



Retail Price: \$: 402.79

**Our Price: \$82.49**

**YOU SAVE: \$20.30**

A blend of 8 herbs – certified organic and grown by Flora on their own farms whenever possible

- Unrefined, full-spectrum herbs balance the body so it can heal itself.
- Traditional aqueous preparation for maximum absorption.
- Safe for long-term, daily use.
- All ingredients stringently tested for purity, quality and potency.
- Alcohol- and preservative-free.

### Description

The Ojibwa believed the herbs in Flor-Essence joined to form a “unified spirit” that created a much greater purification affect and placed their bodies in a balanced state of health. Of course today we know this to be the synergy of the Flor-essence formula that supports the body’s natural cleansing and healing mechanisms by supporting all of the body’s detoxification pathways (immune system, digestive, circulatory, liver, kidneys, skin and lungs). The cleansing and healing synergy of the phytonutrients and antioxidants of Flor-Essence is unmatched. Phytonutrients in the herbs work together to support specialized cells in the body that identify and gather harmful toxins at the cellular level and in the circulatory system and transport them to the excretory organs where other supporting antioxidants and fiber can neutralize and bind the toxins to escort them out of the body.

### Directions

#### Step 1



Miso soup is an appropriate meal selection during week one.

In week one, start each day out with a glass of water with a wedge of lemon, which will help remove the body's impurities. Following the water in the morning and before bed, prepare the Flor Essence Tea according to the directions. The average dose is 1 ounce twice daily. This week it is especially important to increase soluble fiber along with water, which should be approximately 2 quarts daily.

#### Step 2



Fresh fruits, vegetables and juices are part of week two.

Week two will be more of the detoxifying process, and balancing the pH in the body, to make it a place which is disease unfriendly. Foods high in acid are eliminated, as they can be a breeding ground for bacteria. A more alkaline environment is created with an increase in fresh fruits and vegetables. Start out each morning with the glass of water with lemon, and Flor Essence Tea in the morning and in the evening according to directions. Maintain fluid intake of approximately 2 quarts daily.

#### Step 3



Hummus, carrots and celery are an acceptable vegetarian food combination.

Week three focuses on food combining. This is vegetarian protein (deep sea fish, excluding shellfish, can be a substitute) combined with vegetables for example. This section teaches how certain foods interact well together and are better than other food combinations. Follow the start of each day with water and lemon and the Flor Essence tea in the morning and before bed, according to directions. Maintain fluid intake of approximately 2 quarts daily.



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### Step 4



Artificial sweeteners inhibit the liver, making a switch to healthful sweeteners, such as honey, can help.

Week four is the week the "free" week, when you can choose any of the food combinations from weeks one, two or three. This is the week to internalize the healthy eating habits from the three previous weeks, and continue to make healthful eating choices after the detox. Follow the start of each day with water and lemon and the Flor Essence tea in the morning and before bed, according to directions. Maintain fluid intake of approximately 2 quarts daily.

### Warnings

You may start to notice changes in your body. If the following symptoms arise, be sure to rest and drink lots of water to assist the clearing out of toxins. These temporary reactions are normal if slight to moderate in intensity:

- Headache
- Mild diarrhea
- Nausea
- Skin blemishes
- Runny nose

If symptoms are severe and prolonged, reduce your dosage and proceed more slowly.

### Supplement Facts

- Herbal Extraction Bag
- 100% Unbleached Cotton
- Contains 1 Reusable Bag

Supplement Facts	
Serving size of prepared tea 1/4 cup (2fl. oz./60mL)	
Serving per prepared packets 16	
	Amount Per Serving      % Daily Value
Proprietary Blend.....	1.3 g ..... †
Certified organic burdock root, certified organic sheep sorrel herb, slippery elm bark, watercress herb, Turkish rhubarb root, kelp, certified organic blessed thistle herb, certified organic red clover blossom. Contains no caffeine, preservatives or colourants.	
† Daily Values not established	

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