

~~*one day*~~

day one

the first day, the first step, the most important one

Beginner's guide to gentle detox
little by little, your way

This guide is here for you. Nothing is more important than caring for yourself.

Learn to tune in

TWELVE CHAPTERS AND A BONUS

it's never too late to begin

Nothing is more important *than caring for yourself*



We know the word "detox" can sound like a lot, and that living clean can sound restrictive. But it doesn't have to be.

Almost everyone is waiting for the right moment to start taking care of themselves. There is always a version of you that starts on Monday, or in January. There's no need to wait for something to go wrong.

This guide isn't about becoming perfect. It's about becoming better informed, so you can make better choices, one at a time.

Caring for yourself doesn't begin with a product or a protocol. It begins with something small: *a habit.*

Almost everything in here can be put into practice without buying anything from us. We mean that.

You don't know what you don't know. But we are in constant evolution, and there is always room to go deeper. To be able to look after others, to be able to create a better world: our health, and knowing how to look after ourselves. Understanding in depth what that means in the modern world, which has nothing to do with what it meant 20 or 30 years ago. That has changed. This guide is here for that.

IF YOU KEEP JUST ONE SENTENCE

"The best day to start taking care of yourself more consciously and helping your body to cleanse was ten years ago.
The second best day is today."

— *Dani* CO-FOUNDER OF bionobo®

how to use this guide

A map *not a manual*

A map based on our experience, not a manual. Take what works, leave what doesn't, and adapt it to you.

> *Rigidity kills progress. Rigidity and perfectionism are the number one enemy of progress. Let them go. Allow yourself not to do it perfectly.*

WHERE TO START · AT YOUR OWN PACE, NO DEADLINES



TODAY
Tune in
The self-assessment (**p. 11**) and the one-minute check-in (**p. 12**).

WEEK 1
Just one habit
If in doubt, water. And the check-in, every day (**p. 14**).

WEEKS 2-4
Another habit
Once the previous one runs on its own (**pp. 16-17**). If you like, alcalina: 21 days at 10 drops (**p. 21**).

AFTER A MONTH
Each month
Start with change 01: it is month 1 of the plan (**pp. 18-19**). Where to buy, on **pp. 26-28**.

DAY 111
Full cycle
If you started alcalina, you complete its 111 days. From here on, to suit you (**p. 21**).

LATER ON
Next step
When your moment comes: daily support and protocols (**pp. 23-24**).

TWELVE CHAPTERS AND A BONUS

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01 This way, that way — 04–05
NO OVERWHELM · NO TRAINING WHEELS

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WHAT THE BODY ALREADY DOES

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YOU COME FIRST · CONTACT AND NOTICE

HOW TO READ EACH HABIT AND EACH MONTH

minimum version · + if you want more · *observe* · where to buy · ◆ pause: a question for you

PART I · CHAPTERS 01-04

I Understand before you get on

First, what is going on. Then, where you are. And only after that, what to do. No skipping steps.

This way, that way 04
01 · NO OVERWHELM · NO TRAINING WHEELS

What detox is, and isn't 06
02 · WHAT THE BODY ALREADY DOES

What has changed 07
03 · THREE FORCES AT ONCE

The digestive root 08
04 · WHERE IT ALL COMES OUT

chapter 01 · an invitation

This way, *that way*

Anyone who starts searching for ways to look after themselves runs into this: everyone has an opinion, every piece of advice sounds convincing and, all together, they contradict each other.

Fast. Don't fast. *Eat every three hours.* ONE MEAL A DAY
Zero carbs. Ten thousand steps. *A seven-day detox.*
This supplement. That one. *No fruit.* CLEAR OUT THE KITCHEN
Raw only.

Many people start out like this: confused, full of doubts and overwhelmed.

AN INVITATION

When there comes a moment when all of that overwhelms you, all the "this is a yes", "that is a no", "this is good", "that is bad"… we see it as a gift, because it is

an invitation to find the truth that is inside you.

Nobody is going to tell you this, that or the other thing. Our protocols aren't based on telling you this is good or that is bad. Cleansing isn't based on that: it's based on you *gaining connection with yourself so you can choose consciously.*

We're not here to give you one more rule. We're here to help you with something harder, and more personal: learning to tune in to yourself.

Every body has its own history and its own pace. And what we make? That comes on **p. 20**, once you know your own pace.

chapter 01 · the metaphor

No training wheels *on your own terms*

Nobody learns to ride a bike by reading the instructions. You learn when you feel the balance.

"Living life with training wheels isn't so bad. But living life *on your own terms* is a much higher version: it's what we came here looking for, and it's what I want to share with you here."

— Dani, co-founder of bionobo



I know not everyone is ready, and sometimes it's fine to follow other people's truths: **they are life's training wheels.**

But in the end there's something inside all of us that tells us not everything is for everyone. Following other people's truths, what they say is good, without really knowing yourself, leaves a lot on the plate.

Switch on your feeling

I believe cleansing is a way to switch on your feeling, so you can adjust to you. But throwing yourself into a cleanse all at once, or trying to make changes thinking you can feel when you're completely blocked, is like paragliding with no experience: the crash will be monumental.

Letting go of control

It isn't about taking control, but about becoming aware, working on your environment and changing certain things so you can let go of control, knowing everything around you is fine. Letting go of control, rather than taking control.

The way to let go of control with confidence is knowing that your feeling is switched on. You can let go once you trust yourself. It's a symbiosis: switching on your feeling is letting go of control, and letting go of control switches on your feeling.

WHERE WE'RE HEADING

The feel of *a cared-for day*

It's not a promise: it's what you're pedalling towards. These are the same five markers as the one-minute check-in (**p. 12**): energy, digestion, clarity, rest and calm.

- Energy that lasts all morning
- Going to the toilet without thinking
- A clear head to decide
- Proper sleep
- The calm to choose

◆ PAUSE *If nobody gave you any advice tomorrow, what would your body ask you for?*

chapter 02 · the basics

What detox is *and what it isn't*

Everyone should learn to manage the body's internal cleansing. And to understand it, you don't need to buy anything: the body already does it, every day.

THE FIVE ROUTES OUT



WHAT IT IS

Supporting, not forcing

- ✓ **Supporting what the body already does** every day through five routes: liver, kidneys, gut, skin and lungs.
- ✓ **The daily inner shower:** small, steady gestures, not one huge effort once a year.
- ✓ **Listening to the signals** and giving the body what it asks for (**p. 10**).

WHAT IT ISN'T

Not punishment, not fear

Everything we've done to the body, perhaps unconsciously, comes to teach us something. It's a gift that is there, waiting to be uncovered. No punishment, no hatred towards the version of us that made less conscious choices: a hug, love, and saying: "Wow, thank you for everything."

- × **Punishing the body:** it's supporting it, not forcing it.
- × **"Doing a cleanse"** and going back to the usual.
- × **Living in fear** of what you eat, touch or breathe.

A REAL APPROACH · THE BASICS ARE THE BASICS

- Movement, rebounding (mini trampoline) and conscious breathing
- Living, real food
- Quality water and deep rest
- Natural protocols, cyclical or yearly — when the time is right · **p. 24**

Once you understand the basics and can sustain them, you will see the value of the tools we propose afterwards. But the basics are the basics. The tools don't remove the basics: they are there to accompany the basics, what the body already does.

Your body doesn't need more things: it needs less load.

More isn't always better.

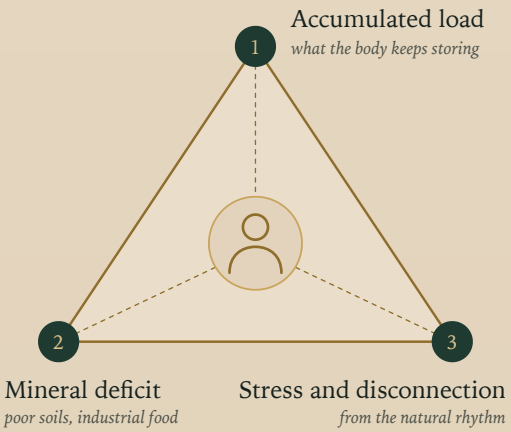
It's about becoming aware, creating changes little by little and letting go of control: starting to switch on your intuition and learning what really affects you and what doesn't. At first you have to eliminate and, little by little, create those changes. There is nothing worse than not starting, and it doesn't have to be perfect. There is no perfect. *Forget about that: that's an illusion.*

◆ PAUSE *Which of the five routes do you notice most in your daily life?*

chapter 03 · the environment

What has changed *three forces at once*

The world we live in has nothing to do with the one of 20 or 30 years ago. That has changed. And it isn't just one thing: it's three forces pushing at once, and adding up.



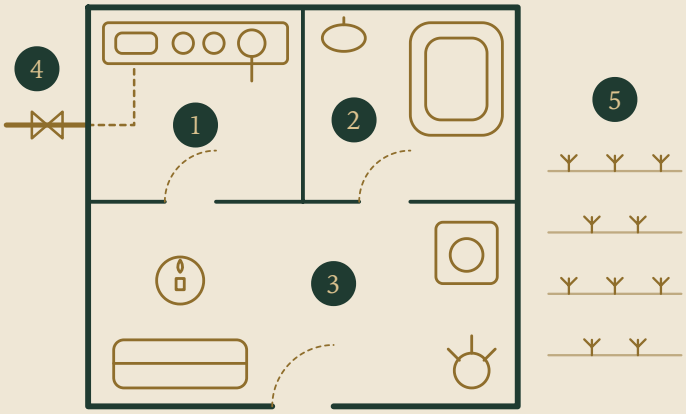
1 · **Accumulated load.** We live surrounded by things the body doesn't recognise as part of the living world we come from: pesticides, plastics, synthetic cosmetics, additives, industrial seed oils. You don't need to know them all: it's enough to start seeing them.

2 · **Mineral deficit.** Food no longer brings what it used to: it grows in poorer soils and reaches us with fewer minerals. We tell you about it on **p. 20**.

3 · **Stress and disconnection.** We live in a rush, with little natural light, little rest and hardly any pauses. And when you're in a rush, it's hard to feel.

WHERE THE LOAD COMES FROM

Small, *daily, normalised exposures*



1 **Kitchen** — MONTHS 4 AND 8
Seed oils, processed food, large fish, non-organic rice, Teflon and plastic.

2 **Bathroom** — MONTH 7
Parabens, phthalates, aluminium and synthetic fragrance.

3 **Home** — MONTHS 6, 9 AND 10
Detergents, air fresheners and paraffin candles.

4 **Water** — MONTH 1
The chlorine in tap water.

5 **Farmland** — MONTH 4
Pesticides such as glyphosate.

ⓘ Amalgam fillings, the grey ones? **Talk it over with your dentist.**

It's not about living in fear, but about becoming aware and letting go of control.

We don't tell you this to scare you, but so you know where to start. There's no need to change everything at once or to do it perfectly: each area has its month in the plan on **pp. 18–19**. One at a time, when its turn comes.

◆ PAUSE *Look at your bathroom for a minute. No judging: just looking.*

chapter 04 · the way out

The digestive root *where it all comes out*



"What we don't eliminate, the body stores… and it ends up speaking to us." Of the five routes (p. 6), the gut is the one you notice every day.

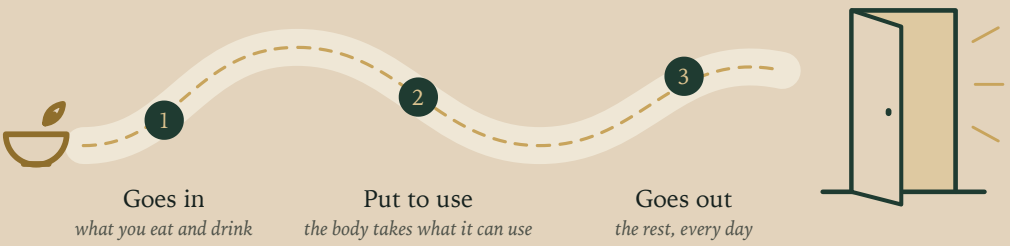
THE QUESTION THAT PUTS IT ALL IN ORDER

Do you go to the toilet easily *and regularly?*

"All disease begins in the gut."
ATTRIBUTED TO HIPPOCRATES

"Death begins in the colon."
ATTRIBUTED TO METCHNIKOFF

Two classic sayings, the kind that have been repeated for generations. They are not a diagnosis: they remind us where people have always looked first.



WHY IT COMES FIRST

In our usual order, the digestive side is prepared before anything else.

1. **Get things moving again:** so that going to the toilet is easy and regular.
2. **Then, if you like,** a deeper digestive cleanse: only once the step above works without effort (p. 24).
3. **And the liver,** after preparing the digestive side (p. 24).

WHAT HELPS, WITHOUT BUYING ANYTHING

Four everyday supports

- **Water,** throughout the day (p. 16).
- **Moving** and rebounding (mini trampoline), a few minutes (p. 16).
- **Real food,** the kind we've always eaten.
- **Real fermented foods:**
  - kefir
  - kimchi
  - sauerkraut

OBSERVE

How often do you go? Is it an effort, or does it come on its own? How do you feel afterwards?

If something changes suddenly or hurts, **consult your specialist.**

PAUSE *This week, focus on just that.*



II

PART II · CHAPTERS 05-06

Feel the balance

The body has been speaking for some time. Learning to listen to it is the first real step.

◆ *You don't read balance: you feel it.*

Your body speaks 10
CH. 05 · SIGNALS, NOT FAILURES

Where do you stand? 11
CH. 06 · YOUR STARTING POINT

Learn to tune in 12
ONE MINUTE A DAY · 21 DAYS

If you want to measure it 13
AN AT-HOME TEST, OPTIONAL

chapter 05 · listening

Your body speaks *signals, not failures*

Your body speaks with signals, sensations, emotions and feelings, not with thoughts. Start paying more attention.

> *How can it possibly be that someone outside knows more about your body than you, the one who is inside?*

Does this resonate?

Today, tick the ones you recognise in the first box. The second box is for 21 days from now.

	SIGNAL	TODAY	DAY 21
01	Constant fatigue or daytime drowsiness	☐	☐
02	Strong body odour or bad breath	☐	☐
03	Dull, reactive or acne-prone skin	☐	☐
04	Bloating or slow digestion	☐	☐
05	Sensitivity to some foods	☐	☐
06	Low libido or hormonal swings	☐	☐
07	If you menstruate: painful or irregular cycles	☐	☐
08	Nervousness or mood swings	☐	☐
09	Brain fog or low motivation	☐	☐
10	Fluid retention	☐	☐

WHEN YOU NOTICE A SIGNAL, ASK YOURSELF

1. **How long has it been there?**
   Days, months, years? Did it arrive with some change?
2. **When does it change?**
   Does it get better or worse with food, sleep or rushing?
3. **What comes with it?**
   Alone, or with others on the list?

> *"I understand that suddenly starting to feel is like skydiving without ever having practised: feeling takes training, and cleansing too, and understanding how that electrical system that connects us gets switched on."* — *Dani*

HOW TO READ THEM

One possible reading, not the explanation

Each of these signals can have many causes. Overload is one possible reading, not the explanation for everything.

The important question is not which symptom each person has, but what the body is trying to self-regulate inside. For many people, the body isn't failing them: it's asking for help.

IN 21 DAYS

Come back and compare

Tick the second box and see what has changed. In the meantime, the check-in on **p. 12** is with you every day.

ⓘ If any signal is intense or doesn't go away, **talk it over with your specialist**. This list is for observing yourself, not for diagnosing anything.

◆ PAUSE *When you come back to this list, don't grade yourself: listen to yourself.*

chapter 06 · self-assessment

Where do you stand?
your starting point

A snapshot of today, not an exam. It's for one thing only: choosing your first step, without skipping any and without taking on more than you need to.

1 **Where are you today?**
Read each row and tick the phrase closest to your day-to-day.

2 **Your column**
The column where you collect the most ticks is your starting point.

3 **Your next step**
Start with the step in your column. Just that one.

1 This is you if…	COLUMN 1 I'm starting	COLUMN 2 I already look after some things	COLUMN 3 It's part of my life
FOOD	○ Processed food almost every day.	○ Real food almost always.	○ Organic and local; almost everything, homemade.
WATER	○ From the tap, unfiltered.	○ Filtered sometimes; the shower, not yet.	○ Filtered, and a filter in the shower (p. 16).
MOVEMENT AND SUN	○ Little, and almost always indoors.	○ A few times a week.	○ Every day, and outdoors.
REST AND CALM	○ I find it hard to stop and switch off.	○ At times, when I can.	○ I have my rituals.
SIGNALS from p. 10	○ Several, often.	○ One or two, now and again.	○ Hardly any.
3 Your next step	↓ YOUR STEP	↓ YOUR STEP	↓ YOUR STEP
NO PRODUCTS just habits	1 habit and the check-in A single habit and the one-minute check-in. **p. 14**	5 habits, one at a time The five daily habits, adding one when the previous one no longer takes effort. **pp. 16–17**	12 changes, one a month The twelve changes, one a month and at your own pace. **pp. 18–19**

♡ *No column is better than another: it's where you are today. The tools (pp. 20–24) work in any of them, whenever you choose them.*

chapter 06 · the check-in

Learn to tune in *one minute a day*

No one can feel your body for you. There are no right answers: just what you notice today, compared with what you noticed yesterday. One minute is enough.

TODAY'S CHECK-IN — FROM 1 TO 3

Five questions, one minute

When you get up or before bed. Circle a number on each row, without overthinking it.

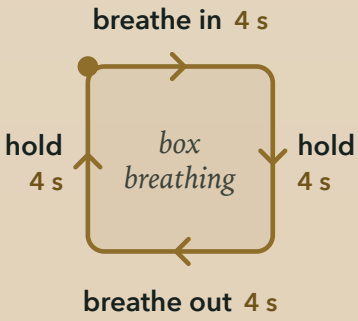
Energy	*how much do you have left by the afternoon?*	1 2 3
Digestion	*light or heavy? going to the toilet easily?*	1 2 3
Mental clarity	*thinking clearly, or through a fog?*	1 2 3
Rest	*have you rested well?*	1 2 3
Calm	*rushing, or breathing slowly?*	1 2 3

1 LOW 2 FAIR 3 GOOD

BEFORE YOU START

Box breathing

To come to the check-in calmly, or whenever you notice you're rushing. Follow the square without forcing: **breathe in 4 s, hold 4 s, breathe out 4 s, hold 4 s**. A few rounds, at your own pace.



YOUR LOG · 21 DAYS

Note down your number each day

One box per day and per question: 1, 2 or 3. Look at the line taking shape, not at any single day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
ENERGY																					
DIGESTION																					
CLARITY																					
REST																					
CALM																					

DAY 7 *what do you notice?*

DAY 14 *what has changed?*

DAY 21 *what do you take away?*

21 days is the length of the loop back to the signals on p. 10, and of the first phase of alcalina, if one day you choose it (p. 21).

chapter 06 · optional

If you want to measure it *an at-home test, optional*

It's optional. It's always interesting to know our starting point, where we are, especially if there are things that worry us and that, many times, when we go to the doctor, aren't tested. They are really relevant for understanding our levels of load, and they give us awareness of what we are really putting into the body. And the first thermometer is still how you feel.

TRULY OPTIONAL

You don't need one to start

Doing a test before you start isn't essential, especially if you already feel some of the signals. You can start today and take one whenever you like.

1 — 2 — 3

AT HOME
You take the sample
At your own pace, no travel needed.

BY POST
You send it
To the lab that analyses it.

BY EMAIL
You get the result
Straight to your inbox.

IN SPAIN, ONE OF THE LABS THAT OFFER THEM: TELETEST

TEST 01 · WHAT BUILDS UP

Heavy metals and minerals

With a hair sample: a look at what the body has been accumulating.

metals in hair

TEST 02 · FOOD

Glyphosate and pesticides

With a urine sample: detects residues of common herbicides.

glyphosate in urine

TEST 03 · THE ENVIRONMENT

Microplastics and endocrine disruptors

Analyses the environmental load of plastics and disruptors.

microplastics

IN ALL HONESTY

A reference, not a diagnosis

They are an approximate reference. Hair metal analysis, in particular, is debated among specialists: take it as a starting point and discuss it with yours.

IF YOU DECIDE TO DO IT

- ✓ It helps you understand your internal terrain better.
- ✓ It lets you follow your progress with the changes you make.
- ✓ It isn't meant to raise alarm, **but awareness**.

◆ PAUSE *Before any number, what does your check-in on p. 12 tell you?*

PART III · CHAPTERS 07-10

III Begin *first few metres*

One habit and one minute a day.
To begin, you need nothing more.

Your first week 14
07 · JUST ONE THING · WHAT TO IGNORE

The plan comes before the product 15
08 · AWARENESS, PLAN AND ACTION

5 daily detox habits 16
09 · FROM WATER TO CALM

12 changes for 12 months 18
10 · ONE A MONTH, NO RUSH

chapter 07 · where to start

Your first week *just one thing*

No fasting and no emptying your kitchen: just the few things that really matter in the first week. **And this week, it's one.**

Choose one

if in doubt, water

- **1 · Water** — A glass to hand, and understanding water a little. p. 16
- **2 · Rebounding (mini trampoline)** — Gentle jumps on the bed or on a gym mat. p. 16
- **3 · Brushing** — Gentle and dry, before your shower. p. 17
- **4 · Nature** — A few minutes outdoors, every day. p. 17
- **5 · Breathe** — One round of box breathing a day. p. 17

YOUR WEEK

Each day, tick your habit and your check-in (**p. 12**).

	M	T	W	T	F	S	S
my habit	☐	☐	☐	☐	☐	☐	☐
check-in	☐	☐	☐	☐	☐	☐	☐

What you can ignore

for now

- × **Fasts, juices or seven-day protocols.** Here we move forward in weeks and months.
- × **Emptying your kitchen or bathroom.** It changes little by little, as you shop · **p. 26**
- × **Doing a test before you start.** It's optional · **p. 13**
- × **Buying a sauna, or the first filter you're sold.** First, take time to understand water · **pp. 16–17**
- × **Counting and measuring everything.** One minute a day is enough · **p. 12**
- × **Following every piece of advice you read.** This way, that way · **p. 4**
- × **Doing it perfectly.** One low day doesn't erase the rest.
- × re:set **and** be:liver**, not yet.** They have their moment, and this isn't it · **p. 24**

If a day doesn't work out, that's fine: you come back tomorrow. *There's nothing faster than slowing down.*

◆ PAUSE *What has been easier than you thought?*

chapter 08 · preparation

The plan comes *before the product*

There are no magic pills, and no cleanse that solves everything for good. What really changes things is simpler, and more personal: knowing where you are, having a plan and starting.

1 — 2 — 3

STEP 01
Become aware
Knowing where you are today. You've already done it on **pp. 11-12**.

STEP 02
Create a plan
One habit, and then one change a month: **pp. 16-19**.

STEP 03
Put it into action
Today, with the minimum version: **p. 14**.

"Detox does not begin or end with a product, a protocol or a therapy: it is an infinite path, a way of living born of every decision we make."

- **It doesn't have to be perfect. But you do need a plan.**
  A small plan you keep is worth more than a perfect one left in a drawer.
- **The terrain is built with both.**
  Habits do not replace tools, nor do tools replace habits.
- **None of this works if you're not in.**
  Not ours, not anyone's: what sets it in motion is your commitment.

SET YOUR INTENTION

My intention *to begin*

What do you want?

What are you going to stop giving your energy to?

Write it by hand. Read it again on the day it feels hard.

PAUSE

Can you count on yourself?

chapter 09 · habits 1 and 2 of 5

5 daily detox habits
water and rebounding

They cost little or nothing. Not all five at once: start with one, and add another when the first comes naturally.

minimum version · if you want more · observe · where to buy

HABIT 1

Water

the solvent par excellence

It comes first because it's the simplest, and because the body uses it for almost everything. We're stepping away from bottled water: **the water you drink, filtered; and the water in your shower, too.**

> *"I could tell you which filter is best, but I don't want to: I want you to decide which is best. What I am here to tell you is that tap water is full of rubbish, and that a filter for the shower and a filter for the water you drink are essential. That's the first change."*
> — *Dani*

× **What we leave out:** unfiltered tap water and bottled water.



MINIMUM VERSION Always keep a glass to hand, and spend a little time understanding water.

IF YOU WANT MORE Both filters: the first change (p. 18).

OBSERVE *After 7 days, how are your thirst and your digestion?*

WHERE TO BUY p. 28 · filters

HABIT 2

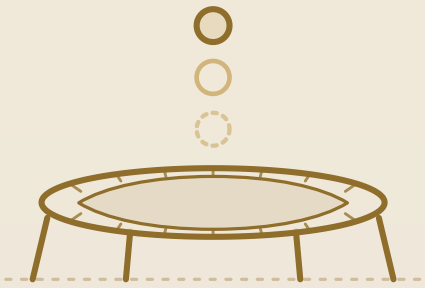
Rebounding

mini trampoline, bed or gym mat

Lymph has no pump of its own: it moves when you move. Gentle jumping is a simple, powerful and very low-cost habit. **Just a few minutes a day make the difference.** Choose where:

1. On the bed — if you have nothing else, that's fine
2. On a gym mat — if you can get hold of one
3. On a mini trampoline

× **What we leave out:** forcing it. Gentle jumps and, if anything feels uncomfortable, stop.



MINIMUM VERSION A few minutes of gentle jumps, on the bed or on a gym mat.

IF YOU WANT MORE A mini trampoline. It doesn't need to be expensive.

OBSERVE *How do your legs and energy feel afterwards?*

WHERE TO BUY p. 28 · trampoline

ⓘ When you read **"water"** on other pages, we mean filtered water, with the filter you choose.

chapter 09 · habits 3, 4 and 5 of 5

5 daily detox habits
heat, earth, air and calm

HABIT 3

Sauna and brushing
heat and skin

Dry brushing is an age-old act of care: it wakes up the skin and supports the lymph. Heat adds to it: it opens the pores and gets the circulation going. Brush before or between heat sessions; **several sessions a week** already count.

- **MINIMUM VERSION** A gentle brush, no heat, before your shower. It already counts.
- **IF YOU WANT MORE** Join a gym with a sauna, if there's one nearby.
- **OBSERVE** *How do you sleep on heat days?*
- **WHERE TO BUY** p. 28 · natural-bristle brush

HABIT 4

Nature
and your feet on the earth

Moving your body in the open air, with no need to train: walking, climbing a hill, stretching in the sun. And when you can, take your shoes off: grass, sand or soil. You don't need to go far.

> *A park works too.*

- **MINIMUM VERSION** A few minutes outside each day.
- **IF YOU WANT MORE** Barefoot: grass, sand or soil.
- **OBSERVE** *How's your head when you're back?*
- **WHERE TO BUY** nothing · just step outside

HABIT 5

Breathe and calm
reconnect with yourself

Just as many people walk badly without knowing it, most of us breathe badly without realising: short, from the chest, with the body on alert. Work, children, family. But… **what about you?**

Conscious breathing isn't a technique in itself: it's observing your breath to reconnect with yourself, to let the body return to its balance without pushing, forcing or doing. And when something feels tight: **stop, ease off, rest and breathe.**

- **MINIMUM VERSION** The box breathing on **p. 12**, once a day.
- **IF YOU WANT MORE** Getting help to relearn how to breathe is a great investment.
- **OBSERVE** *How long do your shoulders take to drop?*
- **WHERE TO BUY** nothing · just a minute of your time

Light and sleep have their own months: 2 and 3 (**p. 18**).

THE REAL PRICE

The price nobody wants to pay is stopping.

Allowing yourself to feel.

Sitting with the discomfort of silence and quiet, and going through the process rather than around it.

◆ PAUSE *Which of the five do you really feel like doing? Start with that one.*

chapter 10 · one change a month

12 changes for 12 months
months 1 to 6



Neither everything at once, nor never starting. We have a plan: 12 changes spread over 12 months, so you don't try everything at once and give up in February.

What we do ourselves. Try it and observe how it feels. ✓ what we look for × what we leave out

01 Clean water

- ✓ A drinking-water filter and a shower filter: the chlorine in tap water is the same as in swimming pools.
- × Unfiltered tap water, for drinking and for showering, and bottled water.

MINIMUM VERSION The shower filter: it goes on in a few minutes.

OBSERVE *Do your skin and hair feel different?*

WHERE TO BUY p. 28 · filters

02 Sun and natural rhythms
SUPER IMPORTANT

- ✓ **Sun. Every day. Early, if you can manage it.** Regular hours, warm or red light at night and apps that warm the colour of your screen.
- × Screens in bed.

MINIMUM VERSION Ten minutes of morning light, outside.

OBSERVE *What time do you start to feel sleepy?*

WHERE TO BUY nothing · the sun is free

03 Natural rest

- ✓ Organic pillows, mattress, cushions and bedding, free from plastics or synthetic fibres. It's where we spend 8 hours a day.

MINIMUM VERSION The sheets or the pillowcase.

OBSERVE *How do you feel when you get up?*

WHERE TO BUY p. 28 · mattress and bedding

04 Conscious eating

- ✓ Real food: organic, local and seasonal. Little by little, away from the ordinary supermarket (**p. 27**).
- × Processed food, seed oils (sunflower, soya, rapeseed) and any olive oil that isn't extra virgin (EVOO).

MINIMUM VERSION Change the oil you cook with to grass-fed beef tallow.

OBSERVE *How do you feel an hour after eating?*

WHERE TO BUY p. 27 · the pantry

05 Conscious eating out

- ✓ Places that share these values. Eating well is eating clean and real, not what is often sold as healthy.
- × Food fried in seed oils.

MINIMUM VERSION Ask what oil they cook with.

OBSERVE *How do you feel the next day?*

WHERE TO BUY p. 26 · what to look for

06 Cleaning products

- ✓ Natural or homemade versions. If one doesn't clean as well, don't give up: there are options.
- × Industrial detergent, washing-up liquid and fabric softener.

MINIMUM VERSION Your laundry detergent, which you wear on your skin all day.

OBSERVE *Do you miss the old "clean" smell?*

WHERE TO BUY p. 28 · cleaning

chapter 10 · one change a month

12 changes for 12 months
months 7 to 12



07 Personal care

- ✓ Shampoos, creams and make-up with ingredients you understand.
- × Parabens, phthalates, aluminium and synthetic fragrance.

MINIMUM VERSION Whatever runs out first: deodorant, toothpaste or shampoo.

OBSERVE *How is your skin two weeks later?*

WHERE TO BUY p. 28 · cosmetics

08 Kitchenware

- ✓ Stainless steel, cast iron, ceramic or glass.
- × Teflon and plastic, in pans and in containers.

MINIMUM VERSION The pan you use most.

OBSERVE *Does the taste of what you cook change?*

WHERE TO BUY p. 28 · kitchenware

09 Air and surroundings

- ✓ Ventilate every day and fill your home with plants.
- × Chemical air fresheners.

MINIMUM VERSION Open the windows for ten minutes every morning.

OBSERVE *How do you breathe when you wake up?*

WHERE TO BUY nothing · open the window

10 Candles and fragrances

- ✓ Natural wax and essential oils.
- × Paraffin and room fragrances.

MINIMUM VERSION The next candle you buy, made of natural wax.

OBSERVE *How does the atmosphere at home feel?*

WHERE TO BUY p. 28 · candles and oils

11 Clothing and textiles

- ✓ Cotton, linen or wool, with natural dyes. Change little by little.
- × Synthetic fabrics, especially right against your skin.

MINIMUM VERSION What sits closest to your skin: underwear and pyjamas.

OBSERVE *How does it feel on your skin?*

WHERE TO BUY p. 28 · textiles

12 Shine, inspire and share

- ✓ What we give, we receive. When change is real, it radiates. There's no need to explain it: it spreads through your presence.

MINIMUM VERSION Cook something for someone, or share what has worked for you.

OBSERVE *What has changed in you since month 1?*

SHARE guides library

MY YEAR
Tick each month once the change runs on its own.

☐ 01 ☐ 02 ☐ 03 ☐ 04 ☐ 05 ☐ 06 ☐ 07 ☐ 08 ☐ 09 ☐ 10 ☐ 11 ☐ 12

Nobody changes everything at once, and nobody needs to.

◆ PAUSE *What runs out first at home? That could be where your next change begins.*

PART IV · CHAPTERS 11-12

Support already pedalling

IV

If your habits are already rolling, this is where the tools come in: as support and at your own pace, never as new training wheels.

Advanced detox tools 20
11 · START WITH THE EARTH

Detox for beginners: alcalina 21
12 · 111 DAYS · AND WHAT COMES NEXT

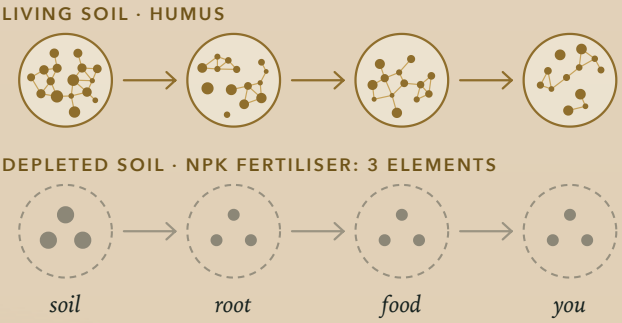
chapter 11 · tools

Advanced detox tools *start with the earth*

WHY WE START WITH THE EARTH

What if it were not about lacking one isolated mineral, but about the loss of mineral coherence in the food we eat?

For millennia, our minerals came from humus, the living earth. Today, depleted soil is topped up with NPK fertiliser: three elements, where many more are needed.



Isolated · Synthetic · In fulvic form

A single mineral, from salt or rock; one made in a laboratory; or many together: *in a complex matrix, as the earth gives them.*

WE'LL TELL YOU PLAINLY

They are powerful tools, but they are tools. The first step is you.

We make tools too. That's why we'll tell you plainly: you come first; the tools, when you choose them.

TWO ORIGINS *pp. 21–24*

Earth
humus · biominerals in fulvic form

alcalina shila:jit

Kōso fermentation
enzymes from fruit and vegetables

ki:wami re:set be:liver

In all honesty: to this day, science does not yet fully understand the role of many trace minerals. That is why we prefer to take them this way.

◆ PAUSE *What is your body asking for today: to start something new, or to carry on with what's already working?*

chapter 12 · the basic protocol

Detox for beginners
alcalina, 111 days at your pace

If you've never done a detox, start gently, but start well. Today's dose isn't tomorrow's: alcalina and shila:jit are tools; explore them, get to know them, use them as you need them.

YOUR 111 DAYS · EACH MARK IS ONE DAY — *3 months and 21 days*

21 DAYS | 30 DAYS | 60 DAYS OR MORE

1 Start
21 DAYS

10 drops in a glass of water (about 250 ml). Before breakfast, if that suits you; or with food, if it sits better with you.

Observe your 5 markers (p. 12).

2 Build up
30 DAYS

Little by little, **up to 20 drops a day**, split between morning and afternoon (or in one dose, if that suits you better).

Drink well: water is the vehicle for the whole process.

3 Routine
60 DAYS OR MORE

10 to 15 drops a day, as just another part of your day.

If one day you decide to stop, notice how you feel without it: that's information too.





HOW MUCH YOU NEED

One 100 ml bottle or three 30 ml bottles

The 111 days add up to about 1,260–1,710 drops, depending on how quickly you build up. At 10 drops a day, a 100 ml bottle lasts about 200 days; a 30 ml one, about 2 months.

HOW

- ✓ **At room temperature.**
- ✓ **With water free of chlorine and fluoride:** filtered, with the filter you choose (**p. 16**).

IF IT BOTHERS YOU

Go down to 5 drops and build up little by little

If something doesn't feel right, stop and seek advice (**p. 22**). Not during pregnancy or breastfeeding.

> *"I've been taking alcalina first thing when I wake up for about two months. [...] It's something subtle, but you can feel it and, above all, it lasts."*
>
> ERIKA B. · REVIEW OF alcalina · *Translated from Spanish*

FULVIC BIOMINERALS

alcalina on bionobo.com

View alcalina

Scan with your camera or tap

chapter 12 · what to expect

What to expect *and when to stop*

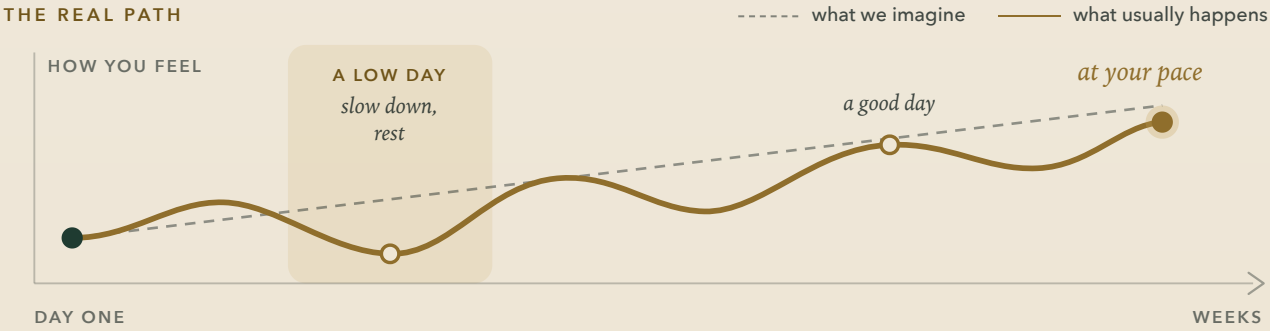
Should I expect to feel unwell? Possibly, though not always. Some people notice nothing in particular and some notice something mild for a few days. Either way, the compass is the same: how you feel.

FIRST THINGS FIRST

If something doesn't feel right, lower the dose or stop, and seek advice.

If your body asks for rest, give it rest.
Slow down, rest, stop. You're not late for anything.

THE REAL PATH



MILD AND PASSING

What some people notice

- *more trips to the toilet*
- *some gas or bloating*
- *a greater need for rest*

If it is mild and passes, you can accompany it:

1. Give yourself space: a quieter day, without pushing yourself.
2. Breathe deeply: slowly, through your nose (box breathing, p. 12).
3. Slow down: and lower the dose, if needed.

STOP AND SEEK ADVICE

Talk to your specialist if…

- something is intense;
- it doesn't go away;
- or it simply doesn't feel right.

Before you start: no alcalina or shila:jit during pregnancy or breastfeeding. If you take medication, check with your specialist first.

And write to us whenever you like:
hola@bionobo.com

Discomfort is not proof that something is working.
You are your own reference.

YOUR 5 MARKERS · P. 12

energy · digestion · clarity · rest · calm

chapter 12 · support, if you want it

Daily support
ki:wami and shila:jit

Both are optional: you can start without them, try one, leave it and come back to it whenever you like.





KŌSO ENZYMES · OPTIONAL

ki:wami

Japanese kōso enzymes, fermented over years from organic fruit and vegetables. It supports your digestion, every day.

It isn't essential; we add it every day.

HOW 2 to 4 servings of 30 ml a day.

WITH It can go together with nutri:zyme.

OBSERVE *How is your digestion after a week?*

View ki:wami

SCAN OR TAP

BIOMINERALS · OPTIONAL

shila:jit

A resin from the Himalaya, another natural source of biominerals and the alternative to alcalina. Its taste is intense.

One or the other, daily: alcalina or shila:jit.

HOW How to use it is on its product page.

CAREFUL Not during pregnancy or breastfeeding.

OBSERVE *Start small and see how your body responds.*

View shila:jit

SCAN OR TAP

> *"Very good quality, good taste, pleasant, fruity and slightly sweet and sour."*
>
> MARI A. · REVIEW OF ki:wami · *Translated from Spanish*

chapter 12 · the next step

When your moment comes *the next step*

No rush and no pressure. Once your habits run on their own, some people add natural cyclical or yearly protocols. This is the order we follow ourselves; none of them is required.

YOUR PATH

Remineralise
alcalina or shila:jit
YOU ARE HERE · PP. 21-23

→

Gut
re:set
STEP 2 · 24 HOURS

→

Liver & gallbladder
be:liver
STEP 3 · AFTERWARDS

ikigen = all three

Are you going to the toilet properly and regularly?

YES You can carry on, if you feel like it.

NO Stay at the first step until you are. Come back when you feel ready.

You can spend weeks or months here: that is not a delay.

STEP 2
re:set

The 24-hour intestinal protocol, with fermented kōso enzymes. The first of the protocols.

View re:set

STEP 3
be:liver

The second protocol, for the liver and gallbladder: after preparing the digestive system.

View be:liver

ALL THREE, TOGETHER
ikigen

Remineralising, gut and liver in a single protocol, in 4 days.

View ikigen

GUIDES LIBRARY
Read them calmly before you decide

The re:set, be:liver and enema guides. Coming soon: ikigen and the recipe book.

Guides library

> *"It has been an experience I didn't expect to have at 74 [...] I have stopped drinking coffee because that is what my body asked of me."*
>
> ANTONIO M. · REVIEW OF re:set · *Translated from Spanish*

◆ PAUSE *How are your five markers today, compared with day one?*



BONUS · THE BASKET

Your tox-free *allies*

tox-free: with less load at home and in your basket.

The part that takes the most work to put together on your own: where to buy better, without changing everything at once. It isn't a list of obligations: these are shops we know and others we've looked for with the same criteria, so you don't have to start from scratch.

Buying better 26
WHAT TO LOOK FOR · WHERE TO START

The pantry 27
FRUIT, MEAT, FISH, EGGS, OIL

Water, home and body 28
FILTERS, CLEANING, SKIN, REST

bonus · buying better

Buying better *what to look for*

This isn't one more rule: it's what we do ourselves. **Try it and observe how it feels.** And no rush: one at a time, as you restock. Don't throw anything away or redo your whole shop; when you run out of something, swap it for a better version.

IF YOU CAN'T DO IT ALL AT ONCE · IN ORDER OF IMPACT

1. **Water** — the water you drink and the water in your shower, filtered (**p. 16**)
2. **Animal protein** — meat, fish and eggs
3. **Fats** — the ones you cook with
4. **Fruit and vegetables** — the ones you eat with the skin on

Always read the labels. The origin, the variety and anything extra it contains tell you almost everything.

Compare the price per kilo, not per pack: the good stuff sometimes works out better than it seems.

FATS · FOR COOKING AND FOR DRESSING

For cooking

Beef tallow and butter, grass-fed if you can; ghee or virgin coconut oil: they handle heat well.

Raw

Extra virgin olive oil: used raw, it keeps the best of what it has.

What we leave out

Sunflower, soya, corn, rapeseed, palm, olive pomace and any "olive oil" without *extra virgin* on the label.

MEAT

Grass-fed, from start to finish

"Grass-fed" often means *raised* on pasture and fattened on grain. What we look for: *grass-fed and grass-finished*, or a farm that tells you how its animals live.

FISH

Wild, small and local

Wild rather than farmed, and small species rather than large predators. Ask where and when it was landed: a good fishmonger can tell you.

EGGS

Organic, code 0

The first digit of the code on the shell tells you how the hen lives: 0 organic, 1 free-range, 2 barn, 3 caged. What we look for is the 0.

FRUIT AND VEGETABLES

Seasonal and local

Seasonal and local beats organic flown in. Organic above all for what you eat with the skin on. A little soil on it is a good sign.

DAIRY

Raw or fermented

Pasteurised dairy isn't real food: it's an ultra-processed product. Homogenised milk isn't dairy: it's ultra-processed. Raw milk: not in pregnancy, for young children, older people or anyone with low immunity.

FERMENTED FOODS

Chilled and cloudy

Live sauerkraut and kimchi are in the fridge, not on the shelf: cloudy liquid and a slightly domed lid. If the label says pasteurised, it's a condiment, not a probiotic.

READING THIS OUTSIDE SPAIN?

These criteria work anywhere: look for the same near you. The shops on the next two pages ship within Spain; those marked EU also ship to the rest of Europe.

bonus · your allies in spain

Your allies in Spain *the pantry*

> *"Look for conscious eating, real food. You'll probably have to stop shopping at ordinary supermarkets, little by little: the food in ordinary supermarkets is loaded with pesticides. It isn't really real food, even if it looks like it."* — *Dani*

These suppliers are based in Spain. **Live elsewhere?** Use the criteria on **p. 26** to find your own.

◆ THE ONES WE KNOW *Suppliers we have chosen, tried and trust.*

FRUIT AND VEGETABLES

Freshvana — freshvana.com

Seasonal organic fruit and vegetables, straight from the farmer, from Murcia. Mainland Spain only.

FISH · WHERE TO FIND IT

Wild Alaskan salmon — alaskaseafood.es

It isn't a shop: under "Dónde comprar" (where to buy), its official website lists the fishmongers and shops that stock it.

FERMENTED FOODS

Ferment9 — ferment9.com

Sauerkraut, kimchi and fermented dairy, unpasteurised, from their own kitchen in Barcelona. Chilled: mainland Spain, the Balearics and Portugal.

CACAO

Amrita Cacao EU — amritacacao.com

Raw ceremonial cacao, for your daily ritual or for sharing. Mainland Spain, Portugal and Europe.

BEEF

Ecobovis — ecobovis.es

Organic, pasture-raised beef from a family farm in Castilla-La Mancha. Mainland Spain.

DAIRY

Crica — crica.es

Raw milk and yoghurt from an organic farm. **Raw milk: not in pregnancy, for young children, older people or anyone with low immunity** (**p. 26**). All of Spain.

BONE BROTH

Caldo Santa Paciencia — caldosantapaciencia.com

Organic ingredients, more than 24 hours over a low heat and unpasteurised. Chilled: mainland Spain, the Balearics, Portugal and France.

BEFORE YOU BUY

Always check the label: shops change. Websites and shipping checked in October 2026. EU = also ships to the rest of Europe.

◆ TO COMPLETE YOUR BASKET *They meet the criteria on **p. 26**; chosen for this guide.*

Eggs
organic, code 0

Dehesa El Milagro — dehesaelmilagro.com

Hens that go out into the fields every day, on an organic farm in Toledo. Mainland Spain and the Balearics.

Huevos Aizcorbe — huevosecologicos.com

Certified organic, from family farms, in boxes of 6 to 30 or by subscription. Mainland Spain.

Chicken
organic, raised outdoors

Campos Carne Ecológica — camposcarneecologica.com

Organic and raised on open dehesa pasture, from a family business in Pilas (Seville). Chilled, to all of Spain.

Dehesa El Milagro — dehesaelmilagro.com

Whole or in pieces, from a farm that rotates its animals across its pastures. Mainland Spain and the Balearics.

Wild fish
with catch area and fishing method

Pescados Saturnino — pescadosaturnino.com

A fishmonger in Zaragoza: each wild fish shows its catch area and fishing method. Mainland Spain.

Lonja de Ayamonte — lonjadeayamonte.es

From the fishermen of Ayamonte (Huelva): it goes out the same day it's caught. Mainland Spain and the Balearics.

Oil and tallow
EVOO with origin and harvest; grass-fed tallow

Oleícola Jaén — oleicolajaen.es

An olive mill in Baeza (Jaén) with organic Picual; the early-harvest oil shows the harvest year. Mainland Spain.

Aceites Navarro García EU — aceitesnavarrogarcia.com

A family olive mill in Granada: its organic Picual shows the variety and harvest. Mainland Spain and Europe.

Omnívoro — somosomnivoro.com

Organic, 100% grass-fed. Mainland Spain and the Balearics.

bonus · your allies in spain

Your allies in Spain *water, home and body*

> *"If there's something you can invest in, your first investment is taking time to understand water. Nobody is going to understand it for you. Everyone is going to come and sell you the best filter. Take time to understand, because learning is taking off the training wheels, and it's going to take a little time."*
> — *Dani*

Like the pantry, these suppliers are based in Spain. **Live elsewhere?** The line under each category tells you what to look for near you.

THE ONES WE KNOW *For the water at home.*

Water HABIT 1 · MONTH 1
a filter for drinking and another for the shower

Alkanatur — alkanatur.com
Water and shower filters for the home, from a Galician company.

> *"It's a good option. You can use the code* BIONOBO *to buy with a discount. It's a fairly simple option that, as time goes by, can fall short, and it's somewhat more of a hassle because you have to refill the filter. To start with, great. If you want something more, there are other much better options."*
> — *Dani*

ALSO IN THIS GUIDE

- Water and the two filters — p. 16
- Home tests, if you want to measure it — p. 13
- Heat and sauna — p. 17
- Eating out — p. 18

TO COMPLETE YOUR BASKET *They meet each month's criteria; chosen for this guide.*

Rest MONTH 3
mattress and bedding in natural fibres

Sivana Sleep — sivanasleep.com
Handmade mattresses of natural latex, organic cotton and wool. Mainland Spain and the Balearics.

La Cama Azul — lacamaazul.com
Linen and organic cotton sheets, merino blankets and a natural latex mattress. All of Spain.

Cleaning MONTH 6
fragrance-free; natural or homemade

Jabones Beltrán — jabonesbeltran.com
A family soap-maker in Castellón: its Biobel 0% line is fragrance-free and several products carry the Ecocert seal. Mainland Spain and the Balearics.

Cosmetics and hygiene MONTH 7
no parabens, phthalates, aluminium or synthetic fragrance

Matarrania — matarrania.com/en
COSMOS Organic certified, made in Teruel, with an aluminium-free deodorant. All of Spain, islands included.

Kitchenware MONTH 8
no Teflon: iron, steel, ceramic or glass

Claudia&Julia EU — claudiaandjulia.com
A section with no non-stick coatings: iron, steel and ceramic frying pans and pots. All of Spain and the EU.

Candles and fragrances MONTH 10
natural wax; pure essential oils

Velatur — cerasvelatur.com
Handmade beeswax candles, with no paraffin or added fragrance. Mainland Spain and the islands.

Aromium — aromium.es
Pure, undiluted essential oils, with an organic option, from Barcelona. Mainland Spain and the Balearics.

Clothing MONTH 11
organic cotton, linen or wool, without toxic dyes

Blaugab — blaugab.com
Basics, pyjamas and underwear in organic cotton (almost all GOTS) and merino. All of Spain.

Rebounding HABIT 2
any stable mini trampoline

bellicon EU — bellicon.com/en-eu
The quiet option if you want to invest, with elastic bungee cords. Ships across the EU.

Brushing HABIT 3
natural bristles, no plastic

Artesanos de Jabón — artesanosdejabon.com
Natural cosmetics with a shop in Petrer (Alicante): beechwood body brushes with sisal bristles. Mainland Spain.

closing · no hands

Your life
on your own terms

Caring for yourself isn't an indulgence: it comes first.



What helps most doesn't come in any bottle: it's the space you give yourself to stop, listen to yourself and choose. We can't give you that space: it was always going to be yours.

Letting go is hard, but your future self will thank you. Cleansing isn't only physical: it's everything that has been stuck for a long time. Habits, emotions… all of it.

It isn't only about clearing things out, but about recovering the ability to feel and to listen to your body.

To stop merely surviving,
and begin to truly live.
From surviving to super-living.



Going little by little, without rushing, without taking the training wheels off too soon. And one day, suddenly, you realise you're riding on your own.

You trust your intuition, you trust yourself at a deep level. You know that you know, without having to ask anything. *You know from within.*

Cleansing is a conscious way of living,
not a protocol.

contact

~~*one day*~~

day one

Beginner's guide to gentle detox

Thank you for making it this far. Start with a single thing, the one that appeals to you most, and come back to this guide whenever you need it. You don't need to do it perfectly: you just need to start.

You choose: one day or day one.
Your moment starts today.

GUIDES LIBRARY

All our guides, free

This one, and the guides to re:set, be:liver and ikigen (coming soon).

bionobo.com/en/pages/biblioteca-de-guias

Today — YOUR CHECK-IN — P. 12

Week 1 — ONE HABIT — P. 14

After a month — CHANGE 01 — PP. 18-19

Day 111 — IF YOU USE alcalina — P. 21

When your moment comes — THE NEXT STEP — P. 24

NOTICE

This guide is inspiration, not health advice, and it is not meant to diagnose, treat or cure anything. We are not a medical team. No alcalina or shila:jit during pregnancy or breastfeeding. **If you have any medical condition or take medication, always, always consult your specialist.**

hola@bionobo.com
Any question about where to start.

bionobo.com
The guides library and the product pages.

alcalina, shila:jit, ki:wami, nutri:zyme, re:set and be:liver are food supplements. They are not intended to diagnose, treat, cure or prevent any disease, and do not replace a varied, balanced diet or professional medical judgement. Do not exceed the recommended daily dose. Keep out of the reach of children.

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