



7-Day Herbal Detox Plan

Cleanse • Reset • Energize

✨ Introduction

Welcome to your 7-day natural detox journey. This herbal-based plan is crafted to:

- Eliminate toxins from your liver and gut
- Boost your metabolism
- Restore energy and mental clarity

All meals are plant-focused, anti-inflammatory, and easy to digest. Hydration and herbal support are the key to success.

Daily Routine (Follow for 7 Days)

✓ Morning

- Drink 1 glass of warm water with lemon + cayenne
- Take 1 cup of detox herbal tea (e.g., ginger, moringa, dandelion)
- 10 minutes of deep breathing or walking

✓ Breakfast

- Green Smoothie (spinach, cucumber, apple, flaxseed)
- Optional: 1 spoon apple cider vinegar in water

✓ Lunch

- Detox Soup (turmeric, garlic, sweet potato, pumpkin)
- Steamed greens (kale, broccoli, managu)
- Millet or quinoa

✓ Snack (Optional)

- Pineapple slices, raw carrots, or roasted pumpkin seeds
- Herbal capsule: Liver Reset or Gut Cleanser

✓ Dinner

- Boiled nduma (arrowroot) or sweet potatoes
 - Warm hibiscus or chamomile tea
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🌿 Herbal Products to Support

Product	Benefit
Liver Reset	Boosts detox enzymes
Gut Cleanser Tea	Cleanses colon & reduces bloat
FatBurner Powder	Increases metabolism naturally
Moringa Capsules	Adds nutrients, reduces hunger

Buy from: <https://drspiceorganics.com/shop>

💡 Tips for Success

- Avoid fried, sugary, and processed foods
 - Sleep early and rise early (before 7 am)
 - Stay hydrated: drink at least 2.5 litres of warm water daily
 - Don't skip meals — balance is key
 - Stay off alcohol and processed snacks during detox
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📍 Contact Us

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