



Nefer Kali Healing Guide

Full Spectrum Trio pack -
Golden, Green, and Purple St.
Lucian Sea Moss



Thank you (or in our ancient language of Kamit, Tua U) for your support. Nefer Kali Healing provides high quality healing products to help aid and assist in building your life force.

Sea Moss Info: Harvested from St. Lucia, this powerhouse algae is 100% natural and does not contain any additives or preservatives. Sea moss has trace minerals and vitamins that help boost immunity, promote good health, and restore the body.

Benefits of **Golden** Sea Moss:

- Boosts immunity
- Provides 92 of the 102 vitamins and minerals the body needs
- Supports thyroid function
- bone health
- Anti inflammatory helping with muscle recovery
- Supports the health of hair skin and nails
- Promotes good digestion
- Improves libido
- Improves metabolism
- Helps maintain a healthy weight

Benefits of **Green** Sea Moss:

- Supports thyroid function
- Supports bone health
- High in Chlorophyll
- Supports the health of hair skin and nails
- Detoxifying
- Deodorizing

Benefits of **Purple** Sea Moss:

- High in antioxidants (especially anthocyanin)
- Supports energy levels
- Anti inflammatory
- Supports eye health
- Promotes good digestion
- Anti Cancer

Instructions:

1. Rinse and clean the dried sea moss under cool water, after the sea moss is cleaned thoroughly soak it in spring water for 6 to 12 hours. (I add key limes to water to neutralize taste, and water friendly crystals to bring great energy to the moss)

TIP: A little goes a long way, 1 OZ is dried seamoss can make one 16oz jar of gel

2. Remove the sea moss from soaking water, wash it again, and place it in a blender.

3. Fill the blender with enough fresh **warm** water to cover the sea moss , then blend until it makes a smooth paste.

TIP: Warm water makes for a better consistency when blending the sea moss, **the hotter the water, the smoother the gel will come out.**

Gold sea moss blends the easiest, **purple** and **green** moss will need to be blended just a few seconds longer to get smooth gel consistency.

4. At this point, you can get creative and add other flavors if desired, things like fruits or herbs like, turmeric, ginger, burdock root etc... Add any additional ingredients to the gel and blend.

TIP: Adding herbs will not decrease shelf life while adding fresh fruits will decrease shelf life.

5. Store in a clean glass jar and refrigerate for up to three weeks.

Thank you again for your business.

Video Instructions

Contact: info@neferkalihealing.org



Our Website

Health Disclaimer

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