



## 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
- 

## 🌿 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
- 

## 📍 Contact Us

### DrSpice Organics

📞 Nairobi: +254 727 175 708

📞 Nakuru: +254 726 760 517

📞 Kiambu (Ruiru): +254 113 853 878

✉ Email: [admin@drspiceorganics.com](mailto:admin@drspiceorganics.com)

🌐 [drspiceorganics.com](https://drspiceorganics.com)