90-Day Gut Health Kit Usage Guide

USAGE GUIDE

Welcome to your 90-Day Gut Health Journey.

This protocol has been designed by our Health Heiress Founders, Kylie & Ricky, based on their own personal wellness protocol to support digestive balance, parasite cleansing, healthy elimination pathways, heavy metal detoxification, mineral replenishment, liver support and overall wellbeing.

For best results, follow the protocol in order and remain consistent throughout the process.

Full Moon Protocol

Many people choose to begin cleansing around the Full Moon as this is traditionally considered the period when parasitic activity is at its highest.

To follow a lunar cleanse:

- Begin approximately 3 days before the Full Moon
- Continue throughout the Full Moon period
- Complete the full protocol as directed

Following lunar cycles is encouraged but not essential for a successful cleanse.

You can find a Lunar Calendar and a Full Moon Protocol in the main menu of our website under 'Guides'.

STEP 1

Para Cleanse + Bowel Protect & Biome Support

Duration: 16 Days (capsules)

Take: Para Cleanse Capsules, 3 capsules twice daily
Bowel Protect & Biome Support, take approximately 1 hour after your capsules or before bed

Features traditional cleansing herbs including:

- Wormwood
- Black Walnut Hull
- Clove

These two products work together to support removing unwanted guests, digestive balance, healthy elimination and preparation of the gut environment.

Why Bowel Protect & Biome Support Is Important

Bowel Protect acts as a natural gut support and binder throughout your cleanse.

Binders are important because they help bind to toxins, waste products and unwanted compounds released during cleansing and assist the body in eliminating them through normal pathways.

Bowel Protect assists the biome and digestive system to help replenish the body throughout the cleanse process.

> People ask why an hour after the capsules or before bed? Cleansing is about working with your body, your routine and your intuition. It's never a one size fits all.



THE COMPLETE KIT

90-Day Gut Health Kit

Everything for the full 90 days in one kit.

STEP 2

Whole Body Reset Protocol

Once your 16-day Para Cleanse is complete, begin your Whole Body Reset Protocol. Your Whole Body Reset includes:

- Australian Zeo Powder
- Organic Bentonite Clay
- Wildcrafted Nigella Sativa Seeds

Why This Step Is Important

The Whole Body Reset Protocol focuses on supporting:

- Heavy metal detoxification
- Environmental toxin cleansing
- Healthy elimination pathways
- Digestive wellbeing
- Gut balance
- Liver support

Zeo and Bentonite Clay are used as natural binders during this phase to assist the body in binding and removing unwanted compounds through normal elimination pathways. Nigella Sativa is included to support liver health, digestive wellbeing, immune balance, parasites and overall vitality. Instructions follow below.

Whole Body Reset Trio Pack Guide

Day 17 to 90: Zeo & Bentonite (use until complete)

Alternate between the clays:

- **Zeo Day:** 1 teaspoon in water once daily
- **Bentonite Day:** 1.5 teaspoons in water once daily

Do not take both clays on the same day.

Wildcrafted Nigella Sativa (Black Seed)

Suggested Use: Add 1 heaped teaspoon daily to water, juice, smoothies or food. Alternatively, simmer 2 tablespoons of seeds in 2.5 mugs of water for 20 minutes and drink half in the morning and half in the evening.

Important

- Drink plenty of filtered water throughout the program.
- Do not use metal spoons, cups or utensils. Use bamboo.
- Continue alternating between Zeo and Bentonite daily.
- Use all of your 400g bags during this time, stay committed, keep a journal, listen to your body, stop or pause if needed.

DAY 91 · OPTIONAL ADD ON

Remineralise

Irish Sea Moss & Moringa

Once the Whole Body Reset phase is complete, begin your Irish Sea Moss and Moringa capsules. Take daily as directed.

Why This Step Is Important

This phase focuses on remineralising and nourishing the body following your cleanse. The capsules support:

- Ongoing nourishment
- Detox pathways
- Natural energy
- Nutrients, Vitamins, Minerals and Aminos
- Digestive harmony
- Microbiome balance

This phase helps renourish and restore vitality while supporting long-term health and wellness.



Irish Sea Moss



Moringa

Seasonal Cleansing

We suggest performing a cleanse protocol once or twice per year as part of your ongoing wellness routine.

Many customers choose to complete a cleanse around seasonal changes or Full Moon cycles to help maintain digestive wellbeing and healthy detoxification pathways.

We personally do this cleanse seasonally due to the high environmental toxins in today's society but advise you to cleanse intuitively.

Simple Dietary Guidelines

During your cleanse we recommend:

Try to minimise:

- Processed foods

- Plenty of filtered water
- Leafy greens
- Electrolytes (our personal favourite is Coconut Water)
- Whole unprocessed foods
- High fibre foods
- Daily movement

- Refined sugar
- Excess starches
- Alcohol
- Excess red meat

These foods may interfere with your cleansing goals and overall results.

Continue Your Journey

For those wanting to continue their journey we recommend incorporating our blends, teas, capsules and bush range as part of your new daily routine to continue your health and wellness journey.

We recommend our:



Celtic Salt

Minerals



Red Clover Tea

Lymph and liver pathways



Liver Harmony Tea

Lymph and liver pathways



Gubinge

Highest source of bioavailable Vitamin C in the WORLD!



Super Mushroom Blend

Brain superfood

Everything in our range has been a part of our journeys to health and wellness. They are not products we push, they are products we use ourselves and wholeheartedly believe in.

A Note from the Founders

Continue Your Wellness Journey

The 90-day Cleanse is designed as an in-depth cleanse, not the finish line.

Many members of the Health Heiress community choose to complete a wellness reset once or twice per year as part of their ongoing health routine, while others continue supporting their wellbeing year-round through targeted cleansing, mineral replenishment and whole-food nutrition protocols.

For those wanting to continue their wellness journey, Health Heiress offers a range of guided protocols to suit different lifestyles and wellness goals, including:



Para Cleanse Pack

Gut Harmony & Natural Detox Pack



16-Day Para Cleanse



90-Day Gut Health Kit



Whole Body Reset Trio



Total Gut Renewal Protocol

- Replenish & Renew Pack

The Whole Body Reset Protocol is our most comprehensive mineral clay and wellness program and is encouraged for a minimum of 90 days to support heavy metal detoxification, mould/mycotoxins, environmental toxin exposure, digestive wellbeing, mineral replenishment and healthy elimination pathways.

We also offer a range of complementary wellness products including:

- Herbal Liver Support Teas
- Children's Superfood Blend
- Fulvic Minerals & Wellness Tonics
- Natural Wellness Products for Pets (Anti-parasitic, Fleas and detox)
- Mineral-Rich Superfoods
- Australian Clays & Native Botanicals

Because wellness isn't just for one person. It's something the whole family can embrace together.

Additional Wellness Resources

To help you get the most from your wellness journey, we've created a growing collection of free educational resources available on our website.

Be sure to explore:

- Food & Lifestyle Guides
- Wellness Articles
- Cleansing Support Resources
- Seasonal Wellness Tips
- Juice Cleanse Recipes
- Whole Food Nutrition Inspiration

You can find many of these resources in the footer section of our website.

Join The Health Heiress Community

One of the most powerful parts of any wellness journey is having support. We invite you to become part of the Health Heiress community by following us on social media, where we regularly share:

- Wellness education
- Cleansing tips
- Community stories
- New product launches
- Exclusive offers

Our goal is to empower you and your family with practical tools, traditional wisdom and natural wellness solutions that can be incorporated into everyday life. Thank you for trusting us to be part of your journey.

Here's to a lighter, clearer, more vibrant you,

Love Kylie & Ricky

Disclaimer: This guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your healthcare provider before use, especially if you are on medication or have health concerns.