VERDURE HERBS

Body Systems
Cleanse Support Guide

Pre-Cleanse Prep · Formula Schedule · Hydration · Meal Plan · Post-Cleanse · FAQ · Quick-Reference Card

Welcome to your cleanse journey. This guide walks you through every phase — from your pre-cleanse wind-down, to your formula schedule, to what your body will experience along the way, plus a full 7-day plant-based meal plan to support your results.

BEFORE YOU BEGIN

2–3 Day *Pre-Cleanse Prep*

Most detox discomfort — headaches, fatigue, cravings — happens when the body gets a sudden shock. These two to three days before Day 1 exist to prevent that. Think of it as a bridge from your current diet to your cleanse, not an extension of the cleanse itself. The more honestly you follow this, the smoother your first week will be.

3 DAYS BEFORE

Begin Reducing

- Cut meat portions in half — replace with legumes, lentils, or mushrooms
- Start reducing coffee — switch one cup to herbal or green tea
- Eliminate alcohol and sodas completely
- Swap white bread, pasta, and rice for whole grain versions
- Drink an extra 2 glasses of water daily
- Add one large raw salad to your day
- Remove dairy where you can — try oat or almond milk in its place

2 DAYS BEFORE

Simplify Your Diet

- Remove all meat — eat only plant-based proteins today
- Eliminate all dairy completely
- Reduce coffee to one small cup max, or switch fully to herbal tea
- Eat fruits only for breakfast — no cooked morning meals
- Avoid all fried foods, fast food, and packaged snacks
- Keep meals simple: salads, soups, roasted vegetables, lentils
- Go to bed 30–60 minutes earlier — your body is already shifting

1 DAY BEFORE

Prepare & Hydrate

- Eat fully raw or lightly cooked plant-based meals all day
- No coffee — switch fully to herbal tea or warm lemon water
- Grocery shop and prep: wash produce, portion dates and walnuts
- Drink at least 8 glasses of water throughout the day
- Set your formula schedule and set phone reminders for each dose
- Get 7–9 hours of sleep — rest is part of the cleanse
- Begin your first morning tomorrow with warm lemon water before anything else

Reminder: The pre-cleanse is not about perfection — it's about preparation. If you slip on day -3, simply continue. Every reduction you make now means fewer detox symptoms when your formulas begin.

KNOW BEFORE YOU GO

What to *Expect*

Cleansing is not always comfortable — and that's okay. Many symptoms that feel alarming are actually signs that the formulas are working and your body is releasing stored toxins. Understanding the timeline below will help you stay the course when it gets hard.

DAYS 1–2 The Initial Shift

Headaches · Fatigue · Irritability · Food cravings · Light-headedness

This is your body reacting to the removal of stimulants like caffeine, sugar, and processed food. These symptoms are the most intense during this window and are a normal part of the detox process — not a sign that something is wrong.

Stay well hydrated, rest more than usual, and resist the urge to quit. This phase passes.

DAYS 3–4 Detox in Motion

Digestive changes · Bloating · Skin breakouts · Body odor shifts · Frequent urination

Your colon and kidneys are actively filtering and eliminating. Digestive changes — including looser stools or more frequent bowel movements — are normal and expected. Skin changes and shifts in body odor indicate toxins are leaving through multiple pathways.

Drink extra water and herbal tea. The Colon Flush is doing its job.

DAYS 5–6 The Turn

Energy returning · Cravings ease · Clearer thinking · Lighter feeling · Better sleep

Most customers report a noticeable shift around Day 5. The intense symptoms ease and you begin to feel lighter, more energized, and mentally clearer. Cravings for processed foods reduce significantly.

This is when the cleanse starts to feel like a gift rather than a sacrifice. Lean into it.

DAY 7 & BEYOND Integration

Sustained energy · Improved digestion · Reduced inflammation · Glowing skin · Mental clarity

By Day 7, most customers feel the cleanse benefits clearly — improved digestion, more consistent energy, reduced bloating, and a natural shift toward cleaner food preferences.

If continuing beyond 7 days, follow your formula schedule and maintain the plant-based diet. Results deepen with continued commitment.

NORMAL — STAY THE COURSE

- ✓ Mild headaches, especially days 1–3
- ✓ Low energy or fatigue in the first half

SEEK GUIDANCE IF YOU EXPERIENCE

- ! Severe or worsening abdominal pain
- ! Vomiting or inability to keep any food down

- ✓ Increased bowel movements or looser stools
- ✓ Mild skin breakouts or body odor changes
- ✓ Temporary food cravings and mood fluctuations
- ✓ Light bloating as digestion adjusts
- ✓ Emotional releases — cleansing can be mental too

- ! Extreme dizziness or fainting
- ! Heart palpitations or chest tightness
- ! Rash, hives, or allergic-type reaction
- ! Symptoms that worsen significantly after Day 4

You are not sick — you are healing. The discomfort of days 1–3 is the body clearing what it has been holding onto. Customers who push through this window consistently report the best results. Reach out to us at verdureherbs.com if you have concerns at any point.

STEP 1

Your *Cleanse Schedule*

Take each formula at the times listed below. If you work nights, simply reverse the schedule — take Formula 1 first, then Formula 2 two to three hours later, and so on. Adjust timing to fit your lifestyle.

Fresh Start Cleanse

7:00 AM	Formula 1 — Blood and Lymph Cleanse	5 capsules · 100 cap bottle
10:00 AM	Formula 2 — Parasite and Worm Cleanse	5 capsules · 100 cap bottle
1:00 PM	Formula 3 — Nourishment Formula	5 capsules · 100 cap bottle
4:00 PM	Formula 4 — Kidney and Bladder Cleanse	5 capsules · 100 cap bottle
6:00 PM	Formula 5 — Colon Flush	5 capsules · 100 cap bottle

Womb Detox Cleanse

7:00 AM	Formula 1 — Whole Woman	5 capsules · 100 cap bottle
11:00 AM	Formula 2 — Fibroid & Cyst Shrink	5 capsules · 100 cap bottle
2:00 PM	Formula 3 — Nourishment Formula	5 capsules · 100 cap bottle
6:00 PM	Formula 4 — Colon Flush	5 capsules · 100 cap bottle

Tip — Number your bottles before you begin: Use a marker or label sticker to write "1," "2," "3" (and so on) directly on each bottle cap. Line them up in order on your counter or windowsill. This removes any guesswork when you are tired or moving fast in the morning, and makes it easy to spot at a glance which formula comes next.

Don't fear imperfection — just keep going. Life happens. If you take a formula late, eat something off-plan, or miss a dose entirely, do not quit. One slip does not undo your progress. Simply return to the schedule at your next dose and carry on. The body is resilient, and the formulas keep working as long as you do. Progress, not perfection, is the goal.

Important: We do not recommend simultaneous use of herbal formulas with pharmaceutical medications (prescription or over-the-counter) due to possible interactions. Please consult your healthcare provider if you are currently on medication.

STEP 2

Dietary *Guidelines*

The recommended diet for all cleanses is a strictly raw, whole food, plant-based diet consisting of fruits, vegetables, nuts, seeds, and sprouted grains. Follow these meal timing guidelines throughout your cleanse.

MORNING

Breakfast

- Raw, fresh, organic fruit and/or fruit smoothie
- Fruit is best consumed in the morning — you are literally breaking your overnight fast
- Prioritize organic produce when possible

MIDDAY

Lunch

- A large, green, leafy, cruciferous salad
- Focus on raw greens: spinach, kale, collards, arugula, mixed greens
- Dress with lemon juice, olive oil, and Himalayan salt

EVENING

Dinner

- Repeat your lunch selection or a similar salad
- In fall/winter (Sept 21–Mar 20), warm soups, vegetable stew, or vegetable broth are permitted
- Avoid cooking above 118°F / 48°C during the cleanse

BETWEEN MEALS

Snacks & Beverages

- Organic raisins, Medjool dates, sulfur-free dried fruits
- Dried fruit-vegetable chips, trail mix (walnuts + dates)
- Fresh fruit — mango, papaya, berries between meals
- Herbal tea — 1 to 4 cups per day (chamomile, rooibos, peppermint, or ginger)
- Freshly squeezed fruit or vegetable juice
- Filtered water throughout the day

STEP 3

Hydration *Guide*

Hydration is not optional during a cleanse — it is how your body moves toxins out. Without adequate water and herbal support, released toxins can recirculate rather than exit. Below is your daily drinking schedule aligned to your formula timing.

64+	1–4	16	0
OZ WATER DAILY	CUPS HERBAL TEA DAILY	OZ WARM LEMON WATER ON WAKING	COFFEE, SODA, OR ALCOHOL

TIME	WHAT TO DRINK	WHY IT MATTERS
On Waking	16 oz warm water + juice of ½ lemon	*Alkalizes the body, activates digestion, flushes overnight waste*
7:00 AM	8 oz water — take with Formula 1	*Helps capsule absorption and begins morning hydration*
9:00 AM	Herbal tea or 8 oz water	*Sustains hydration between formulas; chamomile or peppermint works well*
10:00–11:00 AM	8 oz water — take with Formula 2	*Supports kidney and parasite-clearing formulas*
Noon–1:00 PM	Fresh-squeezed fruit or vegetable juice with lunch	*Live enzymes from fresh juice aid digestion during your largest meal*
2:00–3:00 PM	20-Day Cleanse Tea — 1 cup	*Peak tea window; works alongside the Nourishment Formula*
4:00 PM	8 oz water — take with Formula 4	*Critical for the kidney and bladder formula; water flushes what it releases*
6:00 PM	Herbal tea or water — take with final formula	*Warm liquids support the colon formula and evening digestion*
Before Bed	herbal tea of your choice — chamomile, rooibos, or peppermint	*Supports overnight cellular repair and toxin processing during sleep*

Best herbal teas during your cleanse: Chamomile, rooibos, peppermint, ginger, and dandelion root all complement the cleanse formulas beautifully. Avoid any tea with added flavoring, sweeteners, or caffeine. Plain, single-ingredient herbal teas are best — check the label.

Avoid during the cleanse: Coffee, lattes, hot cocoa, beer, wine, champagne, soda, commercial pasteurized fruit juices, and carbonated beverages. These are acidic, dehydrating, or contain additives that directly counteract your cleanse formulas.

STEP 4

What to Avoid & *Approved Alternatives*

Meat & Animal Products

AVOID DURING CLEANSE	POST-CLEANSE ALTERNATIVES
× Beef, chicken, pork, fish, shrimp, turkey	✓ Grain-nut-mushroom combos, Seitan
× Bacon, sausage, ham, deli meats	✓ Egg replacer (for cooking only)
× Eggs, dairy (milk, cheese, butter, yogurt, cream)	✓ Daiya, cashew, or almond-based vegan cheese (casein-free)
× Any meat or seafood in any form	✓ Almond, oat, rice, hemp, or coconut milk

Refined Grains, Sweeteners & Condiments

AVOID DURING CLEANSE	POST-CLEANSE ALTERNATIVES
× White bread, cake, cookies, crackers, pastries	✓ Whole wheat, quinoa, amaranth, buckwheat, teff, brown rice, spelt
× White sugar, brown sugar, corn syrup, aspartame	✓ Stevia, agave nectar, Grade B/C maple syrup, coconut sugar
× Soy sauce, commercial ketchup/mustard with white vinegar	✓ Bragg's liquid aminos or coconut aminos
× White table salt, black pepper, commercial condiments	✓ Himalayan pink salt or Celtic sea salt
× Coffee, soda, alcohol, commercial pasteurized juices	✓ Herbal teas, mineral water, Lakewood/Santa Cruz organic juices

Snack reminder: Always verify that snacks and dried fruits are sulfur (sulphur) free. Check ingredient labels before purchasing.

STEP 4

7-Day *Meal Plan*

This whole food, plant-based meal plan was designed for your cleanse — targeting 1,700–2,000 calories per day. Breakfasts are fruit-forward and raw. Lunches include Asian slaw and raw dishes for maximum enzyme activity. Nuts are limited to walnuts and hemp seeds only. No oatmeal or refined grains.

Day 1

~1,710 Cal · 248g Carbs · 58g Fat · 46g Protein

BREAKFAST · ~310 CAL

Tropical Fruit Bowl — fresh mango, papaya & banana

2 tbsp hemp seeds

LUNCH · ~490 CAL

Spinach & Apple Salad with walnuts

Marinated Mushrooms

DINNER · ~700 CAL

Quinoa Spinach Salad with Lemon Vinaigrette

Tomato & Cucumber Kimchi Slices

SNACK · ~211 CAL

Cucumber Apple Berry Smoothie

Day 2

~1,760 Cal · 262g Carbs · 62g Fat · 48g Protein

BREAKFAST · ~290 CAL

Mixed Berry Bowl — blueberries, strawberries, raspberries

Sliced banana + 1 tbsp hemp seeds

LUNCH · ~400 CAL

Crunchy Asian Slaw

Roasted Green Beans & Mushrooms (2 cups)

DINNER · ~760 CAL

Red Lentil & Mushroom Curry

Sautéed Spinach with garlic

SNACK · ~310 CAL

Vegan Stuffed Dates with walnuts

Day 3

~1,900 Cal · 276g Carbs · 72g Fat · 58g Protein

BREAKFAST · ~320 CAL

Berry Chocolate Smoothie (1 serving)

Fresh blueberries (1 cup) on the side

LUNCH · ~700 CAL

Steamed or Marinated Asparagus

Chickpeas with Wild Rice (½ serving)

DINNER · ~480 CAL

Quinoa Tabbouleh

Vegan BBQ Pulled Jackfruit Tacos

SNACK · ~200 CAL

Raw Fruit & Walnut Bowl — apple, orange, banana, berries

Day 4

~1,780 Cal · 230g Carbs · 68g Fat · 52g Protein

LUNCH · ~420 CAL

Crunchy Asian Slaw

SNACK · ~280 CAL

Medjool dates (4) + 2 tbsp walnuts

Ginger Green Juice ½ fresh papaya with lime juice	Sautéed or Marinated Mushrooms	Steamed Cauliflower Rice or Florets	

Day 5

~1,750 Cal · 255g Carbs · 55g Fat · 50g Protein

BREAKFAST · ~270 CAL	LUNCH · ~480 CAL	DINNER · ~710 CAL	SNACK · ~290 CAL
Fresh mango & strawberry fruit salad 1 tbsp hemp seeds + fresh mint	Lentil & Mushroom Bowl (½ serving) Raw cucumber, tomato & herb salad with lemon	Veggies, Pasta Sauce & Red Lentil Rotini (1 serving) Easy Spinach & Scallion Salad (½ serving)	Vegan Stuffed Dates + 1 tbsp hemp seeds

Day 6

~1,790 Cal · 260g Carbs · 64g Fat · 50g Protein

BREAKFAST · ~300 CAL	LUNCH · ~440 CAL	DINNER · ~680 CAL	SNACK · ~211 CAL
Papaya, blueberry & banana fruit bowl 2 tbsp hemp seeds + squeeze of lime	Crunchy Asian Slaw with Quinoa	Vegan BBQ Pulled Jackfruit Tacos Boiled Kale with lemon & hemp seeds	Cucumber Apple Berry Smoothie

Day 7

~1,840 Cal · 240g Carbs · 70g Fat · 55g Protein

BREAKFAST · ~340 CAL	LUNCH · ~580 CAL	DINNER · ~710 CAL	SNACK · ~210 CAL
Pea Protein Banana Smoothie (½ serving) Fresh mango slices + 1 tbsp hemp seeds	Lentil & Mushroom Bowl (1½ serving) Simple Spinach Salad with walnuts	Mushroom & Red Lentil Curry Grilled Zucchini Spears	Celery sticks + 2 tbsp hemp seed dip 2 tbsp walnuts

STEP 5

Full *Grocery List*

Everything you need for the full 7-day meal plan. Buy organic where possible. Check that dried fruits and snacks are sulfur-free.

VEGETABLES & SEA VEGETABLES

- Spinach — 1.5 kg (raw, bulk)
- Green beans — 33 oz (936 g)
- Zucchini — 4¼ medium
- Mushrooms, cremini or portobello — 3½ cups
- Kale — 1 cup chopped
- Asparagus — 7½ spears
- Collard greens — 5 cups chopped
- Cucumber — 2 large
- Tomatoes — 5 medium
- Red bell pepper — 1 medium
- Scallions — 6 medium
- Garlic — 8 cloves
- Onions — 2 medium
- Carrots — 2 large
- Celery — 8 stalks
- Ginger root — 4 tbsp fresh
- Field greens salad mix — 1¼ serving
- Lettuce, romaine — 1 cup shredded
- Parsley — ½ cup fresh
- Fresh cilantro — 3 tbsp
- Fresh mint — small bunch
- Cabbage — 1 large head (green or purple), shredded
- Cauliflower — 1 large head (for florets or cauliflower rice)
- Vegan kimchi — 1 small jar (check label: no fish sauce)

FRUITS

- Mango — 3 large, ripe
- Papaya — 2 medium, ripe
- Bananas — 7 medium
- Apples — 4 medium

Strawberries, raw — 2 cups

Strawberries, frozen — 1½ cup

Blueberries, raw — 3 cups

Blueberries, frozen — ¾ cup

Raspberries, frozen — 1 cup

Raisins — ½ cup (sulfur-free)

Dates, Medjool — 12 pitted

Jackfruit — ⅓ cup drained (canned)

Avocado — 1 ripe

Oranges — 2 medium

Limes — 3

Lemons — 4

Orange juice — 1⅓ cup (fresh-squeezed preferred)

NUTS & SEEDS

Walnuts — 1 cup halves (raw)

Hemp seeds, hulled — 1 cup

Chia seeds — ½ tbsp

Flaxseed — ¼ cup whole

Coconut milk — 1 cup canned (full fat)

Sesame seeds — 3 tbsp (for Asian slaw)

GRAINS, PASTA & LEGUMES

Quinoa — 1½ cup uncooked

Wild rice — ½ cup

Green or brown lentils — 2 cups dry

Red lentils — 1½ cups dry

Organic Red Lentil Rotini — 4 oz

Chickpeas — 1 cup canned

Whole wheat tortillas — 1 medium

OILS, VINEGARS & SAUCES

Olive oil — extra virgin, 1 small bottle

Avocado oil — small bottle (or grapeseed oil)

Toasted sesame oil — small bottle

Agave nectar — 3 tbsp (for Asian slaw dressing)

- Balsamic vinegar — ¼ cup
- Rice wine vinegar — ¼ cup (for Asian slaw)
- Bragg's apple cider vinegar — optional
- Coconut aminos — small bottle
- Pasta sauce, marinara — ½ cup
- Curry paste — 2 tbsp
- Pico de gallo — small jar
- Balsamic vinaigrette, low-fat — 1 tbsp

SPICES & PROTEIN

- Himalayan pink salt
- Cumin — ground
- Curry powder
- Oregano — dried
- Basil — dried
- Thyme — dried
- Chili powder
- Dry taco seasoning
- Toasted sesame oil — 2 tbsp (for Asian slaw)
- Pea protein powder — 2 heaping tbsp
- Plant-based vegan protein powder — ¾ serving

RECIPES

Featured *Recipes*

Full instructions for the two signature recipes featured throughout your 7-day meal plan.

DINNER · DAYS 2, 4 & 7

Red Lentil & Mushroom Curry

A warming, protein-rich curry with deeply seared mushrooms and tender lentils in a spiced tomato broth. Hearty enough to stand alone — no rice needed. Serves 4 · ~222 cal per serving · Prep 15 min · Cook 45 min

INGREDIENTS

- 2 tsp avocado oil
- 400g (14 oz) button mushrooms, quartered
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- ½ tsp cinnamon
- ½ tsp cardamom
- ½ tsp ground coriander
- 400g (14 oz) tomato puree
- 200ml (¾ cup) water
- 130g (⅔ cup) brown or red lentils
- 1 tsp garam masala
- 1 tsp Himalayan pink salt, to taste
- 4 tbsp plain vegan yogurt (soya or coconut)

INSTRUCTIONS

1. Heat avocado oil in a large pot over medium heat. Add mushrooms and cook 6–8 minutes, stirring once halfway, until browned and reduced. ***Do not rush this step — well-seared mushrooms make all the difference.***
2. Reduce heat to medium-low. Add onion and cook 6–8 minutes until translucent. Add garlic and cook 2 more minutes.
3. Add cumin, cinnamon, cardamom, and coriander. Stir constantly for 30 seconds to toast the spices.
4. Stir in tomato puree, water, and salt. Bring to a low boil, then add lentils. Reduce heat, cover, and simmer 25 minutes until lentils are tender.
5. Remove from heat. Stir in garam masala and pepper. Rest covered for a few minutes, then stir in vegan yogurt. Taste and adjust seasoning.
6. Serve hot. Store leftovers up to 3 days refrigerated. Freeze without the yogurt for best results.

> **Tip:** If the curry tastes too acidic from the tomatoes, stir in a small amount of agave nectar after the yogurt to balance. Use fresh spices — old spices produce a flat, bland

result. This is a thick curry and is intentionally designed to be eaten without rice during the cleanse.

LUNCH · DAYS 2, 4 & 6

Crunchy Asian Slaw

A vibrant raw salad packed with cruciferous vegetables, fresh ginger, and a light sesame-agave dressing. Crunchy, bright, and deeply cleanse-compatible. Make ahead — it keeps 3–4 days in the fridge and gets better overnight. Serves 6 · ~145 cal per serving · Prep 20 min · No cook

INGREDIENTS

SLAW

- 6–7 cups cabbage, finely shredded (green, purple, or mix)
- 1 cup shredded carrots (optional add-in)
- 3 scallions, thinly sliced
- 1 cup fresh cilantro, chopped (or flat-leaf parsley)

DRESSING

- 3 tbsp olive oil
- 1–2 tsp toasted sesame oil
- ¼ cup rice wine vinegar
- 3 tbsp agave nectar
- 1 tbsp coconut aminos (or Bragg's liquid aminos)
- 1 tbsp fresh ginger, grated
- 1 clove garlic, grated (optional)
- ½ tsp Himalayan pink salt
- ½ tsp chili flakes (optional)

GARNISH

- 2 tbsp toasted sesame seeds
- 2 tbsp hemp seeds

INSTRUCTIONS

1. Finely shred the cabbage and place in a large bowl. Add carrots, scallions, and cilantro. Toss to combine.
2. Whisk all dressing ingredients together in a small bowl until fully combined. Taste and adjust — more agave for sweetness, more vinegar for tang, more sesame oil for depth.
3. Pour dressing over the slaw and toss well to coat. Let it sit for 5–10 minutes — the cabbage will soften slightly and absorb the dressing.
4. Garnish with sesame seeds and hemp seeds. Serve immediately or refrigerate — it keeps 3–4 days and gets better after a night in the fridge.

Make-ahead tip: Prep the shredded cabbage and dressing separately up to 3 days ahead. Toss together the morning of and refrigerate — it'll be perfect by lunch. Sub broccoli slaw, shredded Brussels sprouts, or kohlrabi for part of the cabbage if desired. Skip the nuts listed in the original recipe and use hemp seeds instead to keep it cleanse-compliant.

AFTER THE CLEANSE

Post-Cleanse *Transition Plan*

What you do in the five days immediately following your cleanse determines how long your results last. Your digestive system is now more sensitive and efficient — reintroducing heavy foods too quickly can undo progress fast. Use this five-day bridge to land well.

POST-CLEANSE DAY 1 **Stay Close to the Cleanse**	POST-CLEANSE DAY 2 **Reintroduce Whole Grains**	POST-CLEANSE DAY 3 **Add Plant Proteins**	POST-CLEANSE DAY 4 **Gentle Expansion**	POST-CLEANSE DAY 5 **Your New Baseline**
• Keep breakfast raw — fruit bowl with hemp seeds	• Add quinoa, brown rice, or sprouted grain bread at lunch or dinner	• Reintroduce cooked lentils, chickpeas, and beans freely	• If adding eggs, start with one — use egg replacer as an alternative	• Return to your full diet mindfully — notice what your body now craves vs. what it tolerates
• Introduce lightly steamed vegetables at lunch	• Keep breakfast fruit-only	• Walnut butter or tahini in moderation	• Vegan cheese (casein-free) may be reintroduced	• Try to keep breakfast fruit-forward permanently
• Continue drinking warm lemon water on waking	• Introduce avocado generously — good fats help rebalance	• Try a seitan or grain-mushroom combo dish for dinner	• Whole grain pasta or lentil pasta at dinner is fine	• Limit meat to 2–3x per week maximum if reintroducing
• Herbal tea remains your main hot beverage	• Stay fully dairy-free and meat-free	• One cup of herbal coffee (Teeccino) if you miss the ritual	• Watch how your body responds — bloating is a signal to slow down	• Consider scheduling your next cleanse in 4–8 weeks
• Avoid all meat, dairy, and processed food still	• Continue 64 oz water daily	• Still no dairy or conventional meat	• Keep one fully raw meal in the day	• Continue drinking herbal tea (chamomile, rooibos, peppermint) as a daily habit

The most common mistake: celebrating the end of the cleanse with a heavy meal. Your gut lining is more permeable and reactive right now — a large cheat meal can cause significant discomfort and inflammation. Give yourself five days before returning fully to your previous habits.

COMMON QUESTIONS

Frequently Asked *Questions*

01 Can I work out during the cleanse?

Light movement is encouraged — walking, yoga, gentle stretching, and slow cycling all support lymphatic drainage and circulation, which speeds up the cleanse. During Days 1–3, avoid intense workouts as your energy is redirected toward detoxification and you may feel lightheaded. From Day 4 onward, moderate exercise is generally well tolerated. Listen to your body above all else.

02 What if I miss a formula dose?

Take it as soon as you remember, provided it has been less than two hours since your scheduled time. If more than two hours have passed, skip that dose and resume your next scheduled formula as normal. Never double up on capsules to compensate for a missed dose. And please — do not quit over a missed dose or an off-plan moment. One slip changes nothing. The formulas are still working, your body is still responding, and all you have to do is pick back up at the next scheduled time. Consistency over days matters far more than perfection in any single hour.

03 Can I do this cleanse while pregnant or breastfeeding?

We do not recommend cleansing while pregnant or breastfeeding. During a cleanse, the body releases stored toxins into the bloodstream before eliminating them — these toxins can cross the placenta or pass into breast milk. If you are postpartum and no longer breastfeeding, we suggest waiting at least 8–12 weeks and consulting your healthcare provider before beginning. Your wellness journey can wait; your baby cannot.

04 What if I have a reaction to a formula?

Mild reactions — nausea, light cramping, or loose stools — are normal in the first three days and are signs the formula is working. If symptoms are severe or worsening (chest tightness, hives, difficulty breathing, extreme abdominal pain), stop taking all formulas immediately and seek medical attention. Then contact us at verdureherbs.com so we can assist. Please note that we do not recommend combining herbal formulas with pharmaceutical medications without consulting your doctor first.

05 Can I do multiple cleanses back to back?

We recommend allowing at least 2–4 weeks between cleanse cycles. This gives your body time to stabilize, absorb nutrients, and integrate the results before beginning another round. Many customers do 3–4 cleanse cycles per year with excellent results. Your post-cleanse transition plan (above) is especially important when cycling cleanses regularly.

06 Will I lose weight?

Weight loss is a common side effect, not the primary goal. Most customers notice a reduction in bloating, water retention, and digestive waste within the first three days. True fat loss depends on the dietary choices maintained after the cleanse. Customers who continue a predominantly plant-based diet after their cleanse tend to see the most sustained results.

07 Do I need to refrigerate the formulas?

Refrigeration is not required. Store your formulas in a cool, dry place away from direct sunlight and heat — a cabinet or pantry shelf is ideal. Keep all caps tightly sealed. Do not store in a bathroom due to humidity fluctuations. Formulas stored correctly retain their potency through the expiration date printed on the bottle.

08 Can I drink coffee or have a cheat meal?

Coffee is strongly discouraged during the cleanse. It is acidic, dehydrating, and directly counteracts the alkalizing effects of your herbal formulas. Switch to herbal tea or Teeccino (herbal coffee) instead — most customers find the craving passes within 48 hours. As for cheat meals: an occasional piece of cooked whole grain or extra fruit is fine. Meat, dairy, alcohol, or processed food will significantly reduce your results and can cause intense discomfort as your newly sensitive gut reacts.

PRINT & POST

Quick-Reference *Formula Card*

Everything you need at a glance. Print this page, cut along the card border, and stick it on your fridge or bathroom mirror.

Verdure Herbs — Daily Cleanse Schedule

VERDUREHERBS.COM

FRESH START CLEANSE

7:00 AM	Blood and Lymph Cleanse · 5 caps
10:00 AM	Parasite and Worm Cleanse · 5 caps
1:00 PM	Nourishment Formula · 5 caps
4:00 PM	Kidney and Bladder Cleanse · 5 caps
6:00 PM	Colon Flush · 5 caps

WOMB DETOX CLEANSE

7:00 AM	Whole Woman · 5 caps
11:00 AM	Fibroid & Cyst Shrink · 5 caps
2:00 PM	Nourishment Formula · 5 caps
6:00 PM	Colon Flush · 5 caps

DAILY DRINK SCHEDULE

Wake up	16 oz warm lemon water
7:00 AM	8 oz water with Formula 1
9:00 AM	Herbal tea or water
Noon	Fresh juice or water
2:00 PM	Herbal tea
4:00 PM	8 oz water with Formula 4
6:00 PM	Water with final formula
Bedtime	Herbal tea
Goal	64+ oz water total

KEY RULES

- Breakfast = fruit only (raw)
- Lunch = large raw green salad
- Dinner = salad or warm soup (fall/winter)
- Nuts allowed: walnuts & hemp seeds only
- No meat, dairy, eggs, or alcohol
- No coffee or soda
- No refined grains or white sugar
- Snacks: dates, sulfur-free dried fruit, fresh fruit
- Oil: olive, avocado, or grapeseed only
- Salt: Himalayan pink or Celtic sea salt
- Miss a dose? Skip it — never double up

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Questions? Reach us at hello@verdureherbs.com

This guide is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider before beginning any cleanse or supplement program.