**Spleen Clean: Ultimate Splenic Detox Guide**

**Brief Description:**

Discover the pivotal role of the spleen in immunity, digestion, and detoxification in this comprehensive course.

Explore evidence-based methods, from diet and fasting to advanced IV therapies, for optimal splenic health.

Assess your knowledge with self-assessments, explore historical and modern detox practices, and learn to manage chronic conditions by supporting this vital organ.

Featuring references to Traditional Chinese Medicine and cutting-edge techniques, this course empowers you to apply ancient wisdom and modern science to health restoration.

**Learning Objectives:**

* Understand the spleen’s functions in immunity, blood filtration, and energy regulation.
* Learn dietary, nutritional, and fasting methods to support spleen detoxification.
* Explore the use of IV drips and light therapy to enhance detox pathways.
* Recognise the role of spleen detox in managing chronic diseases and improving overall health.
* incorporate traditional practices from TCM and Ayurveda into detox strategies.
* Test knowledge through interactive self-assessments.