Total Gut Renewal Usage Guide

USAGE GUIDE · CLEANSE · BIND · REBUILD · ENERGISE

Welcome to your gut renewal, we're honoured to support you as part of the Health Heiress Healing Community.

Your gut is the foundation of whole-body wellness, influencing energy, mood, hormones, skin, and immunity.

The Total Gut Renewal Set brings together four complementary Health Heiress formulas designed to gently support your body's natural cleansing, binding, and digestive processes. Each step works in harmony to encourage gut balance and microbiome diversity, the natural way.

What's Included

This pack brings together four complementary Health Heiress formulas: Para Cleanse, Bowel Protect & Biome Support, Australian Zeo, and the Liver & Energy Super Blend. Working together to cleanse, bind, rebuild, and energise.



THE COMPLETE SET

Total Gut Renewal

All four formulas in one set.

$239.95

STEP 1

Cleanse: Australian Zeo Powder

Begin Zeo Powder one week before starting your Para Cleanse. Zeo is traditionally valued for its natural binding properties and helps attract and trap unwanted compounds for safe removal through the digestive system.

- Take as directed on label
- Drink plenty of water
- Avoid metal utensils



Australian Zeo
From $24.00

STEP 2 & 3

Cleanse & Bind: Para Cleanse + Bowel Protect & Biome Support

Para Cleanse Capsules

- Take as directed on label for 16 days
- Features traditional cleansing herbs including wormwood, black walnut, and clove

Bowel Protect & Biome Support

- Take 1 hour after Para Cleanse capsules
- Or take before bed if preferred

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



16-Day Para Cleanse
$74.00



Bowel Protect & Biome Support
$86.00

STEP 4

Rebuild & Energise: Liver & Energy Super Blend

Once the 16-day Para Cleanse is complete, move on to the Liver & Energy Super Blend.

- Take daily as directed
- Supports ongoing nourishment, detox pathways, energy, and microbiome balance

This phase helps restore vitality and support long-term gut harmony.



Liver & Energy Super Blend
$82.00

Why Total Gut Renewal Works

This system supports the body on multiple levels:

- Encourages natural elimination of waste and impurities
- Supports a balanced gut environment and microbial diversity
- Promotes digestive comfort and regularity
- Nourishes and energises with plant-based nutrients

Consistency is key. Gentle, daily support creates lasting balance.

Helpful Reminders

- Stay well hydrated throughout the program
- Water and herbal teas support natural elimination
- Always follow dosage instructions on each product label
- Avoid metal utensils when using binders
- Listen to your body and adjust pace as needed

If You Experience Constipation

Hydrate deeply: Increase your water intake, aiming for at least 2 to 3 litres daily. Add a pinch of Celtic salt or lemon juice to help absorption and reduce your dosage.

Add natural fibre + movement: Include high-fibre fruits (kiwi, pears, prunes) and gentle daily movement (like walking or stretching) to stimulate bowel motility.



Celtic Sea Salt

A pinch in your water to help absorption.

$26.00

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

The Health Heiress Team

Important Information

Not recommended during pregnancy or breastfeeding. Those with nut allergies should avoid Para Cleanse Capsules (contains Black Walnut). Consult your qualified healthcare professional before use if taking medication or managing a medical condition. This guide is provided for educational and general wellness purposes only and does not diagnose, treat, cure, or prevent disease. Read our full Medical Disclaimer on our website prior to use.

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.