



Teaselroot & Detox-aids

Teaselroot does mobilize quite a number of toxins, which then have to be eliminated - additionally to the daily chores - by the organs of our body, especially the liver. That may sometimes be beyond the body's capacity, in which case it causes detoxification symptoms (Herxheimer reactions) and initial aggravations.

The first and foremost Detox-aid is pure drinking water in generous quantities. (that's above a gallon per day in case of a human being)

HUMANS

teaselroot	3x daily in a glass of water: starting with 1 drop and increasing every day by 1 drop up to a max of 30 drops. If detox-reactions get to heavy, lower the teaselroot dose or increase it more slow, and/or increase intake of detox-aids; check water consumption. Drink as much jiaogulan-tea or clear water as you comfortably can - it will greatly help your kidneys.
jiaogulan tea	use about 1 teaspoon per quart of water and drink throughout the day. It's possible to use the same herbs for a second brew, even a third
livermagic	Half a flat teaspoon 3x each time: <ul style="list-style-type: none"> • if you do wake up between 01:00 to 03:00 a.m. & have difficulties to go back to sleep • in the morning on an empty stomach (drinking water is o.k.) • before dinner or before sleeping
zeolite plus EM	Before or along with meals: put a flat teaspoon zeolite plus half a teaspoon EM in glass of water, stir and drink.

Duration:

- Trial (find out whether it works): 30 days (needs 100 ml teaselroot, increasing up to 30 drops)
- Follow-up: 60 days (needs 200 ml teaselroot, based on doses of 30 drops)
- Aftercare each 28-days for humans & horses: for 3 days in a row 3x daily 30 drops
- Aftercare each 28-days for dogs & small animals: for 3 days in a row 2x daily maximum-dose

ANIMALS

teaselroot plus EM-1	starting with 1 drop and increasing every day by 1 drop up to the maximum dose: fill a syringe with the dose plus 2 ml EM-1 and fill up with water to 20 ml ; insert the syringe in the corner of the animals mouth an inject content (without needle!). <ul style="list-style-type: none"> • maximum dose dogs: from 20 to 40 kg 2x daily 10 to 20 drops according to the animals weight; below 20 kg less than 10 drops • maximum dose horses: about 30 drops 2x daily, if necessary even more (cold bloods) • maximum dose cats & very small dogs: 5 drops 2x daily
EM-Bokashi	add to feed
jiaogulan (small animals)	grind & mix with feed
zeolite	mix with feed: <ul style="list-style-type: none"> • horses: about 1 heaped teaspoon per 100 kg bodyweight • animals up to 20 kg: max. 1/3 leveled teaspoon • animals up to 40 kg: max. 1/2 leveled teaspoon