



ORGANIC CLEANSE FORMULAS PACKAGE

Dear Community!

By choosing to heal with our organic herbal formulas during our retreats, you'll not only support your own health and healing, but it enables us to keep offering free community events, support the farmers and the natural environments where our magical herbs are grown. All herbs and spices are ethically produced, fair trade and organic. To give back to the earth for each package sold, [TreeSisters](#) will plant a tree in your name, helping us shift from consumers to pollinators... everyone benefits!

Our tried-and-tested formulas are made using the best quality organic herbs. They are free from bacteria and heavy metals and have been grown by independent businesses with love and respect for nature. Working with these nourishing herbs is a natural and beautiful way to support your own health and wellbeing; they also help harmonize our group energy and connect us to a similar frequency during community retreats so we can deepen our process together. We adjust our formulas slightly each season to ensure they give you optimal healing benefits.

We are one! Much love to you all



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

We have a limited supply of our formulas so if you intend to use them as part of one of our retreats, please order as soon as you can.

[Order our package of 3 organic formulas today for £89 instead of £109](#)

[Or get a 90-day seasonal supply for £199, saving you £100](#)

+ £5 P&P to UK addresses

for postage to other parts of the world, please contact me at info@rinagolan.co

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



ADAPTOGENS MIX

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.

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



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 of ground Chaga and put it in a small pan with 1.5 cups of water. Bring to the boil and then simmer for 10 minutes. Same if you have Chaga in pieces.



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.

Disclaimer

The content on this website is not intended as a medical reference but as a source of information. Before trying any herbal remedy the reader is recommended to try a small quantity first to establish whether there are any adverse or allergic reactions to the herb. Please remember when you are using herbs for their medicinal properties, they are just that – 'medicinal'. If you wish to take a herbal remedy with prescribed medicines, you should talk to a pharmacist or your GP first – treat all herbal remedies with respect. Neither the editor nor the experts or authors can be held responsible for any adverse reactions to the recommendations on this website. The use of any herb or derivative is entirely at the reader's own risk.