

CINNAMON & SAGE

# DETOX PROTOCOL

FOR BEST RESULTS PAIR WITH  
OUR WELLNESS CHALLENGE



# CINNAMON & SAGE

## 60/90 DAY DETOX PROTOCOL:

### RetroBlend

Dosage: 30 drops twice daily OR 3 capsules twice daily

A powerful blend of fighter herbs including Andrographis, Artemisinin and Rosemary. This formula is used to help the body combat unwanted pathogens and support immune resilience during detox.

### Paraherb (30 days only)

Dosage: 30 drops twice daily OR 3 capsules twice daily

A comprehensive parasite-cleansing formula made with Wormwood, Black Walnut Hulls, Cloves, Sacred Bark, Thyme, Ginger, Aniseed and Olive Leaf. Parasite support is a critical foundation of effective detoxing to ensure long-term wellness rather than temporary symptom relief.

### HOCL or Triple Threat Nose Spray

Dosage:

- Nose spray: 1 spray per nostril once daily
- HOCL spray: Mist over face and spine once daily

Designed to support the body's response to mould exposure, a hidden toxin that can create widespread inflammation and immune stress.

Note: The nose spray may cause a burning sensation — this is normal.

### Chlorella

Dosage:

- 6 × 500mg OR 20 × 200mg

Taken in the evening, 35 minutes after food and before bed

An intelligent binder that attaches to toxins in the body and assists with safe elimination. Best taken away from food to maximise binding capacity.

### Spike Blend

Dosage: 2 capsules twice daily OR 20 drops twice daily

Made with Dandelion, Artichoke and Milk Thistle, this blend supports liver function, immune health and detox pathways. Liver support is essential throughout any detox process.

### Metal Detox

Ingredients: Milk Thistle, Chlorella vulgaris, Coriander

Supports the body's natural ability to mobilise and eliminate heavy metals, reducing toxic burden and supporting neurological and cellular health.

### Mineral Concentrate or Fulvic Acid

Dosage: 2 capsules daily (Fulvic) and as per bottle instructions (Mineral concentrate)

Replenishes essential trace minerals and supports kidney function during detox. Suitable for the whole family and vital for maintaining balance as toxins are released.

### Turmeric & Black Pepper

Dosage: 3 capsules twice daily

A potent anti-inflammatory combination that supports immune function, thyroid health and cellular protection during detox.

### Zeolite

Dosage: As per label instructions

A natural volcanic mineral binder that assists in the removal of heavy metals, viruses, glyphosate and environmental toxins.

### Hydration

Minimum: 1.5 litres of water daily

Hydration is essential to support elimination pathways and prevent toxin reabsorption.

The information provided on this sheet is for educational purposes only. These supplements are not intended to diagnose, treat, cure or prevent any disease. Furthermore, we recommend that all medical conditions be diagnosed and treated by a qualified health professional. No medical claims are made.

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## 60/90 DAY DETOX PROTOCOL UNPACKED:

A comprehensive, full-body detox designed to support the body's natural healing and elimination processes.

This detox has been thoughtfully put together to address some of the most common underlying contributors to chronic symptoms such as fatigue, inflammation, digestive discomfort, brain fog and immune imbalance. It focuses on parasites, mould exposure, heavy metals, environmental toxins and liver support, while ensuring the body remains nourished and supported throughout the process.

Ideally, this detox is followed over 90 days, as the body works in natural 90-day cycles. This timeframe allows for deeper cellular renewal, sustained detoxification and long-term change. However, it can also be done over 30 days as a gentle reset or introduction, with noticeable benefits still experienced.

The protocol begins by addressing potential pathogen and parasite load. RetroBlend, taken at 30 drops twice daily or 3 capsules twice daily, contains a powerful combination of Andrographis, Artemisinin and Rosemary. These herbs are traditionally used to support immune defence and help the body respond to unwanted viral, parasitic and microbial challenges, creating a stronger foundation for detox.


Alongside this, Paraherb (30 drops twice daily or 3 capsules twice daily) works more specifically on parasite support. Made with Wormwood, Black Walnut Hulls, Cloves, Sacred Bark, Thyme, Ginger, Aniseed and Olive Leaf, it supports gut health and addresses organisms that may be contributing to nutrient deficiencies, inflammation and ongoing symptoms. Addressing parasites during detox is essential to ensure results are lasting rather than temporary.

To support the body in dealing with mould exposure, HOCL or Triple Threat Nose Spray is included. The nose spray is used as one spray per nostril once daily, while the HOCL spray can be misted over the face and spine. Mould toxins are often overlooked yet can place significant strain on the immune and nervous systems. Supporting the body in reducing this burden can help improve clarity, breathing and overall wellbeing. A burning sensation with the nose spray is normal and expected.

As toxins are mobilised, it is vital that they are safely removed from the body. Chlorella, taken in the evening (6 × 500mg or 20 × 200mg, 35 minutes after food and before bed), acts as an intelligent binder. It attaches to toxins in the digestive tract, including heavy metals and environmental pollutants, helping to prevent reabsorption and easing the detox process.

Liver support remains central throughout the detox. Spike Blend, taken as 2 capsules twice daily or 20 drops twice daily, combines Dandelion, Artichoke and Milk Thistle to support bile flow, immune health and liver detox pathways. As the liver processes toxins, supporting it helps reduce fatigue, detox reactions and overwhelm.

To further support heavy metal clearance, Metal Detox, made with Milk Thistle, Chlorella vulgaris and Coriander, assists in mobilising and eliminating stored metals that may interfere with neurological, hormonal and cellular function.



Because detoxing can place additional demand on the body's mineral reserves, Mineral Concentrate or Fulvic Acid (2 capsules daily as instructed on the bottle) is included to replenish essential trace minerals. These minerals are required for detox enzymes to function properly and also provide gentle support to the kidneys as toxins are filtered and removed. This is a supportive, family-friendly addition to the protocol.

Inflammation control and cellular support are addressed with Turmeric and Black Pepper, taken as 3 capsules twice daily. Turmeric is widely known for its anti-inflammatory properties and supports immune balance, thyroid function and overall cellular health, making it a valuable companion during detox.

Another key binder in this protocol is Zeolite, taken as per label instructions. This natural volcanic mineral compound binds a wide range of toxins including heavy metals, viruses and chemicals such as glyphosate, while also providing trace minerals and amino acids to support the body during detox.

Hydration plays a crucial role in the success of this protocol. A minimum of 1.5 litres of water daily is recommended to support kidney function, lymphatic drainage and the efficient elimination of toxins.

This detox is designed to work with the body rather than against it. Whether completed over 30 days or the full 90-day cycle, it offers a structured yet supportive approach to restoring balance, reducing toxic load and supporting long-term wellness.

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## HOW TO USE THIS DETOX

A simple guide to help you get the most from your detox journey

This detox has been designed to work gently yet effectively with your body's natural processes. For best results, consistency is key.

The detox can be followed for 30 days as a reset or introductory cleanse, or ideally for 90 days, which aligns with the body's natural renewal cycle. A 90-day detox allows for deeper cellular change, improved elimination and more sustainable results.

Take each product exactly as directed in the protocol. Spreading doses evenly throughout the day helps maintain consistent support for the liver, immune system and detox pathways. Evening binders such as Chlorella are best taken away from food to maximise toxin binding and elimination. Hydration is essential. Aim for at least 1.5 litres of water daily, increasing slightly if you are active or experiencing detox symptoms such as headaches or fatigue.

Listen to your body throughout the process. Mild detox reactions can occur as toxins are released, including tiredness, headaches or changes in digestion. These are usually temporary and often a sign that the body is responding. Supporting your body with rest, hydration and nourishing whole foods will help ease this transition.

This detox works best alongside a clean, supportive lifestyle. Prioritise a whole foods diet, adequate sleep and gentle movement. Reducing alcohol, processed foods and added sugars will allow the body to focus on healing and elimination.

## FAQ'S

Why is this detox recommended over 90 days?

The body works in approximately 90-day cycles, particularly at a cellular level. A 90-day detox allows time to address deeper toxin storage, support organ function and encourage lasting change. A 30-day detox can still be beneficial as a reset, but deeper results are often seen with longer support.

Can I do this detox if I've never detoxed before?

Yes. This protocol has been designed to be supportive rather than aggressive. If you are new to detoxing, you may choose to start gently or follow it for 30 days before extending to 90 days.

What if I experience detox symptoms?

Some people may experience mild symptoms such as fatigue, headaches, skin changes or digestive shifts. These are often temporary and can be supported by increasing water intake, ensuring mineral support and prioritising rest.

Do I need to change my diet during the detox?

While not mandatory, reducing processed foods, refined sugars and alcohol will greatly enhance results. Focusing on whole, nourishing foods supports detox pathways and reduces additional toxic load.

Can this detox be used alongside other supplements or medication?

If you are unsure or currently taking medication, it is always best to consult with a qualified healthcare practitioner before beginning any detox protocol. But generally there are not issues with our herbs and other meds as all products are 100% completely natural.

Is this detox suitable for long-term wellness?

Yes. This detox is designed not just for symptom relief but to support foundational health, making it suitable for long-term wellbeing when used mindfully and consistently.