

Revive and Thrive: Herbs and Mushrooms for Spring

WITH YARROW WILLARD CI.H

Webinar Notes

Why rejuvenate in spring?

Spring is the perfect time to 'tune-up' the body's internal filtration system and clear out toxins after a long winter. A cleanse can support this process and works wonders to optimize overall well-being:

- Eliminates toxins, metabolic waste, and heavy metals
- Strengthens immunity and builds long-term health
- Improves digestive wellness and liver function

THE 5 CHANNELS OF ELIMINATION

Our bodies have built-in mechanisms designed to filter harmful chemicals and eliminate what isn't serving us. We can thank these five major organs for their self-cleansing abilities.



KIDNEYS

Removes toxins and excess fluid from the body through the production of urine.



LIVER

Breaks down chemicals and produces bile that removes waste and supports digestion.



COLON

Reabsorbs fluids and electrolytes while removing physical waste from the body.



LUNGS

Filters out carbon dioxide, fumes, mold, and other airborne toxins.



SKIN

Excretes toxins and protects the body from bacteria, virus and chemical toxins.



The Revive & Thrive Protocol

Nourish all five elimination channels and promote balanced digestion, immune health, and energy. Try this whole-body cleanse to clear out what no longer serves you and nurture the natural function of innate detoxification systems.

To maintain balance when cleansing, we recommend taking a 'wax on, wax off' approach:

Step One: Cleanse

Clear away accumulated toxins and heavy metals, boost nutrient assimilation, and lay the foundation for a thriving gut microbiome.

Cleanse Cycle:

- Follow the Cleanse Protocol for 2 weeks in conjunction with dietary protocol
- Avoid building supplements, such as vitamins, minerals, and EFAs

Cleanse Protocol:

- Supportive Herbs: Dandelion, Burdock & Uva Ursi
- Recommended Products: Liver TLC, Klear Kidney, Herbal Bitters
- Take 2-3ml (2 full droppers) of each Tincture Blend 2x per day, 5 minutes before meals.

Step Two: Build

Restore whole-body balance and fortify elimination channels after cleansing.

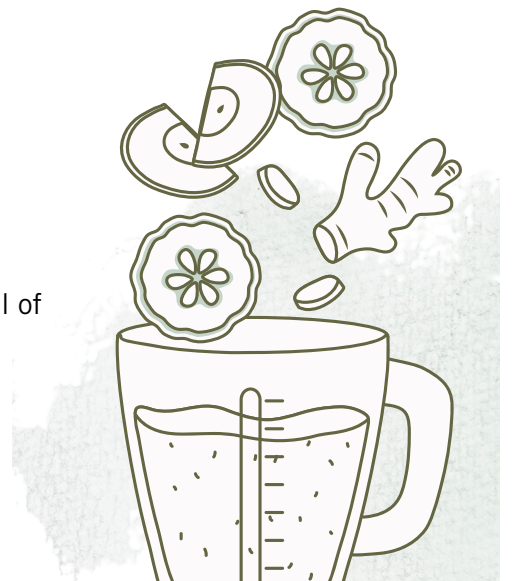
Build Cycle:

- Take a break from Cleanse protocol for 1 week while maintaining dietary protocol
- Include inulin and prebiotic-rich foods, such as oats, garlic, apples, flax and fermented foods
- Add building supplements back into your routine, such as vitamins, minerals and EFAs

Build Protocol:

- Supportive Herbs & Mushrooms: Turkey Tail, Chaga, Bladderwrack, Nettles
- Recommended Products: 5 Mushroom Concentrated Powder, Bio-Shield Tincture, Sea-Veg Blend
- Take 1/2 tsp 5 Mushroom Powder, 1 tbsp Sea-Veg, and 2-4ml of Bio-Shield daily for one week.

Take 2-3 ml of Turkey Tail daily for one week



TINCTURES FOR CLEANSING

Herbal tinctures are a potent, effective and safe delivery system for herbal medicine. They provide convenient support to aid the body's detoxification channels. Why take tinctures?

- Quick, convenient herbal support
- Easy to take daily
- Full-spectrum plant medicine

Formulated by clinical herbalists, our Tincture Blends are easy to add to your daily routine:

- Made with organic or wild-harvested herbs for guaranteed potency
- Distilled in organic cane alcohol and pure spring water



Why use alcohol?

- The best solvent for extracting most plant chemistry; more potent
- Bypasses digestion and is absorbed quickly into the body
- Long shelf life (20 years)
- It's only a small amount of alcohol

**Take on it's own,
or add it to your
water, juice, tea,
or smoothie!**



OUR CLEANSE PRODUCTS

We love adding tinctures and mushrooms to our spring cleanse routine to promote a healthy balance between assimilation of nutrients and elimination of toxins.

FOR WHOLE-BODY CLEANSING



LIVER TLC

Fortify liver function and support detoxification.

- Regenerates damaged liver cells
- Cleanses environmental toxins and normalizes digestion by increasing bile production
- With Milk Thistle and Dandelion Root

KLEAR KIDNEY

Boost kidney function and ease urinary tract discomfort.

- Flushes out toxins and minimizes bladder inflammation
- Featuring Juniper Berry and Uva Ursi, herbs traditionally used to to purify the kidneys and liver



HERBAL BITTERS

Stimulate digestive enzymes and boost nutrient absorption.

- Encourages bile production and eases digestive discomfort
- With Artichoke, Dandelion and Gentian



PARASITE PURGE

Expel intestinal parasites, worms and fungal infections.

- Anti-parasitic, anti-fungal, and anti-bacterial
- Balances the microbiome and supports immune health
- With Wormwood and Black Walnut



FOR WHOLE-BODY BUILDING



BIO-SHIELD

Defend against environmental toxins and pollutants while supporting detoxification.

- Protects cells against oxidative damage from free radicals and builds immunity
- Fortifies detoxification processes
- With Bladderwrack and Turkey Tail

5 MUSHROOM BLEND

Feel the combined benefit of the world's top 5 medicinal mushrooms.

- Gut Health
- Immune Support
- Antioxidant-Rich



 HARMONIC ARTS

SHOP OUR TINCTURE BLENDS AND MUSHROOMS AT [HARMONICARTS.CA](https://www.harmonicarts.ca)

SPRING CLEANSE FOOD GUIDE:

Foods with Acid, Alkaline and Neutral Properties

Tip: Eat less than 20% of your diet from column 1. Eat 80% of your diet from both columns 2 and 3

Column 1 Protein Foods Acid-Forming Foods	Column 2 Starchy Foods Alkaline-Forming Foods	Column 3 Bulk-Forming Foods Neutral Foods
<p>Most recommended: Fish (eat all you want even if over 20% of total diet)</p> <p>Acceptable during cleanse: Beans (dried) fresh beans <i>See column 3</i> Beef Coffee (black-max 2 cups a day) Eggs (whole) Grains (whole) most; ie. barley, kasha, bulgar, spelt, amaranth, quinoa, oats, rye, wheat berries Lamb Lentils Liver Nuts (except Almonds) Peas Poultry Pork Prunes (cooked) Rhubarb (cooked) Rice (white) Seeds (ie. Sunflower, Flax etc.) Soy Beans Tofu Veal Wheat Germ</p> <p>Not recommended during cleanse: Buttermilk Cheese (of any kind) Seafood (shellfish) Yogurt</p>	<p>Most recommended: Almonds Millet, Buckwheat Rice (Brown)</p> <p>Acceptable during cleanse: Apples Apricots Berries Cherries Lemons Peaches/ Pears/ Plums/ Nectarines Popcorn Potatoes (Baked) Pumpkin/ Squash/ Yams/ Sweet Potatoes Sesame seeds Soy milk (without sweeteners) Tahini Tomatoes (fresh)</p> <p>Not recommended during cleanse: Bananas Currants Dried fruit (dates, figs, etc.) Fruit juices Flour or any grains Grapes Honey Malt Maple syrup Melons Molasses Oranges Pasta Pineapple Raisins Soup (Thick) usually thickened with flour Tropical fruit</p> <p>Not recommended at any time: Cakes, candy, icecream Cereal (processed) Flour gravy</p>	<p>Most recommended: Chives Garlic Ginger Onions (includes leeks, green onions, shallots etc.) Tea (herbal without milk) Water</p> <p>Acceptable during cleanse: Arugula Artichokes Asparagus Avocado Beans (green) Beats or Beat Tops Bok Choy Broccoli Brussel Sprouts Butter (grass fed) Cabbage Carrots Cauliflower Celery Collards Corn Chard Cucumbers Dandelion Eggplant Endive Escarole Herbs for seasoning (ie. Basil, Oregano, Thyme, Coriander) Kale Kohlrabi Lettuce Mustard Greens Okra Oils (All oils except peanut oil. ie. Olive, Sunflower, Coconut, Flax, Hemp) Parsley Parsnips</p>

	<p>Fruit juices with sugar or pop/ soda Oily nuts and peanuts Sugar (white or brown)</p>	<p>Peas Peppermint Peppers (green, red, orange, yellow) Radicchio Radishes Rutabagas Seaweeds (Kelp, Nori, Dulse, etc.) Sorrel Spinach Sprouts Turnips Watercress</p> <p>Not recommended during cleanse: Cottage cheese Mushrooms (except for medicinal mushrooms like chaga, reishi, cordyceps etc.)</p>
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*Acid Alkaline food chart modified from "Herbs and Their Clinical Uses" by Terry Willard
This diet is a basic guideline. Emphasis should be put on incorporating seasonal, local and cultured foods.

Note: It is recommended that you use **organic foods** as much as possible during the cleanse.