



# *The Alkaline Detox Challenge Guide*

Read Me LLC

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# Our Mission



At Read Me LLC, it is our mission to provide our customers with high-quality, safe, pure, organic, all-natural herbal supplements, free from toxins and other ingredients that may be harmful to you and your family.

**Achieving optimal health begins with cleansing the body of that which is harmful and damaging, things that make us susceptible to illness and disease, both short-term and long-term. Once the body is at an alkaline state, we focus on re-introducing only foods and herbs that promote and maintain this new alkaline state.**

**Experience True Health!**

# What We Provide

We are providing detox meal plans with instructions for a 7-12 Day cleanse, plus more ways on how to keep up with your new Health journey after fully cleansing your body.

Herbal blending while batch making is also supportive for having your herbs already made for the entire week. Just Heat Up, Pour Into Your Thermos/Cup, and Go ☐

As Dr. Sebi stated...."Disease can only exist in an environment that is acid...only consistent use of natural botanical remedies will effectively cleanse and detoxify a diseased body, reversing it to its intended alkaline state."

Typically, it is recommended that you detox/cleanse for 7-14 days. However, from personal experience, 1-3 months has worked best. Dr. Sebi recommends that you fast for a minimum of 12 days. He fasted for 90 days when he was healed from "Diabetes"

Whether you detox for 1 month or 1 week, you will benefit from a detox/cleanse. The amount of time that you cleanse/detox plays a major role in your healing process, but it is not the only factor.

If you have ANY health issues that make it difficult to fast on water or juice, I recommend fasting on fruit and/or raw veggies from Dr. Sebi's nutrition guide. You will still get results, it just may take a little longer. Be patient....the healing process will happen.



**Colon + Blood Cleanse**



**Parasite Destroyer + Liver Cleanse**



**Mucus Destroyer + Small Intestine Cleanse**

# My Detox Experience



## **A Safe Detox Could Be Your Jump Start To A New Commitment & Mindset For Living Healthier!**

**During the first month of my adoption to a plant-based diet, I did an herbal cleanse. Today marks close to 2 years that I've been on my health journey. The primary herbs, which I took daily, come in our "Detox Formula Kit".**

**These herbs targeted and offered some nice TLC for my Colon, Liver, Kidney, Lungs, Gallbladder, Immune System and Respiratory System; they removed mucous from my body, and supplied me with a wide variety of nutrients and phytonutrients that rejuvenated my cells and stimulated my immune system. The Whole Biological ME!**

**Now, my Plant-based diet is an 80/20 diet consisting of roughly 80% carbohydrates, 10% fat + 10% protein. A well rounded Plant-based or African Bio Mineral Balanced diet that naturally consists of this ratio of nutrients, is perfectly suited to optimally support health.**

**During the herbal cleanse and my full transition to a Plant-based diet, my meals consisted mostly of what we suggest for our Meal Plan: (Vegetables) (Legumes), (Nuts), (Grains), and (Water) etc.**