



ORGANIC CLEANSE FORMULAS PACKAGE



ADAPTOGENS MIX

Ashwagandha - in Sanskrit this means “the smell of the horse”, referring to both its unique smell and ability to increase strength. It can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression.

Tulsi - supports respiratory health, is good for anxiety and stress, opens the heart and mind, invites clarity, and increases devotion.

Ginger - has antioxidant and anti-inflammatory properties, which can prevent cell damage and help ward off chronic disease.

Mix 1 tsp twice a day in warm nut milk or water.

During the 7 weeks Cleanse we recommend you start taking this blend in the Rejuvenation Phase.

A lot of knowledge about herbs in Europe was lost with the years so for now there are no adaptogens we know about, luckily the Indians worshipped them and protected them for us.



WILD-HARVESTED SCOTTISH CHAGA MUSHROOM TEA

Chaga - can help the immune system to prepare against pathogens. Polysaccharides found in Chaga have been shown to promote the creation of white blood cells, one of the body's primary means of defence. It is also a source of vitamin B1 (thiamin), B2 (riboflavin), and B5 (pantothenic acid), all of which have been used to boost immune functions and reduce stress and anxiety.

Take 1 tsp and put it in a small pan with 1.5 cups of water. Bring to the boil and then simmer for 10 minutes.

You can use each piece up to 3 times. Adding a stick of cinnamon makes it really delicious.



SUPERFOOD MIX

Regenerating cells (chlorophyll) high in B vitamins help boost the nervous system. Spices assist in balancing blood sugar.

Laxative high in fatty acid (omega 3 and 6) to help with elimination and 'feed' the brain, and maca for hormonal balance.

Mix 1 tbsp Superfood powder with warm nut milk/water/apple juice, easy!

I have been using the Organic Cleanse Formulas Package for over a decade on the retreats and with hundreds of clients with great results.

You can use the Organic Cleanse Formulas Package to boost immunity, soothe your nervous system, and strengthen your respiratory system.

I now offer the Organic Cleanse Formulas package for 21 days to all the 5 Day Cleanse participants for £89 instead of the usual £109.

Organic Cleanse Formulas package for 90 days is now £79 a month.

To order your package please email us at info@rinagolan.co
Please put in the subject: Cleanse Participant to get your discount.

Disclaimer

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