

# Awakened Purity - Herbal Daily Detox Tincture

## DESCRIPTION

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### A Deep, Complete Cleanse for Liver, Kidneys, Lymph, and Blood

Your body detoxifies itself every moment of every day — but in a world of processed foods, environmental toxins, pharmaceutical residues, and chronic stress, the detox systems can become overloaded. Our **Detox Tincture** is a precision-formulated botanical cleanse that supports all three primary detox organs — liver, kidneys, and lymph — while simultaneously protecting and regenerating cells from the damage that accumulated toxins can cause.

This is not a trendy "cleanse" — it is a time-honored protocol drawing on centuries of botanical medicine from Ayurveda, TCM, and Western herbalism.

### What This Tincture Is Made For

- Liver support and regeneration
- Kidney cleanse and urinary health
- Lymphatic drainage and blood purification
- Post-illness detoxification
- Digestive sluggishness and bloating
- Skin conditions related to internal toxin accumulation

### The Formula — Ingredient Breakdown

**Dandelion Root (*Taraxacum officinale*)** — The cornerstone liver herb. Dandelion root stimulates bile production and flow from the liver and gallbladder — the primary pathway for fat-soluble toxin elimination. Its bitter compounds (taraxacin) stimulate digestive secretions, and its inulin feeds the beneficial bacteria that support detox pathways in the gut.

**Burdock Root (*Arctium lappa*)** — The blood and lymph purifier. Burdock root's alterative action gradually clears accumulated metabolic waste and environmental toxins from the blood, lymph, and tissues. It supports both liver

and kidney elimination pathways simultaneously. Traditionally the primary herb for skin conditions related to blood toxicity: acne, eczema, psoriasis.

**Milk Thistle (*Silybum marianum*)** — The liver guardian and regenerator. Silymarin — Milk Thistle's active flavonolignan complex — is medically used in Europe for liver cirrhosis, hepatitis, and fatty liver disease. It is the only known natural substance that can meaningfully regenerate damaged hepatocytes. An essential anchor for any serious liver cleanse.

**Eleuthero Root (*Eleutherococcus senticosus*)** — The adaptogenic support that ensures detox doesn't exhaust the body. Detoxification is metabolically demanding work. Eleuthero Root supports adrenal and energy systems throughout the detox process, preventing the fatigue and "cleanse crash" that poorly designed detox protocols often cause.

**Ginger (*Zingiber officinale*)** — The circulatory activator. Ginger improves circulation to liver and kidneys, activating their detox capacity. It stimulates digestive enzyme production, reduces nausea (common during detox), and its anti-inflammatory properties protect tissues as toxins are mobilized and processed.

**Lemon Peel (*Citrus limon*)** — D-limonene in lemon peel directly activates Phase II liver detoxification enzymes, accelerating the conversion of fat-soluble toxins into water-soluble forms for excretion. The alkalizing effect of citrus helps the body maintain the pH balance required for optimal detox enzyme function.

## How to Use

Take 1–2 droppers (1–2 ml) before meals, 3 times daily. Take with plenty of water throughout the day. For a focused detox cycle: use consistently for 4–8 weeks. Support with whole foods, reduced alcohol, and increased water intake for optimal results.