings for sugar and processed foods

**Week 3-4:** Visible weight loss, especially around belly area, improved sleep quality, sustained energy all day

**Long Term:** Healthier gut, stronger immunity, maintained weight loss, glowing skin, mental clarity




## FINAL WORDS OF ENCOURAGEMENT:

**Remember**, sustainable weight loss isn't about perfection—it's about consistency. These detox drinks are powerful tools, but they work best when combined with whole foods, regular movement, and self-care.

You've already taken the first step by downloading this guide. Now commit to just 7 days. Your future self will thank you!

**Cheers to your health and happiness!**



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### LEGAL DISCLAIMER:

This guide is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information provided does not constitute medical advice and should not replace consultation with a qualified healthcare professional.

Individual results may vary. What works for one person may not work for another.

Always consult your doctor before starting any new dietary routine, especially if you:

- Have existing medical conditions
- Take prescription medications
- Are pregnant or breastfeeding
- Have food allergies or sensitivities
- Are under 18 or over 65

The creators of this guide assume no liability for adverse reactions, injuries, or damages resulting from the use or misuse of this information. By using these recipes and recommendations, you accept full responsibility for your health decisions and outcomes.

These detox drinks are not substitutes for: Medical treatment, prescribed medications, professional nutritional counseling, or a balanced diet and healthy lifestyle.

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