



9 DAY
BioActivation
PROGRAM



INSTITUTEBOTANICA.ORG

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Healing from the inside out

It all starts from *within*



Over the next 9 days, this program invites you to reconnect with your self through the power of **natural medicine** and experience its ability to **awaken the body's innate intelligence**.

Using targeted bio-fermented botanicals, herbal infusions and intentional daily rhythms, we'll work to:

- Improve the connectivity of biochemical pathways
- Restore movement where there is stagnation
- Improve cellular communication and function
- Restore the body's natural rhythms
- Support purification pathways and cellular detoxification
- Reawaken your natural vitality
- **Activate the endocannabinoid system**

This is not about forcing change.

It is about restoring balance so the body can begin to heal, **naturally**.

Program Overview

PHASE 1: FLOW (Days 1 to 3)

BIO-FERMENT CONCENTRATE

Take 1 teaspoon after a light morning meal increasing by 1 teaspoon each day, up to 10ml.

FLOW INFUSION

Drink 1 cup of Flow Tea after your Bio-Ferment and 2 more cups through the day.

HYDRATION PHASE

Understand why we work with the water body and how to hydrate for optimum cellular energy.

PHASE 2: RESTORE (Days 4 to 6)

BIO-FERMENT CONCENTRATE

Take 10ml of the Bio-Ferment Concentrate each morning with breakfast or smoothie

RESTORE INFUSION

Drink 1 cup of Restore Tea after your Bio-Ferment and enjoy 2 more cups through the day.

RESTORATION PHASE

Focus on restoring your natural rhythms and cycles to support sleep and cellular rejuvenation.

PHASE 3: PURIFY (Days 7 to 9)

BIO-FERMENT CONCENTRATE

Take 20ml of the Bio-Ferment Concentrate each morning after a light meal or in a smoothie

PURITY INFUSION

Drink 1 cup of Purity Tea after your Bio-Ferment and 2 more cups through the day.

DETOXIFICATION PHASE

Support your health by reducing the toxin load the body is exposed to in the first place.

IMPORTANT INFORMATION: If you experience any discomfort or feel the daily dose of Bio-Fermented Concentrate is too high for your system for any reason, simply reduce the dosage and increase fresh water consumption during the day.

So what is the Endocannabinoid System?

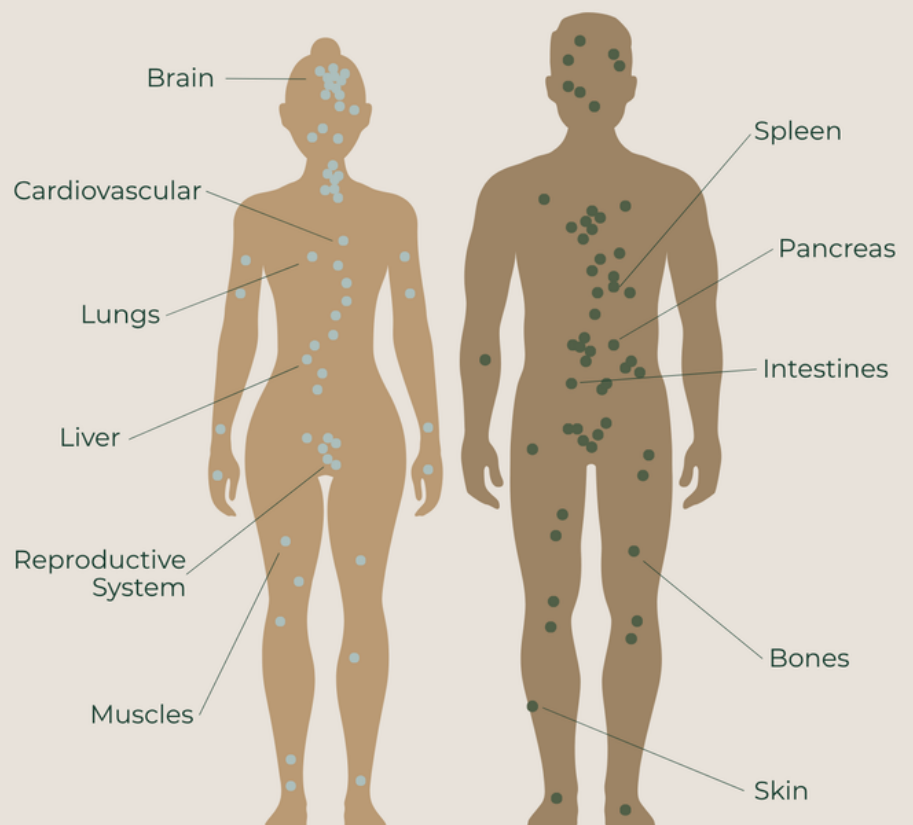
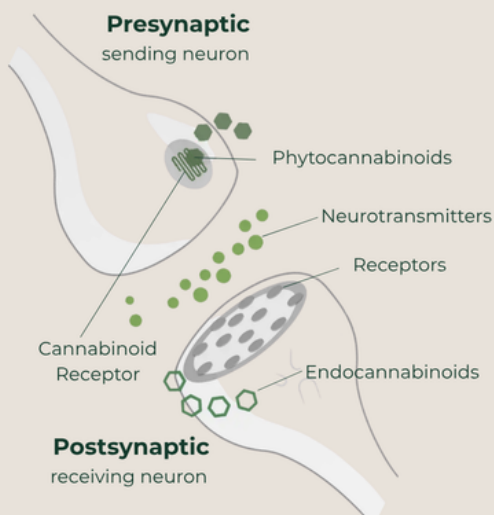
At every moment of every day, your body is engaged in an extraordinary process of communication. Billions of messages are exchanged between cells, tissues, organs, and body systems, ensuring that everything from your mood and energy levels to digestion, immunity, sleep, and recovery remains in balance. At the centre of this intricate communication network is the endocannabinoid system



Your Endocannabinoid System

CB1 Receptors are primarily found in the brain and central nervous system, and to a lesser extent in other tissues.

CB2 Receptors are mostly found in the peripheral organs especially cells associated with the immune system



Your body has biologically evolved to interact with nature.

The **endocannabinoid system (ECS)** is one of the body's most important regulatory systems, helping to maintain homeostasis; a dynamic state of balance that allows the body to adapt and respond to its ever-changing environment. Rather than controlling individual functions, the ECS acts as a master coordinator, helping different systems communicate effectively and work together harmoniously.

This remarkable network extends throughout the brain, nervous system, immune system, digestive tract, connective tissues, organs, and glands. Through a series of specialised receptors and naturally produced signalling molecules known as endocannabinoids, the ECS **helps regulate many of the processes that underpin health** and wellbeing, including stress resilience, mood, sleep, inflammation, immune function, appetite, metabolism, hormonal balance, pain perception, and cellular repair.

Modern life can place **significant demands on these communication pathways**. Chronic stress, environmental toxins, poor nutrition, disrupted sleep, and ongoing inflammatory burden can all influence the body's ability to maintain optimal balance. When communication between systems becomes less efficient, we may begin to experience the effects as fatigue, digestive discomfort, mood fluctuations, poor recovery, reduced resilience, or a general sense of feeling out of sync.

For centuries, herbal medicines have been used to **support the body's innate ability to restore balance**, long before the endocannabinoid system was discovered by modern science. Today, researchers are uncovering how many traditional herbs interact with and support the ECS. Some herbs may encourage the body's natural production of endocannabinoids, while others help regulate inflammation, support healthy stress responses, protect cellular communication pathways, or enhance the activity of receptors involved in maintaining equilibrium.

By nourishing the body's natural regulatory mechanisms rather than forcing change, herbal medicine offers a gentle yet powerful way to support wellbeing at its foundation, helping the body do what it was designed to do: **find balance, adapt, and thrive.**

Activate.
Connect.
Rejuvenate.



Creativity

Skin & Rejuvenation

BIO-FERMENTED BOTANICAL

The herbs in this formula have traditionally been used to assist with cleansing the lymphatic system, supporting hair, skin and nail rejuvenation, and balancing brain function. Creates a sense of radiance.

LEMONGRASS	Maintains cellular health
GINKGO BILOBA	Improved blood circulation
CALENDULA	Stimulates liver function
CLEAVERS	Stimulates lymphatic system
HIBISCUS	Supports collagen production
BILBERRY	Boosts collagen & blood flow
HORSETAIL	High in silica for hair & skin
GINGER ROOT	Improves circulation & elimination



PHASE 01

Flow

Sometimes we move through life holding tension in the body and resistance in the mind, without realising how much it slows our natural rhythm. But flow does not come from force. It comes from awareness. Awareness of where the body feels tight. Awareness of what is ready to soften and release. The **Natural Lore of Flow**

reminds us that we do not need to push. We simply notice what blocks the current, and allow it to pass with grace. As resistance softens, the pathway clears. This is not about reaching a destination. It is about moving with trust, acceptance, and presence. Let the body soften. Let the thoughts settle. Let the current carry you.

Flow like water

All life on Earth began in the Oceans.

Humans evolved from creatures that lived in the sea. Over millions of years, we adapted to life on land, yet we never truly left the ocean behind.

We carry it within us.

Our bloodstream, rich in minerals and salts, echoes the chemistry of ancient seas. Every cell in your body lives within a fluid environment. By volume, the human body is approximately 70% water, but molecularly, 99% of our body is water.

Your nervous system, connective tissues, and organs depend on these waters to carry nourishment, transmit signals, maintain coherence and enable communication between cells.

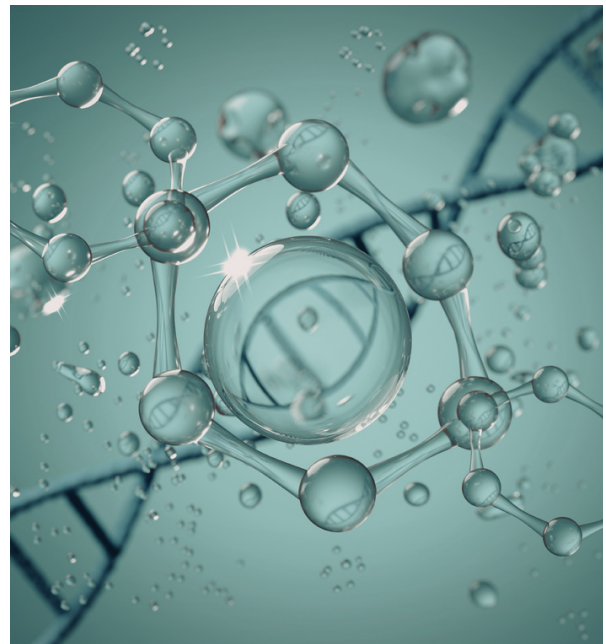
When you are well hydrated, the body functions with greater ease. Circulation improves. Joints move more freely. Digestion becomes smoother. The brain feels clearer, and energy flows more steadily throughout the day.

Water regulates temperature, lubricates tissues, supports immunity, and carries nourishment to where it is needed most. It also helps remove what the body no longer requires.

There is a direct correlation between dehydration and aging. Cells can live almost indefinitely in an optimum environment. The cell itself is immortal. It is only their environment (composed of water) that degenerates.

Ensuring you are properly hydrated is the single most important step you can take towards improving your health.

Water is the medium through which life operates.



Not all the water in your body exists as simple liquid.

Within your tissues, fascia, and cells, water becomes highly organised. This biological water is structured differently to the water that we drink, giving it a liquid crystalline structure that is capable of storing information.

This intracellular water is known as Exclusion Zone (EZ) water, and it is rich in electrons. Essentially, we can think of this water network as a battery that holds electricity, discharging it where it is needed to power our cellular processes and maintain life.

All water is not created equal. The Quality of the Water You Drink Matters

Modern water supplies often contain additives and contaminants that the body must work to process and remove. While these substances are regulated, reducing unnecessary exposure where possible can help lessen the overall burden placed on the body.

Choosing clean, filtered water is one of the simplest ways to support your health.

Filtration systems that remove heavy metals, chlorine, and other unwanted substances can help improve water quality. Many people find that using filtered or purified water improves taste, encourages greater intake, and supports overall hydration.

You do not need perfection, only progress.

Each improvement you make helps create a cleaner internal environment.

Water in nature is rarely empty. As it moves through earth and stone, it gathers trace minerals that help support balance within the body.

These minerals assist with hydration, nerve signalling, muscle function, and the movement of fluids throughout tissues.

Highly purified water, while clean, may lack some of these naturally occurring minerals. Adding a small pinch of mineral-rich salt, such as Celtic sea salt or Himalayan salt, to a glass of water can help restore trace elements and support more effective hydration.

At a digestive level, these minerals help to promote normal digestion by producing hydrochloric acid in the stomach, thus relieving the symptoms of various digestive disorders.

Hydration is not just about how much water you drink. It is also about how that water moves through you.

- Begin each morning with a glass of water before eating
- Choose filtered or purified water where possible
- Add a small pinch of mineral-rich salt to one glass of water each day
- Carry water with you as a reminder to sip regularly
- Notice how your body feels when you are well hydrated
- Support flow through gentle movement and breath

The Gift of Flow

Flow is life in motion.

When water moves freely through the body, tissues receive nourishment, waste is carried away, and communication between systems becomes more efficient.

Each time you drink clean, nourishing water, you are supporting this movement.

You are replenishing the inner ocean that sustains your cells. You are restoring flow.

And as your internal waters become clearer, more fluid, and more responsive, the body remembers how to do what it was designed to do.

Move, adapt, and heal.

Nourish.
Absorb.
Harmonise.



Flow

Digestive Support

BOTANICAL INFUSION

The herbs in this blend have traditionally been used to assist with calming the digestive system and supporting optimum nutrient uptake. Helps endocrine system function and balances hormones. Creates a sense of ease.

BLUE MALLOW

Soothes GI tract inflammation

PAW PAW LEAF

High in antioxidants

CINNAMON

Assists healthy digestive function

PEPPERMINT

Soothes irritable bowel & bloating

TULSI BASIL

Relieves stress & balances hormones

JIAOGULAN

Balances gut microbiome & hormones

ORANGE PEEL

Relieves gas & constipation

CLOVES

Stimulates digestive enzymes

ROSE PETALS

Stimulates gentle bowel movement

Making a herbal tea infusion

For moments of *connection*



Our teas are handcrafted to preserve the unique qualities of each herb. They can be enjoyed as daily tonics to support wellbeing, or alongside other Botanical Formulas to enhance therapeutic effects. Create your own tea ritual and allow yourself time and space to reap all of the benefits.

- Bring fresh, chemical-free water to the boil, then allow it to settle briefly before pouring.
- If using a teapot, warm the vessel first by rinsing it with hot water. Discard the water before adding the herbs.
- Take a quiet moment with your blend. If it feels right, offer a simple blessing from the heart.
- Gently shake the blend to evenly distribute the herbs.
- Add 1 teaspoon of tea per person to the pot or cup.
- Pour hot water over the tea, using slightly more than you will drink.
- Allow the tea to infuse for 3–5 minutes.
- If desired, prepare a tray with your teapot and cup, along with natural sweeteners such as honey or stevia, or a slice of lemon or orange.
- Find a comfortable place to sit, pour your tea, and enjoy the moment.

NOTE: One teaspoon makes three cups of tea. Reseal the bag after each use or store in an airtight container. Keep in a cool, dark place away from sunlight.

Day 1: Flow

DATE: / /

☐ ☐ ☐ ☐ ☐ ☐ ☐
S M T W T F S

ASK YOURSELF:

Where do I feel restriction or stagnation in my body, and what might it be asking me to notice?

TEA INTAKE:



WATER INTAKE:



(Glass)

MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 1 teaspoon of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present in this moment, without analysing it or trying to change what you feel. Prepare one cup of FLOW Tea and drink it slowly. Enjoy two additional cups of FLOW Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Day 2: Flow

DATE: / /

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S M T W T F S

ASK
YOURSELF:

What am I holding onto that could be released with grace?

TEA INTAKE:



WATER INTAKE:



MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 2 teaspoons of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present in this moment, without analysing it or trying to change what you feel. Prepare one cup of FLOW Tea and drink it slowly. Enjoy two additional cups of FLOW Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Day 3: Flow

DATE: / /

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S M T W T F S

ASK
YOURSELF:

How can I bring more presence and appreciation to this moment, rather than focusing on what lies ahead?

TEA INTAKE:



WATER INTAKE:



1 2 3 4 5 6 7 8 (Glass)

MOOD:



ANGRY



TIRED



SAD



HAPPY



EXCITED

MUSINGS:

PROTOCOL NOTES:

Take 3 teaspoons of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present in this moment, without analysing it or trying to change what you feel. Prepare one cup of FLOW Tea and drink it slowly. Enjoy two additional cups of FLOW Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Restore

PHASE 02

Sometimes we forget that healing does not come from force, but from respect. We push the body to keep going, even when it is quietly asking for care. But restoration begins with listening. To the body's signals. To its rhythms. To the intelligence that guides healing from within. The **Natural Lore of Restore** is a reminder that your body already knows how to heal. Our role is merely to create the conditions that allow it. Support through gentleness. Support through nourishment. Support through connection with the natural elements that sustain life. Let the body rest. Let the tissues repair. Let restoration unfold.



Restore the natural rhythm of your body

Our world is full of rhythms - the rising and setting of the sun, the changing of seasons, the waxing and waning of the moon, the tides of the ocean.

Your body was designed to live in rhythm with the natural cycles of day and night.

Within you exists an internal clock. One that quietly guides when you feel awake, when you feel hungry, when your body digests food, when hormones are released, and when it is time to rest. These natural patterns are known as circadian rhythms, and they influence nearly every aspect of your physical, mental, and emotional wellbeing.

When your rhythms are steady, the body functions with ease. Energy feels more stable. Mood becomes more balanced. Digestion improves. Sleep comes more naturally, and healing can take place.

But modern life often pulls us away from these rhythms. Artificial light late into the evening, irregular sleep times, constant screen use, and busy schedules can confuse the body's natural timing. Over time, this disruption can affect sleep quality, hormone balance, metabolism, immunity, and emotional resilience.

The good news is that your body is always ready to return to rhythm. It simply needs the right signals.



Of all the signals your body receives, light is the most powerful guide for setting your daily rhythm.

Morning light tells your body it is time to wake up, feel alert, and begin the day. Evening darkness signals that it is time to slow down, rest, and prepare for sleep.

By working with light, rather than against it, you can gently guide your body back into balance.

Small daily habits can have a profound impact on your body's ability to rest, repair, and regenerate.

Begin your day with natural light.

Whenever possible, allow your eyes to receive natural morning light soon after waking. Even a few minutes outdoors can help signal to your body that the day has begun.

Try to step outside for five minutes in the morning, or open a window and allow daylight to reach your eyes. It does not matter if the sky is cloudy. Natural light still carries powerful signals.

If possible, avoid reaching for your phone before greeting the day. Let natural light be the first message your brain receives.

Seek daylight throughout the day.

Your body thrives on regular exposure to natural light. Take small breaks from screens whenever you can and step outside, even briefly.

A short walk, a few minutes in the sun, or simply standing outside to breathe fresh air can help reinforce your natural rhythm and support sustained energy throughout the day.

Create a gentle transition into evening

As the sun sets, nature begins to soften. Light becomes warmer and dimmer, signalling that it is time to wind down.

You can support this natural transition by lowering the lights in your home during the evening. Choose warm lighting where possible, and allow your environment to become calmer and quieter. Candles, warm lamps, or softer lighting can help signal to your body that rest is approaching.

Limit bright light at night

Bright screens and artificial light late in the evening can make it harder for the body to settle into sleep.

Where possible, turn off screens one to two hours before bed. If this is not practical, consider dimming your screens or using filters that reduce blue light exposure.

These small changes can help your body produce the hormones needed for deep, restorative sleep.

Create a restful sleep environment

Sleep is when the body repairs tissues, restores energy, balances hormones, and strengthens immunity.

A cool, dark, quiet sleeping space helps signal to your body that it is safe to rest deeply. Reducing unnecessary light sources and electronic distractions can support deeper, more restorative sleep.

The Gift of Rhythm

Restoration does not happen through effort alone. It happens through rhythm.

Each time you honour the cycle of light and darkness, waking and sleeping, activity and rest, you send a message to your body:

You are safe to restore.
You are supported to heal.

Sleep is not lost time.
It is the time when the body renews itself.

And when your rhythms are restored, your body remembers how to do what it was designed to do. **Repair, regenerate, and return to balance.**

Rebuild. Replenish. Renew.



Restore

Digestive Support

BOTANICAL INFUSION

Traditionally used to nourish the blood and support key organs such as the brain and liver, these herbs work in harmony with the body's natural processes. Rich in antioxidants, this blend supports recovery and regeneration, gently preparing the body for detoxification while enhancing cognitive clarity.

DANDELION LEAF

Inflammation & liver support

GINGKO BILOBA

Cognitive function & mood

SHISANDRA

Tissue repair & hormone balance

SUMA

Antioxidant & immune boosting

ROSEMARY

Stimulates circulation

MILK THISTLE

Liver tonic & antioxidant

TURMERIC

Reduces pain and inflammation

BLACK PEPPER

Digestion & intestinal health

Day 4: *Restore*

DATE: / /

☐ ☐ ☐ ☐ ☐ ☐ ☐
S M T W T F S

ASK YOURSELF:

Where in my life am I being asked to slow down or soften?

TEA INTAKE:



WATER INTAKE:



MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 20ml of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present,, without analysing it or trying to change what you feel. Prepare one cup of RESTORE Tea and drink it slowly. Enjoy two additional cups of RESTORE Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Day 5: Restore

DATE: / /

☐ ☐ ☐ ☐ ☐ ☐ ☐
S M T W T F S

ASK
YOURSELF:

What small act of care could I offer my body today?

TEA INTAKE:



WATER INTAKE:



(Glass)

MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 20ml of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present, without analysing it or trying to change what you feel. Prepare one cup of RESTORE Tea and drink it slowly. Enjoy two additional cups of RESTORE Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Day 6: *Restore*

DATE: / /

☐ ☐ ☐ ☐ ☐ ☐ ☐
S M T W T F S

ASK
YOURSELF:

What elements of nature - sunlight, earth, water or air - can I connect with today to support my restoration?

TEA INTAKE:



WATER INTAKE:



(Glass)

MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 20ml of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present, without analysing it or trying to change what you feel. Prepare one cup of RESTORE Tea and drink it slowly. Enjoy two additional cups of RESTORE Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

A person with long blonde hair, wearing a white t-shirt and a light-colored cardigan, is holding a large feather in their right hand and a smudge stick in their left hand. The background is a soft, out-of-focus light color.

PHASE 03

Purify

Sometimes we carry more than we realise. Not only within the body, but within the mind and heart. Old habits, heavy thoughts, unhelpful patterns, and unseen burdens quietly weigh us down. But purity begins with clearing. Clearing what no longer serves. What clouds our thinking. What limits our sense of freedom. The **Natural Lore of Purity** is a

reminder that when body, mind, and spirit are cleansed of what is toxic, whether it be physical, emotional, or habitual, we begin to move differently. With more lightness. More clarity. A greater sense of freedom. Often we do not realise how light we truly are until the weight has been lifted. Let the body release. Let the mind clear. Let lightness return.

Purify your world

Purity begins not only with the body, but with the spaces that surround you.

Most people are aware of obvious toxins, yet many of the chemicals we are exposed to each day come from the products we use inside our own homes. These substances are often hidden in everyday items. Cleaning products, cosmetics, plastics, furnishings, and garden products.

Over time, constant low-level exposure to synthetic chemicals can place extra demand on the body's natural detoxification systems. This does not happen all at once, but gradually, as the body works to process what it encounters in daily life.



One of the most powerful ways to support your health is to **reduce what the body has to deal with in the first place.**

Whenever possible, choose natural, low-toxin alternatives for the products you use most often. Small changes made consistently can significantly reduce your overall exposure.

Tools such as the Chemical Maze website, book, or app can help you assess the safety of products already in your home and guide you toward safer choices.

You may wish to begin by reviewing the products you use most frequently:

- **Personal care items:** soaps, shampoos, deodorants, sunscreens
- **Cleaning products:** detergents, sprays, bleaches, air fresheners
- **Kitchen items:** non-stick cookware, plastic containers, food storage
- **Household furnishings:** mattresses, bedding, carpets, paints, and varnishes
- **Garden products:** pesticides, insecticides, and weed sprays

You do not need to change everything at once.

Begin with one area.
Make one change.
Then another.

Over time, your environment becomes lighter, cleaner, and more supportive of well-being.

Technology has brought many benefits into modern life, yet it has also increased our exposure to electromagnetic fields and constant digital stimulation.

While it is not realistic to eliminate technology entirely, simple habits can help reduce unnecessary exposure, particularly during the hours when the body is trying to rest and repair.

Consider introducing gentle boundaries around technology, such as:

- Turning off Wi-Fi overnight
- Keeping routers away from sleeping areas
- Using hands-free or wired options when speaking on the phone
- Avoiding resting laptops directly on the body
- Keeping mobile phones out of pockets or close body contact when possible
- Leaving devices outside the bedroom or placing them on flight mode at night

These small shifts help create a more restful environment and support deeper restoration.

Purity is not only about removing chemicals, it is also about creating space.

Our external environment often reflects our internal state. When spaces become cluttered, crowded, or disorganised, the mind can feel similarly overwhelmed.

A messy bedroom can make it harder to relax.

A crowded space can make it harder to think clearly.

Excess belongings can create a subtle but constant sense of pressure.

Clearing physical space is a powerful act of purification.

You do not need to do everything at once. Begin with one drawer, one shelf, or one corner of a room. Remove what is broken, unused, or no longer meaningful. Keep what supports your life and brings a sense of calm.

As your environment becomes lighter, many people notice their thoughts becoming clearer and their bodies feeling more at ease.



The Gift of Purity

Purity is not about perfection. It is about intention.

Each small step you take to reduce toxins, limit unnecessary exposure, and clear your surroundings sends a message to your body:

**You are creating space for healing.
You are reducing the burden.
You are choosing clarity.**

And as the environment around you becomes cleaner, quieter, and more supportive, the body is freed to do what it does best. **Restore balance and move toward health.**

Cleanse. Release. Reset.



Purity

Digestive Support

BOTANICAL INFUSION

Traditionally used to cleanse and purify, these herbs support the body in releasing toxins, heavy metals, and accumulated environmental burdens. This potent blend encourages deep restoration, and helps reduce body odour. Creates the space for meaningful reset and lasting change.

CLEAVERS	lymphatic support & blood cleanser
DAMIANA	Hormonal tonic & diuretic
SAGE	Cleanses digestive system & skin
PAU D'ARCO	Fights parasites & purifies blood
BURDOCK ROOT	Builds blood & supports elimination
SWEET BASIL	Maintains cellular nutrition
ASPARAGUS ROOT	Supports fluid retention
CARDAMOM	Relieves gas and digestive discomfort

Day 7: Purify

DATE: / /

☐ ☐ ☐ ☐ ☐ ☐ ☐
S M T W T F S

ASK
YOURSELF:

Which habits, substances, or thoughts support my wellbeing, and which ones drain it?

TEA INTAKE:



WATER INTAKE:



1 2 3 4 5 6 7 8 (Glass)

MOOD:



MUSINGS:

PROTOCOL NOTES:

Increase the dose of HMI by 1-2 drops so you are taking between 9-15 drops of the formula today. Pause for a few quiet moments before and after taking the drops. Breathe gently. Bring awareness to your body and simply notice what is present in this moment, without analysing it or trying to change what you feel. Prepare one cup of PURITY Tea and drink it slowly. Enjoy two additional cups of PURITY Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Day 8: Purify

DATE: / /

      
S M T W T F S

ASK
YOURSELF:

What is one small change I could make to reduce what feels toxic or overwhelming?

TEA INTAKE:



WATER INTAKE:



MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 20ml of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present, without analysing it or trying to change what you feel. Prepare one cup of PURITY Tea and drink it slowly. Enjoy two additional cups of PURITY Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

NOTES:

Day 9: Purify

DATE: / /

☐ ☐ ☐ ☐ ☐ ☐ ☐
S M T W T F S

ASK
YOURSELF:

What would it feel like to move through life with more clarity, lightness and freedom?

TEA INTAKE:



WATER INTAKE:



1 2 3 4 5 6 7 8 (Glass)

MOOD:



MUSINGS:

PROTOCOL NOTES:

Take 20ml of the Bio-Fermented Botanical Concentrate, preferably first thing in the morning, at least one hour away from food or medication. Pause for a few quiet moments before and after taking the dose. Breathe gently. Bring awareness to your body and simply notice what is present, without analysing it or trying to change what you feel. Prepare one cup of PURITY Tea and drink it slowly. Enjoy two additional cups of PURITY Tea throughout the day, allowing each cup to be a moment to pause, breathe, and connect with your body.

WHAT'S NEXT?:

Once the initial 9 days are complete, continue the Bio-Fermented Concentrate each day. We encourage you to feel in to the tea blends and choose the one you are most drawn to that day. At this time, you may also wish to explore adding in one or more of our Natural Medicine formulas for targeted results and deeper Endocannabinoid System support.

[→ CLICK HERE TO GET STARTED](#)

Healing is not about
becoming someone else,
but about returning to
who you truly are.

Institute Botanica
WELLNESS . INNOVATION . EDUCATION .