bionobo® · complete protocol

ikigen 生源

the source of life

Awaken
your life force

re:set + be:liver: how to prepare, how to run it, and how to integrate what follows.

USER GUIDE · 2026 EDITION

FERMENTED ENZYMES



ikigen · the complete journey

At a glance *day by day*

48h

on the kits, over 4 days: re:set on day 1, release on day 2, be:liver on day 3 and a second release on day 4. This is the standard rhythm (A). The other three are on p. 12: B, with a fasting day between the two kits; C, separate, fasting in between; D, separate, eating in between.

WHEN	WHAT YOU TAKE	WHAT YOU EAT AND DRINK	CARE	ALARMS · P. 19
Phase 1 WEEKS, BASED ON YOUR EXPERIENCE · P. 11	**alcalina** or **shila:jit**, daily. **ki:wami**, optional.	Clean, dense food; kefir, kimchi, sauerkraut and cold-pressed juices.	Watch what changes. Are you going to the toilet regularly? If not, stay here (p. 13).	–
Countdown FROM 1 DAY TO 2 WEEKS · P. 10	Keep taking the minerals. **ki:wami**, optional: 2 to 4 servings of 30 ml a day (p. 16).	Depending on your level and experience: less processed food, sugar and dairy (pp. 16-17).	The coffee plan: reduce the amount from about 7 days before (p. 15).	–
Days −2/−1 2 DAYS BEFORE AND THE DAY BEFORE	The minerals and, if you take it, **ki:wami**.	Cold-pressed juices or light food. The night before, a light, early dinner.	No coffee from 48 h before. Have the water and the kit ready.	The night before, after 21:30: **re:set** "Detox day"
Day 1 *re:set* 09:00 - 21:30	**10 re:load** · from 09:00 to 21:00 **5 re:lease** · 12:00, 14:00, 17:00, 18:00 and 19:00 **re:lax** · 21:30, if you have not evacuated	Only the enzymes in the kit and 250 ml of warm water every 30 minutes.	Belly massage at 13:00 and 20:00; a walk at 16:00. Go to sleep after the last dose.	After 09:00: **re:set** "Next morning"
Day 2 *release* GIVE IT THE WHOLE DAY	09:00 · **6th re:lease** (+ **re:lax**, if you did not take it) Then, **ki:wami** on top: 2 to 4 servings of 30 ml a day.	Liquids only: warm water, infusions, green juices and strained vegetable broth, with no protein or fat. No coffee.	Enema in the afternoon: warm water, with fulvic acid, or with fulvic and organic coffee (pp. 32-33).	After 21:35, if you have evacuated: **be:liver** "Cleanse day"
TONIGHT · HAVE YOU EVACUATED?	YES **be:liver** tomorrow, day 3	NO warm-water enema today and **be:liver** a day later: you move to rhythm B, with a fasting day with **ki:wami** (p. 34)		
Day 3 *be:liver* 09:00 - 21:35	**be:smooth**, **be:zyme** and **be:nourish** **be:vital** · 13:00 and 18:00 **be:balance** + **be:nova** · 21:30	Only the enzymes in the kit and warm water every 30 minutes. The flush has no water: shake very, very well and drink it in one go.	Rest from 18:30 to 21:00. After the flush, go to sleep on your right side for 45 min.	After 07:00: **be:liver** "Next morning"
Day 4 *release* THE SECOND ONE	06:00 **be:smooth** · 07:00 **be:nourish** **be:vital**, 1 of 4 · then, **ki:wami**	At noon: green juices → very light vegetable broths → kefir and bone broth → the rest. Or keep fasting (pp. 49-51).	The release usually comes in the afternoon. Enema in the morning or afternoon (pp. 32-33).	After 07:00, delete them all in the Clock app.
Day 5 *onwards* INTEGRATION	**be:vital**, 1 a day until day 7 **ki:wami**, daily.	Go back to eating via the ladder (p. 50) or extend the fast with **ki:wami** (p. 51).	Live ferments at every meal as you go back to eating (p. 52).	**be:vital**: Android reminds you; on iPhone, no alarm.

Water at 35-40 °C: with every dose and 250 ml every 30 minutes, on kit days. **Enema water at 36-38 °C.**

In the two kit windows (09:00 day 1 → 09:00 day 2 and 09:00 day 3 → 07:00 day 4), only the enzymes in the kit.

The flush has no water: be:balance + be:nova together, in the shaker.

Let your body set the rhythm.

Rhythms B, C and D: **p. 12** · Your alarms: **p. 19**

ikigen · user guide

Contents
the whole journey

ONE GUIDE FOR THE WHOLE JOURNEY

This guide brings together the re:set and be:liver guides. The QR on the lid of each box opens that kit's guide, with the same schedule you will find here: if you do ikigen, this one is all you need.

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NOT A PARENTHESIS

every tool in its phase

What's inside *your ikigen*

Three phases that follow the body's own order: first, remineralise and get transit going; then, the gut; finally, the liver and gallbladder. Every tool has its place in the sequence.



THE THREE PHASES

1. **Start here** PHASE 1
   Activate and remineralise: alcalina or shila:jit daily (ki:wami, if you like), until transit is reasonable. Weeks, if need be (**p. 13**).

2. **re:set** PHASE 2 · DAY 1
   The 24-hour intestinal cleanse, once things are moving (**p. 20**).

3. **be:liver** PHASE 3 · DAY 3 · RHYTHM A
   The liver and gallbladder in 24 hours, with the exit already open (**p. 35**).

PHASE 1 · DAILY
alcalina
fulvic biominerals
Our gentlest formula, neutral in taste, made for daily use. Easy to use in drops.

PHASE 1 · DAILY
shila:jit
Himalayan resin
Golden grade: deeper and more intense, rich in natural humates. A source of biominerals.

THROUGHOUT
ki:wami
kōso enzymes
Fermented over years from organic fruit and vegetables: it goes with you on the way in and on the way out. Outside the kit windows (**p. 2**).

PHASE 2 · DAY 1
re:set
the gut
The 24-hour kit: 10 re:load sachets, 6 re:lease bottles, 1 re:lax sachet and the shaker (**p. 22**).

PHASE 3 · AFTER re:set
be:liver
liver and gallbladder
The 24-hour kit: be:smooth, be:zyme, be:vital, be:nourish, be:balance + be:nova and the shaker (**p. 37**).

THE FOUR ikigen PACKS · WHAT EACH ONE CONTAINS

The one in the photo is the XL

S BEGINNER
- **alcalina** 30 ml
- **ki:wami** 720 ml
- **re:set**

Phase 1 and re:set; be:liver, later on.

M INTERMEDIATE
- **re:set**
- **be:liver**

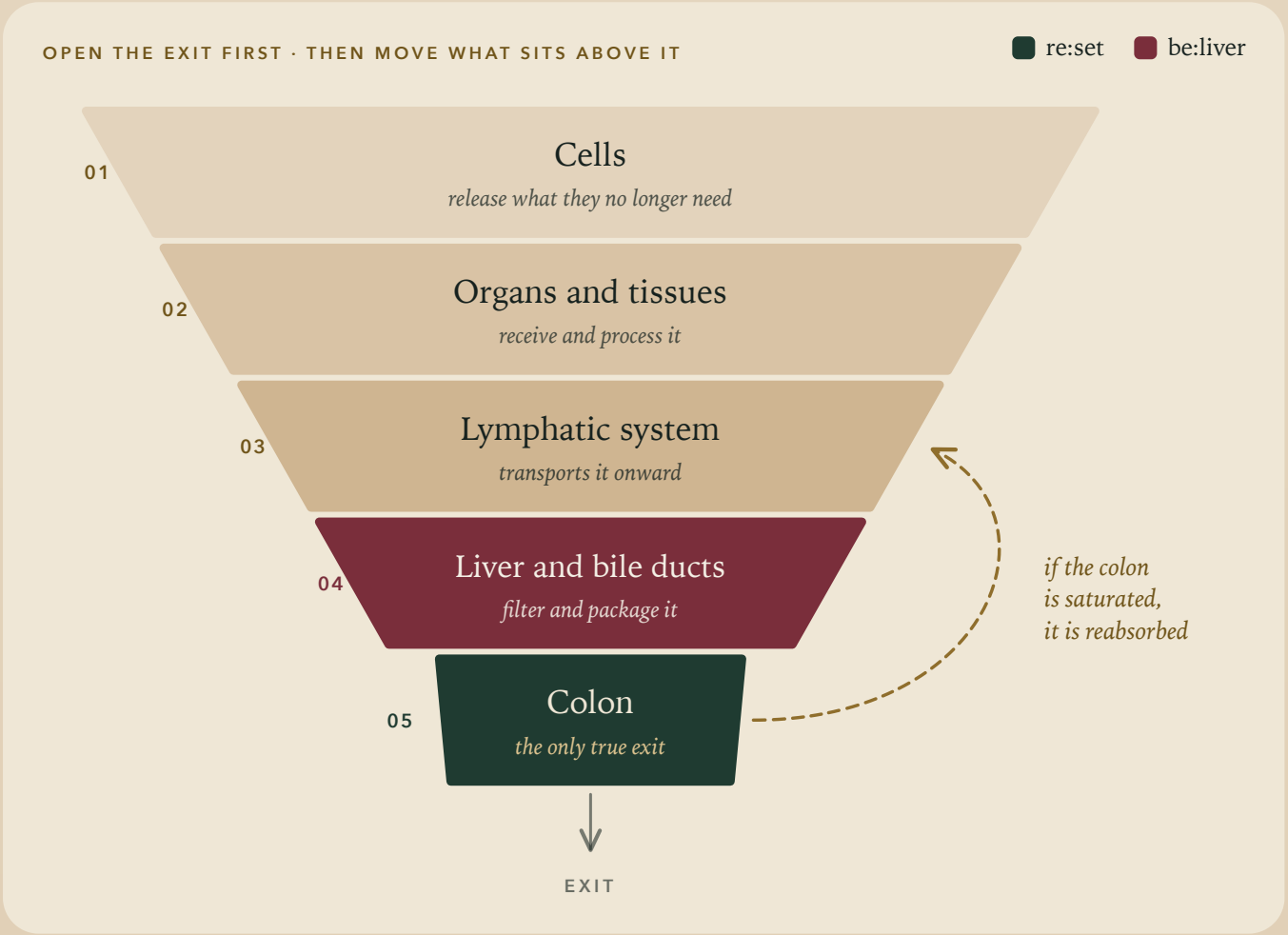
L ADVANCED
- **re:set**
- **be:liver**
- **ki:wami** 720 ml

XL COMPLETE
- **re:set** and **be:liver**
- 2 **ki:wami** 720 ml
- **alcalina** 30 ml
- **shila:jit** 30 g

ikigen · the reasoning

The drainage funnel
why order matters

The body does not eliminate at random. It follows an order. Cells release, organs process — but **if the exit routes are not open, everything stays inside.**



THE MOST COMMON MISTAKE

Trying to detoxify the liver without first preparing the colon and intestinal movement.

The liver does not eliminate to the outside. It depends on the intestine. If the colon is saturated, what the liver releases has nowhere to go: it is reabsorbed, and the whole process loses its effect.

HENCE, A SEQUENCE

This single principle is why ikigen exists as a sequence rather than a set of products, and why re:set always comes before be:liver.

1 re:set — the gut

2 be:liver — the liver and gallbladder

ikigen · the science

Fermented enzymes *engineered with a purpose*

FORMULA AND PURPOSE

re:set contains over 200 natural ingredients selected for their ability to detoxify the body and improve digestive health.

We use only the finest organic raw fruits, vegetables, herbs, mushrooms and algae, which deeply cleanse the digestive system and optimise nutrient absorption, helping to balance your body from the inside out.

This powerful formula acts as an antioxidant, with a special focus on cleansing the digestive system, thanks to the power of the fermented mushroom **Antrodia cinnamomea**, an ancient secret of Taiwanese tradition.

200+ natural *ingredients*

fruits · vegetables · herbs · mushrooms · algae

FERMENTED MUSHROOM

Antrodia cinnamomea

be:liver works on the same kōso base: more than 200 natural ingredients that support the physiological processes of liver and gallbladder cleansing. **The be:liver enzymes are specifically formulated.** Although they also contain *Antrodia cinnamomea*, like those of re:set, they have other ingredients and are aimed differently: re:set at the gut, with fibre and digestive enzymes; be:liver at the liver and gallbladder, with fermented apple enzymes, among others, as well as fermented lemon and olive oil.

THE FERMENTATION PROCESS

4 carefully designed fermentation stages

14 Japanese patents in the process

up to **3** years of fermentation in total

1st — 6 MONTHS — Yeast

Fermentation with yeast, which lasts 6 months and lays the foundations of the whole process.

2nd — 6 MONTHS — Acetic acid

Fermentation with acetic acid bacteria for another 6 months, refining the compounds obtained and increasing nutrient bioavailability.

3rd — 6 MONTHS — Lactic acid

Fermentation with lactic acid bacteria, also for 6 months, to optimise the production of bioactive compounds.

4th — FINAL STAGE — Chelate and symbiosis

A composite enzyme chelate together with patented symbiosis technology, which stabilises and enhances the efficacy of the final product.



VIDEO · THE SCIENCE

Fermented enzymes: what are they and how do they work?

youtu.be/IPqlAAadjZs

ikigen · the origin

The origin *of kōso fasting*

***Kampo* (漢方)** is Japan's traditional medicine: it came from China around fifteen centuries ago and Japan gradually made it its own. Today it sits alongside modern medicine: doctors prescribe it and public health insurance covers 148 formulas. In that same country, along another path, the 20th century gave rise to techniques that join traditional fermentation with modern methods: that is where the fermented plant drinks on this page come from.

酵素

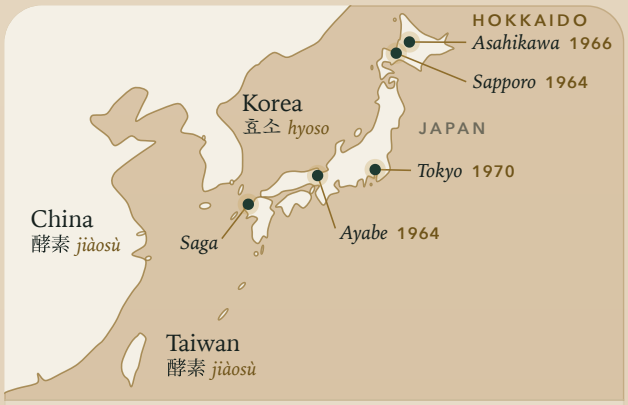
kōso

Fermentation is older than any country, but few cultures have cared for it as much as Japan's. And kōso fasting was not born in the 2010s: that is when the fashion arrived. The story is longer, and we tell it to you as it is, with no embellishment.

The one we know best begins in Hokkaido, Japan's northern island. By his own account decades later, in the late 1920s a boy from a farming village began fermenting plants and fruit, and in the summer of 1931 he tried that liquid on himself. He was neither a doctor nor a university scientist: people called him "the street scientist".

By the late 1950s, that Hokkaido house was already selling its ferment. And in 1964 a health house opened in Sapporo where guests set meals aside and took only kōso. Doctors soon joined in —among them a dentist with a medical doctorate from Sapporo— and fasting dōjō were born in Ayabe, near Kyoto, in Asahikawa and in Tokyo. By 1968 Japanese magazines were already writing *kōso danjiki* (酵素断食): "kōso fasting".

It was not the only strand: in a small temple in Saga, in the south of Japan, another "kōso fasting society" followed its own path, with fruit ferment, warm compresses and baths.



TODAY, THE WORD TRAVELS ACROSS EAST ASIA

Taiwan	Written the same way, 酵素 (*jiàosù*), and fermented at home.
Korea	Read *hyoso* (효소), and some people fast on it one week a year.
China	The drink has become popular, and it is explained with ideas from Traditional Chinese Medicine.

THE TIMELINE

8TH CENTURY
Koji, in writing
Japan's first record of sake made with rice koji.

LATE 1920s
A boy from Hokkaido
He begins fermenting plants and fruit in his village; in 1931, by his own account, he tries it for the first time.

1957
The ferment, on sale
The Hokkaido house sells it in 1.8 litre bottles (the date is the house's own).

1964
The Sapporo house
The first health house where people fast on kōso alone, with doctors alongside.

1964-1970
The fasting dōjō
Ayabe, near Kyoto (1964); Asahikawa (1966) and Tokyo (1970).

1968
Kōso danjiki
"Kōso fasting" (酵素断食) can already be read in Japanese magazines.

1980s TO 2010s
The word crosses Asia
Taiwan, from the 1980s; Korea, around 2012–2013; China, from 2014. And in Japan, the big wave: the fashion.

TODAY
ikigen
Kōso fasting combined with modern naturopathy: we tell you about it on the next page.

Map and timeline: our own work. 1931 and 1957 are dates from the house's own account; the rest are documented in publications of the period.

ikigen · our philosophy

Our philosophy *and your intention*

We take up that tradition with respect and join it to modern naturopathy. Remember: the tools amplify; the intention is yours.

TODAY · ikigen

Kōso fasting combined with the naturopathic tradition: first the gut and then the liver and gallbladder

- Warm water
- Belly massage
- Movement
- Rest
- Enemas
- Gradual return to food

WHAT KŌSO IS · 酵素

Kōso means “enzyme” in Japanese: its characters are “ferment” and “element”.

Fruit, vegetables, herbs, mushrooms and seaweed are covered in sugar, which draws out their juices; then yeasts and lactic bacteria ferment them for months or years. The name comes from the enzymes that do that work.

“Kōso” is the traditional name for these drinks: we value them for their fermentation, not as a medicine.

OUR PHILOSOPHY

“Cleansing is not only *about clearing out the physical.”*

Our tools are powerful, and they are designed for that moment in your life when you want to create a change. But we cannot solve a problem from the same environment that created it.

The body is, above all, a system in constant communication, and it speaks to us through what we feel.

It is a holistic process: it works when you are ready to change on every level, because cleansing is not only about clearing out the physical. There are no magic pills, and no cleanse that fixes everything forever.

And it is an invitation to listen: to notice what changes in your energy, your digestion, your sleep and your clarity.

This is a way of life, and every time we cleanse the body we get to know ourselves more deeply.

BEFORE YOU START

Set your *intention*

The most important part of this process is the intention, and intention is amplified by the tools.

- *What do you want?*
- *What are you going to stop giving your energy to?*

And if you have any questions, ask us: hola@bionobo.com

ikigen · expectations

Expectations *vs reality*

Should I expect to feel unwell? Possibly, though not always. This is a deep process. It does not only mobilise accumulated toxins – it also interrupts patterns the body is used to: coffee, sugar, carbohydrates, stimuli that in many cases carry a degree of dependence. When they stop, the body reacts.

PERSONAL COMMITMENT

A calm and committed approach

If you wish to remove a large amount of accumulated waste in your first cleanse, it is important to follow each step of our guide carefully, including the enemas.

The success of your detox depends on keeping to a diet based mainly on fresh, organic foods and choosing a relaxed, stress-free lifestyle. With a calm and committed approach, the benefits for your health and well-being will be evident.

Set aside 4 days (rhythm A) just for you · p. 15

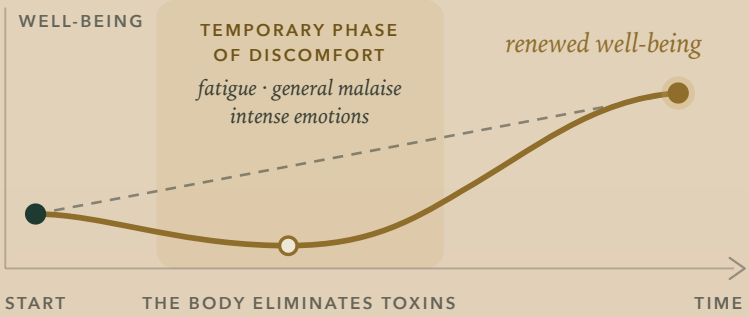
SIDE EFFECTS

Discomfort is part of the process

As the body eliminates toxins, you may experience some discomfort such as fatigue, general malaise or intense emotions. These symptoms are a natural part of the detox process, especially when releasing toxins accumulated over years of poor eating habits and exposure to harmful substances.

It is important to be prepared for the possibility of going through this temporary phase of discomfort, knowing that it is part of the path to renewed well-being.

THE REAL PATH OF A DETOX



There are no magic pills.

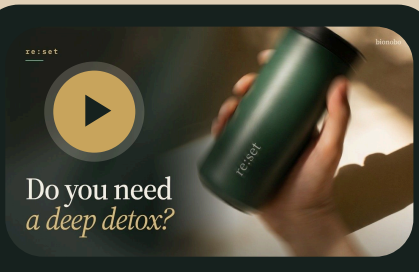
Cleansing and clearing out, both physically and energetically, after seasons or years in which we haven't done it, is no bed of roses. You need to know this, although it is the most comfortable way we have found to do it. Many times there will be discomfort, and you have to be ready for it.

YOU MAY NOTICE

- *tiredness*
- *some gas*
- *a sense of emptiness*
- *passing bloating*
- *headache*
- *a greater need for rest*

Occasionally, though not usually, these can be more intense for a day or two. It is not a failure: the body is letting go not only of physical load, but of what has been held for years – toxins, but also tension, memory and, in many cases, emotional content – especially when hepatic flow is activated.

The point is not to avoid it but to accompany it: give yourself space, breathe deeply, slow down and, above all, **respect the integration phase afterwards.**



VIDEO

Do you need a deep detox?

youtu.be/HMzeYe5DoBc

self-assessment · 1 of 2

Am I ready?
your degree of toxicity

Degree of accumulated toxicity. This self-assessment will help you understand your level of toxicity, adjust your habits and optimise the detox process. In ikigen, your level sets how long you prepare with food (pp. 16–17).

1 **Where are you today?** Read each row and tick the description closest to you.

2 **Your level** The column where you collect the most ticks is your degree of toxicity.

3 **What to do at your level** Follow the preparation plan in that same column.

1 This is you if…	LEVEL 1 Low toxicity	LEVEL 2 Medium toxicity	LEVEL 3 High toxicity
INTESTINAL HEALTH	○ No serious adverse symptoms, allergies, gas, etc.	○ Heartburn, diarrhoea, constipation and similar discomforts.	○ SIBO, dysbiosis, candidiasis, intestinal parasites, etc.
NUTRITION	○ Organic food, experience with fasting and diets.	○ Non-organic food, pesticides, hormones, antibiotics, no previous diets or fasting.	○ Processed foods, alcohol, tobacco, coffee, sugar, pesticides, hormones, antibiotics, etc.
ENERGY LEVELS	○ No chronic fatigue.	○ Mild chronic fatigue.	○ Severe chronic fatigue.
PHYSICAL CONDITION	○ Daily physical activity.	○ A lifestyle with little physical activity.	○ Sedentary life, no physical activity.
3 What to do	↓ YOUR PLAN	↓ YOUR PLAN	↓ YOUR PLAN
HOW LONG TO PREPARE (1 square = 1 day)	1–3 days before	3–5 days before	2 weeks before
PRE-DETOX DIET	Avoid heavy processed foods, meat, legumes and nuts.	Cut down on your daily coffee and gluten, gradually reducing the amount as far as you can.	Progressively eliminate toxic substances such as alcohol, tobacco, processed foods, sugar…
HABITS	Introduce raw vegetable juices and foods rich in digestive enzymes.	Choose organic products free of pesticides, antibiotics and hormones.	Build healthy habits such as daily exercise and a healthier diet.

2 Self-assessment 2 of 2 Where to start, based on your experience: p. 11 CONTINUE →

self-assessment · 2 of 2

Where are you starting from?
your experience and your route

Not every body starts at the same point. Find yourself below, and begin there rather than where you would like to be.

1 **Your degree of toxicity**
Page 10 tells you how much to prepare. P. 10

2 **Your experience**
This page: where to start, and in which rhythm. HERE

PROFILE 1

Beginner

You have never done a cleanse, detox protocol or fast.

GOAL

Get things moving. Many people start here, and most do not have good transit: that is exactly what phase 1 is for.

TOOLS

alcalina or shila:jit daily (ki:wami, if you like), and clean food. If you are really blocked, stay here and only on these until you are going to the toilet reasonably – not perfectly, just reasonably. Do not move on before that.

YOUR ROUTE IN ikigen

- Phase 1 — until transit is reasonable
- re:set — with its release
- be:liver — later on

D THE GENTLEST · P. 12

PROFILE 2

Some experience

You have done something before and want to get ready.

GOAL

Build on it. You have some experience with cleaner eating or short fasts, transit more or less works, and you want to prepare properly.

TOOLS

ki:wami daily together with the minerals, working towards the re:set kit. Set aside time both before and for the days after.

YOUR ROUTE IN ikigen

- Phase 1 — ki:wami with the minerals
- re:set — with its release
- One day of fasting — with ki:wami, or days of eating
- be:liver — with the exit already open

B *or* D P. 12

PROFILE 3

Fully ready

You have fasted before and the routes are open.

GOAL

Release. You have done fasts or cleanses before, transit is good and the exit is genuinely open: it is time to mobilise bile flow and the liver.

TOOLS

The full sequence, re:set and then be:liver, with ki:wami in the preparation and on the release days. Expect a physical and emotional process, and protect the integration days that follow.

YOUR ROUTE IN ikigen

- re:set — day 1 · release on day 2
- be:liver — day 3 · release on day 4

A BACK TO BACK · P. 12

Already at ease with fasting? Fast between the two with ki:wami: one day (B, the most effective one) or several (C).

If you are unsure between two profiles, choose the one with less experience (the one on the left). No one has ever regretted preparing the ground too much.

your rhythm · the pause

Choose your rhythm *between re:set and be:liver*

What decides the result is not the pause. It is whether the exit is open. Choose the rhythm that truly fits your life, not the one that sounds most ambitious: a back-to-back protocol done halfway, under stress and with no time, achieves less than two separate ones done calmly.

A — 4 DAYS — standard

Back to back
the one most people follow

DAY 1	DAY 2	DAY 3	DAY 4
re:set	release	be:liver	release

48 h on the kits, over 4 days: each kit in its window and, in between, the release day. It is the standard when the exit is already open (profile 3, p. 11). Despite the low intake, there is enough nourishment from the enzymes and fibre.

Day 2: liquids only and, on top, ki:wami. Day by day: p. 2.

B — 5 DAYS — most effective

One day of fasting
between the two

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
re:set	release	*fast*	be:liver	release

It boosts the effect much more. Between the release and be:liver, a day of fasting with ki:wami: you give the colon longer to empty before the liver starts sending more down.

Day 3: liquids only and ki:wami. That fasting day is already your night before (p. 17).

C or D — *"The separate ones can include food, and you can also fast between the two; fasting with ki:wami is very interesting."*

C — DAYS IN BETWEEN

Separate
fasting in between

DAY 1	DAY 2	SEVERAL DAYS	DAY X	DAY X + 1
re:set	release	*fast*	be:liver	release

Several days between the two kits without eating: liquids only and ki:wami, as in "Extend the fast" (p. 51). be:liver, whenever you decide.

In between: liquids only and ki:wami. The last fasting day is your night before.

D — DAYS OR WEEKS — gentlest

Separate
eating in between

DAY 1	DAY 2	SEVERAL DAYS	DAY X	DAY X + 1
re:set	release	*food*	be:liver	release

The gentlest option, the one with the least effect. Days, a week or two weekends in between: go back to eating via the ladder (p. 50) and repeat the night before (p. 17) ahead of be:liver.

In between: light, clean food, with no processed food, fried food or seed oils, and ki:wami.

While you fast (release days, day 3 of B, the days of C): warm water, infusions, green juices and broths, **always made from things with no protein or fat** – strained vegetable broth; no bones or meat. And, on top, ki:wami: 2 to 4 servings of 30 ml a day.

And when you finish, you can always keep fasting: with enzymes (ki:wami), with shila:jit, with water… They will keep boosting the effect. *"Keeping up the fast for several days with ki:wami is impressive."* For example: re:set → be:liver → several days of fasting (p. 51).

THE RULE FOR MOVING ON

No bowel movement after re:set, no be:liver yet

If you have not had a bowel movement by the end of day 2: a warm water enema and be:liver one day later. **You move to rhythm B:** the extra day is a fasting day with ki:wami. Step by step: p. 34.

be:liver on its own is possible if there is already good digestive mobility, but it will always be more effective after re:set (the be:liver guide is in the guides library). This guide follows the full order.

phase 1 · start here

Phase 1
activate and remineralise

Activation, movement and mineral balance. Take conscious hold of the body and prepare it for what follows. You can spend weeks or months in phase 1: that is not a delay, it is the protocol working.



alcalina — FULVIC BIOMINERALS · IN DROPS

or



shila:jit — GOLDEN GRADE · HIMALAYA

Clean food
Introduce clean, nutrient-dense food.

Fulvic minerals daily
alcalina or shila:jit. How to use them: p. 53.

ki:wami, if you like
Optionally, accompany it with ki:wami enzymes. Dosage: p. 16.

Probiotics and juices
Natural probiotics – kefir, kimchi, sauerkraut – and cold-pressed juices.

Watch what changes
In your energy, your digestion and your mental clarity.

The biominerals
What they are and what they offer: p. 54.

IDEALLY A WEEK OR A FEW DAYS BEFORE

Remineralise and check the exit

Ideally you have had a week or at least a few days of this: alcalina or shila:jit several times a day to build mineral reserves before a cleanse draws on them. Clean, dense food.

Are you going to the toilet properly and regularly?

YES **Carry on:** the countdown, p. 15.

NO **Stay in phase 1** until you are.

Dairy. Kefir does have a place in these phase 1 weeks, and it comes back on the ladder (p. 50). In the last days of preparation, reduce and then eliminate dairy (p. 16).

getting started

When is the best time *to start ikigen?*

The best time can be after periods of excess such as holidays, travel or stress. But you don't need to wait for something to go wrong: it is also ideal at the start of a new cycle, when you are planning changes in your life, when you want to raise your energy and well-being, or when you have become aware that you want to start something different.

MOMENT 1

After a period of excess

parties · travel · stress

MOMENT 2

At the start of a new cycle



- changes in your life
- more energy and well-being
- starting something different

One protocol per change of season.

SET ASIDE THE TIME

4 days

48 h on the kits, over 4 days.

Set aside 4 days (rhythm A) just for yourself, for complete rest and relaxation (p. 15). Other rhythms: p. 12.

BEFORE DAY 1 · NOT IN THE BOX

What you need *besides the kit*

Things that don't come in the box and that you should buy before you start. Ideally, have your own enema bag, so you can learn to use this tool and always have it with you.

"We know enemas can look complicated, but they are an incredible tool."



FOR THE WATER

A liquid thermometer

To keep the water for each dose at **35–40 °C**, and the enema water at **36–38 °C**.



FOR THE ENEMAS

A 2 L enema bag

Good quality, with a **clamp** to open and close the flow of water.



NO BAG?

Colon hydrotherapy

Find a practitioner near you: it will do you a lot of good.



FOR THE INSPECTION

Strainer, gloves and chopsticks

To look at what comes out after each kit (pp. 29 and 45).



KIT DAYS

A thermos

For the whole day's warm water (p. 18).

ENEMA GUIDE · IN THE GUIDES LIBRARY

Warm water, with fulvic acid or with fulvic and organic coffee

All three options work well, always at **36–38 °C**. The basics with fulvic acid: **5 to 10 drops of alcalina per bag if you're starting out; 10 to 20 or more once you have experience**. How to do them during ikigen: pp. 32–33. To learn it in depth, go to the enema guide, in the guides library.

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

preparation · the countdown

The countdown *to day 1*

THE CONCEPT, IN ONE LINE

Enzymes work on whatever they find. Arrive with a full digestive tract and they will spend themselves digesting that recent food. Arrive light and they go to work on what actually matters: the old adhered matter, the biofilms, the plaque of years. The emptier the tract, the deeper the protocol reaches.

−7 · 7-5 DAYS BEFORE
Reduce coffee and stimulants
Cutting them on the day is the commonest cause of headache and fatigue.

−5 · 5-3 DAYS BEFORE
Anti-inflammatory eating
Out with ultra-processed food, added sugar, alcohol and fried food (p. 16).

−2 · 2 DAYS BEFORE
Go lighter
Liquids, vegetable broths and soft food: less volume and density (p. 17).

−1 · THE NIGHT BEFORE
Light, early dinner
Water, kit, doses lined up (p. 25) and alarms (p. 19), all ready.

re:set · DAY 1 · 09:00
Start ikigen
48 h on the kits, over 4 days (p. 2).

Food is adjusted to your level (p. 10): this countdown is the one for **level 2** (3–5 days); at **level 1**, start 1 to 3 days before, and at **level 3**, two weeks before. The coffee plan always starts **about 7 days before** if you drink coffee, so you reach zero 48 h before.

THE COFFEE PLAN

Reduce the amount, not the days

> *"If you don't give up coffee, you'll have a rough time. Better a rough couple of days before than all at once."*

2 cups	1 and ½	1	½	0
TO START	CUPS	CUP	CUP	48 H BEFORE

From two cups to one and a half, to one, to half; and **zero from 48 h before**, so the withdrawal peak lands before the protocol rather than during it. If it bites, two or three whole beans under the tongue take the edge off without going back to the cup.

TIP · RAW CEREMONIAL CACAO

Holds energy without the caffeine hit and eases the headache. Raw, unroasted and unsweetened: not supermarket chocolate or processed cocoa.

YOUR DIARY · RHYTHM A

Set aside 4 days

> *"This is a protocol you are going to have to be fully, fully committed to. You can't be doing other things or thinking about other things, at least if it is the first time you do it. It is 4 days."*

1. re:set for you
2. release at home
3. be:liver for you
4. release at home

Days 1 and 3, entirely for you. Days 2 and 4, at home and free of commitments: this is where the most significant elimination usually happens, so give them the whole day.

On rhythm B, set aside 5: day 3 is a fasting day with ki:wami (p. 12).



VIDEO · BEFORE YOU BEGIN

re:set | Essential expert tips before starting the protocol

youtu.be/eH0kcNj67x4

ikigen · preparation

Preparation *before the cleanse*

You can also prepare with ki:wami (optional). In the days before, you can take 2 to 4 servings of 30 ml of ki:wami a day: your body reaches the cleanse with the kōso enzymes already at work.

ADAPTING YOUR DIET

Lower the toxic load first

→ REDUCE AND REMOVE

- processed foods
- refined sugars
- dairy
- caffeine

+ INCREASE

- organic
- vegetables
- fruit

Reduce them first, then eliminate them: this lowers the toxic load on your digestive system and makes the cleanse smoother and more effective. Organic vegetables and fruit are rich in fibre, vitamins and minerals that support detoxification.

⚠ VERY IMPORTANT

Eliminate these habits

- × alcohol
- × tobacco
- × coffee
- × sugars

It is crucial to eliminate them completely during the cleanse: they introduce additional toxins and can interfere with detoxification, reducing its effectiveness. If you keep consuming any of them, your body's reaction may be uncomfortable:

- *headaches*
- *irritability*
- *extreme fatigue*
- *general malaise*

MOVEMENT

Light exercise and relaxation

LIGHT EXERCISE

- walking
- yoga
- stretching

RELAXATION

- meditation
- mindfulness

Light exercise before and during the cleanse stimulates lymphatic flow and circulation, and supports the elimination of toxins. Meditation or mindfulness will help you manage stress and focus on your inner healing process.

LISTEN TO YOUR BODY

Give it what it *really* asks for

SOMETIMES

- squats
- moving more

IF IT ASKS FOR IT

- sauna
- cold baths

Not cravings, like a chocolate in the middle of the afternoon, but what your body really asks for: light exercise and relaxation, and sometimes squats or moving more. The sauna and cold baths will do you good if your body asks for them and you can tell they are for you. **Go for it.**

DURING THE 24 HOURS

Your two windows: only the kit

During the 24 hours of each cleanse you can only consume the enzymes in the kit, formulated with nutritious ingredients that will keep hunger away. And warm water: **250 ml every 30 minutes** between doses (p. 18).

What you take within each one · full schedule: p. 21 and p. 36

re:set

09:00 DAY 1 → 09:00 DAY 2

re:load	re:lease	re:lax
10 SACHETS	6 BOTTLES	1 SACHET

be:liver

09:00 DAY 3 → 07:00 DAY 4 · RHYTHM A

sachets	be:vital	be:balance + be:nova
3 FORMULAS	30 ML	THE FLUSH

ⓘ The six be:liver formulas, one by one: p. 37. **Outside the two windows** (the preparation and the release and fasting days), ki:wami, as above. **On rhythm B**, be:liver moves to day 4; on C and D, to the day you choose (p. 12).

🕮 Here we cover preparation briefly; another guide goes much deeper into how to prepare: **the preparation guide, in the guides library**.

ikigen · preparation

Pre-detox diet
based on your experience

Do you have experience with fasting and detox?

Yes

EXPERIENCED IN FASTING AND DETOX

1 to 3 days of fresh juices



Juice only for 1 to 3 days before you start

If you are already familiar with fasting, you can opt for 1 to 3 days of fresh juices before starting the cleanse. Any combination of juices will work wonderfully.

THESE MAY BE A GREAT HELP

- spirulina
- chlorella

JUICES WITH

- beetroot
- apple
- carrot

No

IF YOU ARE NEW TO FASTING

Eat lightly the day before



Light meals the day before the cleanse

THIS MAY BE ENOUGH

- ✓ organic salad
- ✓ juice
- ✓ soup

AVOID WHAT IS HARDEST TO DIGEST

- × meat
- × legumes
- × nuts

Skip heavy processed foods too: they all take longer to digest, which can reduce your results. Low-protein meals are the easiest to digest and will ease the cleansing process.

NO JUICER?

ki:wami in the water, all day

Simplest of all: drink water steadily through the day, with ki:wami (how much: p. 16). Never above 40 °C: heat deactivates it.

THE NIGHT BEFORE

Light, early dinner

If you can, liquids only from mid-afternoon. Have the water and the kit ready.

Before be:liver (p. 12): on **rhythm B**, the ki:wami fasting day is already your day before; on **C**, the last fasting day; on **D**, repeat the night before.

Your level and your days before

From your self-assessment · p. 10

- LEVEL 1 — 1–3 days
- LEVEL 2 — 3–5 days
- LEVEL 3 — 2 weeks

water and dosage

Water quality *and temperature*

Every dose is mixed with warm water and, between doses, you drink another 250 ml every 30 minutes. That is why choosing the right water, and keeping it at the right temperature, matters so much: it determines how well the enzymes work.

WHICH WATER — THREE OPTIONS

Choose any one of the three

OPTION 1
Structured water, or water straight from nature
Spring water, for example.

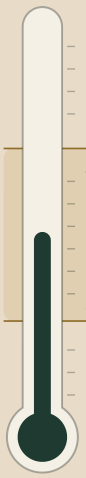
OPTION 2
Filtered water
Reverse osmosis or any other filter.

OPTION 3
Mineral water
Any bottled water.

× Never unfiltered tap water

TEMPERATURE

Between 35 °C and 40 °C



Too hot
May degrade the enzymes and compromise the effectiveness of the process.

40 °C

Optimal range
The enzymes work at their best.

35 °C

Too cold
May affect their performance.

Prepare it in advance. Check with the liquid thermometer that it is between 35 and 40 °C (p. 14) and keep it in a thermos flask: that way it stays at the ideal temperature throughout the cleanse. **ki:wami, never above 40 °C either:** heat deactivates it.

ADDITIONAL WATER

250 ml every 30 minutes

After each dose, drink 250 ml of warm water every 30 minutes to stay hydrated and support healthy digestion. Make sure it does not exceed 40 °C: hydration is key, as it helps eliminate toxins and optimises your body's function.



Dose
warm water + that hour's dose

Water
250 ml warm water, no hotter than 40 °C

Next dose
at the time shown in the schedule

MIND THE AMOUNT

On be:liver, 200 to 250 ml per dose

200 ml	**At 09:00 and at 15:30**: the be:smooth dose and the be:nourish dose.
250 ml	**All other doses** and the half-hourly warm water. On re:set, every dose takes 250 ml.
21:30	**The flush has no water:** shake very, very well, drink it in one go, then to bed.

MANY PEOPLE ASK US

Is this water only for the protocol?

No: these water options are for your everyday life. If you have invested in doing a protocol and you are still drinking low-quality water… think of water as one of the most important nutrients we take. Making conscious changes means choosing better water from now on. It is not just the water we recommend for this, but for everything.

before you begin · alarms

Your alarms *in ikigen*

Following the timing of each dose is essential for the best results. Scan your codes and set up the alarms in a moment: **they are the same alarms as in each kit's guide**, one set for re:set and another for be:liver.

iPhone

SHORTCUTS · CLOCK APP

Scan or tap it, then tap **"Get Shortcut"** and **"Add Shortcut"**. The first time, tap **"Allow"**.

re:set DAYS 1 AND 2

"bionobo re:set alarms"

- **"Detox day"** 14 alarms
- **"Next morning"** 09:00

be:liver DAYS 3 AND 4 · RHYTHM A

"bionobo be:liver alarms"

- **"Cleanse day"** 13 alarms
- **"Next morning"** 06:00 and 07:00

Android

CALENDAR ALERTS

Works on any phone: pick the date and add every dose to your calendar, each with its own alert.

re:set alarms

- Enter the date of your **day 1**
- Includes the 09:00 dose on day 2

be:liver alarms

- Enter your be:liver date: **day 3** on rhythm A, day 4 on B; on C and D, the one you choose
- Adds the 4 be:vital alerts

WHEN TO SET THEM · ON EACH RHYTHM

The sequence, step by step

ⓘ **On iPhone the alarms have no date:** they ring the next time that hour comes round. That is why each set is programmed just after the time given in each step.

1	The night before day 1 after **21:30**	re:set → "Detox day"	**14 alarms** for day 1, from 09:00 to 21:30
2	Day 1 after **09:00**	re:set → "Next morning"	**09:00 on day 2**: re:lease, and re:lax if you didn't take it
3	The night before be:liver after **21:35** · (A) day 2 (B) day 3	be:liver → "Cleanse day"	**13 alarms** for your be:liver day, from 09:00 to 21:35; only if you have already evacuated (p. 34)
4	Your be:liver day after **07:00** · (A) day 3 (B) day 4	be:liver → "Next morning"	**06:00 and 07:00 the next day**: be:smooth and be:nourish
5	The day after after **07:00** · (A) day 4 (B) day 5	Delete them all in the Clock app	**be:vital, 1 a day, 4 days** (days 4–7 on rhythm A): on iPhone, no alarm; Android alerts you on its own

Rhythms C and D (p. 12): the same sequence, counting from the day you choose for be:liver; steps 1 and 2 do not change on any rhythm. **On Android**, open the re:set page and enter the date of day 1; then open the be:liver page and enter your day.

IF YOU CHANGE THE DAY

Delete and set them again

If you postpone be:liver, on iPhone delete its alarms in the Clock app and open the shortcut again the night before the new day, after 21:35. On Android, pick the new date on its page and delete the old alerts.

Need to split re:set over two days? Write to us (hola@bionobo.com) and we'll help you split it (p. 58).

MISSED A SACHET

Simply carry on

Nothing happens if you miss one or the timing slips. Pick the rhythm back up and continue.

On be:liver, the flush (be:balance + be:nova) is always the last dose of the day: if you have had to space out the sachets, take it about 3–5 h after the last one.

Between doses, **250 ml of warm water every 30 minutes.** The day after be:liver, after 07:00, delete them all in the Clock app.

phase 2 of ikigen

Open the exit first; then move what sits above it.

DAY 1	re:set · the gut	09:00 to 21:30, dose by dose
DAY 2	Release day	Fasting, with ki:wami on top
THEN	be:liver, in your rhythm	Rhythm A, B, C or D · p. 12



III

PART III · DAYS 1 AND 2

re:set *the gut*

Once the body has recovered movement, begin the deep intestinal cleanse with re:set, the 24-hour protocol, and on day 2, the release. This phase releases, and prepares the ground for be:liver.

THE NIGHT BEFORE DAY 1

Light, early dinner — IF YOU CAN, LIQUIDS ONLY FROM MID-AFTERNOON — 17

Your alarms, set — IPHONE OR ANDROID · IN ONE TAP — 19

Your doses, lined up — THE 10 SACHETS IN ORDER · re:lease BESIDE THEM — 25

Warm water in a thermos — BETWEEN 35 AND 40 °C — 18

DAY 1 · re:set

The 24-hour protocol — SUMMARY · ALARMS IN ONE TAP — 21

What's inside the kit — FOUR PIECES · ONE DOSE — 22

How to mix — SHAKER · DOSAGE VIDEO — 23

Massage and movement — 13:00 AND 20:00 · MOVE THE LYMPH — 24

Morning schedule — 09:00 - 12:00 — 25

Afternoon schedule — 12:30 - 17:30 — 26

Night schedule — 18:00 - 21:30 — 27

DAY 2 · RELEASE

Next morning — 09:00 · RELEASE DAY — 28

Evacuation and inspection — TOOLS AND PROCEDURE — 29

Analysis and self-assessment — RED · GREEN · BLACK · PALE — 30

Enemas — WARM WATER, FULVIC OR FULVIC AND COFFEE · STEPS — 32

Before be:liver — IS THE EXIT OPEN? · YOUR RHYTHM — 34

re:set · day 1 · summary

The 24-hour *protocol*

During the 24-hour cleanse you will only consume the enzymes included in the kit, made with nutritious ingredients that keep you hunger-free throughout the day. For the rest times between doses, see the detailed hourly schedules (pp. 25–28).

Each dose is mixed with **250 ml of warm water** (35–40 °C). Between doses, **250 ml every 30 minutes**.

ALARMS IN ONE TAP · how to use it: p. 19

Activate the alarms on your phone

iPhone · Clock alarms | Android · Calendar alerts

TIME	warm water 250 ml	re:load 10 SACHETS	re:lease 6 × 30 ml	re:lax 1 SACHET	NOTES
Morning 09:00 - 12:00					
09:00	250 ml	+ 1 re:load			
09:30	250 ml warm water				
10:00	250 ml	+ 2 re:load			
10:30	250 ml warm water				
11:00	250 ml	+ 3 re:load			
11:30	250 ml warm water				
12:00	250 ml	+ 4 re:load	+ 30 ml re:lease		
Afternoon 12:30 - 17:30					
12:30	250 ml warm water				
13:00	Belly massage				
14:00	250 ml	+ 5 re:load	+ 30 ml re:lease		
14:30	250 ml warm water				
15:00	250 ml	+ 6 re:load			
15:30	250 ml warm water				
16:00	Walk · movement · yoga · stretching				
17:00	250 ml	+ 7 re:load	+ 30 ml re:lease		
17:30	250 ml warm water				
Night 18:00 - 21:30					
18:00	250 ml	+ 8 re:load	+ 30 ml re:lease		
18:30	250 ml warm water				
19:00	250 ml	+ 9 re:load	+ 30 ml re:lease		
19:30	250 ml warm water				
20:00	Belly massage				
21:00	250 ml	+ 10 re:load			
21:30	250 ml			+ 1 sachet	HAVE YOU EVACUATED? NO take it now / YES next morning, 09:00
	Go to sleep right after the last dose, as calm and relaxed as possible				
Day 2					
09:00	250 ml		+ 30 ml re:lease	+ 1 sachet	re:lax only if you did not take it last night.

10 re:load sachets 09:00 to 21:00	6 re:lease · 30 ml 5 on day 1 · 1 on day 2	2 belly massages 13:00 and 20:00	1 walk 16:00	1 re:lax sachet 21:30 or next morning

re:set · the kit

What's inside *the re:set kit?*

Four pieces for a single day. The re:load sachets are numbered from 1 to 10, so every dose has its own sachet and its own time. What you need besides the kit: p. 14.



1 FOR MIXING
shaker
350 ml

Shake each dose vigorously, then drink it at once: it thickens if left to stand.



10 STEP 1
re:load
sachets · 12 g

Numbered sachets, one per dose: from no. 1 at 09:00 to no. 10 at 21:00.



6 STEP 2
re:lease
bottles · 30 ml

Five doses on the day of the cleanse and the sixth the next morning.



1 STEP 3
re:lax
sachet · 5 g

At 21:30, only if you have not evacuated; if you already have, the next morning.

anatomy of a dose

From 09:00 to 21:00, in each of the 10 doses on the schedule (p. 21)

250 ml warm water 35–40 °C · which water: p. 18
+
1 re:load sachet the number for that hour
+
30 ml of re:lease only at the marked doses
→
Shake hard in the shaker, vigorously
→
Drink straight away it thickens if it stands

re:set · each dose

How to mix *each dose*



MIXING

How to mix the enzymes

It is essential to mix each dose properly with water. Gentle stirring is not enough: it takes real vigour to disperse the enzymes evenly through the liquid. The kit includes a shaker so you can mix them properly.

It is important to **drink the enzyme solution immediately**, as soon as it is well mixed with water. The mixture tends to thicken quickly if left to stand, which makes it harder to swallow.

Set your alarms: **p. 19** · and line up your doses the night before (p. 25).

IN THE SHAKER, AT EVERY DOSE

250 ml warm water + **1 re:load** sachet + **30 ml re:lease** at the marked doses

Shake hard with real vigour → **Drink straight away** right after mixing

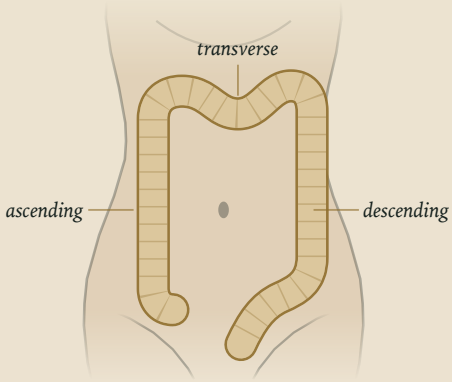
If it stands, it thickens harder to drink



re:set · abdominal massage

Massage your belly *and move the lymph*

THE LARGE INTESTINE



13:00 · afternoon

20:00 · night

BELLY MASSAGE

Getting things moving

During the detox you'll do two abdominal massages to help release the toxins accumulated in the large intestine. They also loosen stuck mucus and optimise the whole process.

How to do it: **follow the video tutorial** below, with simple steps for the abdominal massage.

When: **at 13:00 and at 20:00**, within the afternoon and night schedules (pp. 26–27).

You can also use a massage gun to help you, very gently.

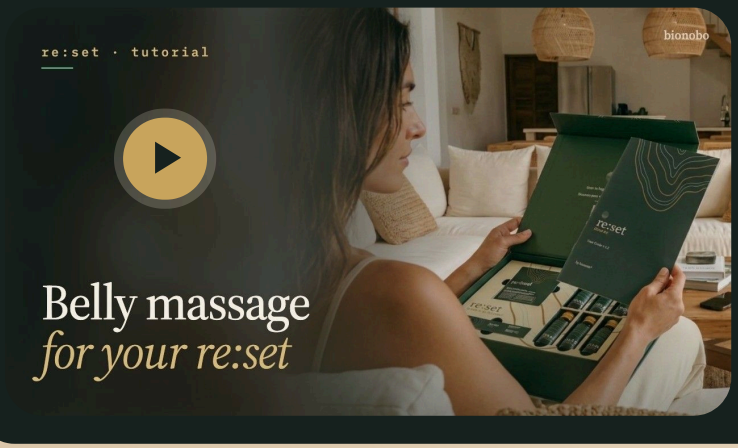
THAT DAY

Move the lymph, *then rest*

On the re:set day, moving the lymph helps open the elimination routes. Choose whatever you have to hand and do it gently.

Plenty of water	Rebounder	Sauna	Drainage massage	Walk gently
250 ml every 30 min	gentle bouncing	if you have access	lymphatic	the 16:00 walk

And rest: if the body asks you to stop, stop.



VIDEO TUTORIAL

Belly massage for the re:set detox protocol

youtu.be/5I0U1K812ic

day 1 · schedule

Morning schedule
09:00 – 12:00

YOUR 10 re:load SACHETS

1 2 3 4 — MORNING
5 6 7 — AFTERNOON
8 9 10 — NIGHT

TIME	warm water 250 ml	re:load SACHETS 1-4	re:lease 1 × 30 ml	re:lax 21:30	NOTES
Morning 09:00 - 12:00					
09:00	250 ml	+ 1 re:load	•	•	First dose: shake hard
09:30	250 ml warm water				
10:00	250 ml	+ 2 re:load	•	•	
10:30	250 ml warm water				
11:00	250 ml	+ 3 re:load	•	•	
11:30	250 ml warm water				
12:00	250 ml	+ 4 re:load	+ **30 ml** re:lease	•	First dose of re:lease

TIP · THE NIGHT BEFORE

Line up *your doses*

The night before (or in the morning), set out all your doses in a row on a table or tray, in order and numbered: each re:load sachet with its number and, where it applies, the re:lease bottle beside it. Then there is nothing to think about all day: **the alarm goes off, you take the next one in line, and that's it.**







day 1 · schedule

Afternoon schedule
12:30 – 17:30

YOUR 10 re:load SACHETS

1 2 3 4 | 5 6 7 | 8 9 10
MORNING | AFTERNOON | NIGHT

TIME	warm water 250 ml	re:load SACHETS 5-7	re:lease 2 × 30 ml	re:lax 21:30	NOTES
Afternoon 12:30 - 17:30					
12:30	250 ml warm water				
13:00	Belly massage				Technique and video: p. 24
14:00	250 ml	+ 5 re:load	+ 30 ml re:lease		
14:30	250 ml warm water				
15:00	250 ml	+ 6 re:load			
15:30	250 ml warm water				
16:00	Walk · movement · yoga · stretching				
17:00	250 ml	+ 7 re:load	+ 30 ml re:lease		
17:30	250 ml warm water				

13:00 · BELLY MASSAGE

To move what is stuck

Abdominal massage makes it easier to eliminate the toxins accumulated in the large intestine, helps release stuck mucus and optimises the whole process. Technique and video tutorial on p. 24.

16:00 · MOVEMENT

A walk, gentle movement, yoga or stretching

Light exercise helps stimulate lymphatic flow and circulation, supporting the process of eliminating toxins.



This afternoon, **2 × 30 ml of re:lease**: at 14:00 and at 17:00, with sachets 5 and 7.

Between doses, **250 ml of warm water every 30 minutes**, never above 40 °C.

day 1 · schedule

Night schedule
18:00 – 21:30

YOUR 10 re:load SACHETS

MORNING				AFTERNOON			NIGHT		
1	2	3	4	5	6	7	8	9	10

TIME	warm water 250 ml	re:load SACHETS 8-10	re:lease 2 × 30 ml	re:lax 1 SACHET	NOTES
Night 18:00 - 21:30					
18:00	250 ml	+ 8 re:load	+ **30 ml** re:lease		
18:30	250 ml warm water				
19:00	250 ml	+ 9 re:load	+ **30 ml** re:lease		
19:30	250 ml warm water				
20:00	Belly massage				Technique and video: p. 24
21:00	250 ml	+ 10 re:load			Last re:load sachet
21:30	250 ml			+ 1 sachet	EVACUATED YET? NO take it now / YES tomorrow at 09:00

Off to bed right after the last dose, as calm and relaxed as possible

21:30 Have you evacuated yet?

NO

Take it now

250 ml of warm water + 1 re:lax sachet, then off to bed.

YES

Wait for morning

09:00

You'll take it at 09:00 on day 2 (p. 28).



BEDTIME

Right after the last dose

Go to sleep right after taking the last dose and try to stay as calm and relaxed as possible. Some people feel the need to evacuate in the last hours of the day or during the night; most commonly, evacuation begins the next day.

Rest is part of the protocol.

day 2 · at 09:00

Next morning *and release day*

If you didn't take the re:lax sachet last night, you can take it now.

	TIME	warm water 250 ml	re:load ALL TAKEN	re:lease THE 6TH · 30 ml	re:lax 1 SACHET	NOTES
Day 2	09:00	250 ml	•	+ 30 ml re:lease	+ 1 sachet	re:lax only if you didn't take it last night.

AT A GLANCE

When does evacuation happen?

the usual — if it takes longer

THAT NIGHT
Some people
evacuate that same night.

THE NEXT DAY
Most people
evacuate the next day.
MOST COMMON

AT 11:30
Still nothing?
Try drinking **300 ml** of warm water.

END OF THE DAY
Don't worry
It is usually eliminated within the next **24 hours**.

AFTER 48 HOURS
If it takes longer
Still no bowel movement? A warm water enema can help (pp. 32–33).

THE REST OF DAY 2

Release day *give it the whole day*

This is the day most people underestimate, and where the most significant elimination usually happens. If you can, clear the whole day.

ki:wami: 30 ml in quality water, **never above 40 °C**.

Liquids only. Quality water, infusions, green juices and strained vegetable broth, with no protein or fat: no bone or meat broth. Nothing solid and no coffee.

ki:wami on top. While you fast, in addition to the liquids and now outside the kit window: 2 to 4 servings of 30 ml a day.

Rest. No plans and no exertion: let the body do its work. And there may be an emotional release: that is also part of the process (p. 48).

In the morning or the afternoon, an enema, at 36–38 °C: warm water, with fulvic acid (5 to 10 drops of alcalina per bag if you're starting out; 10 to 20 or more once you have experience), or with fulvic and organic coffee (pp. 32–33).

Let the night pass. Tomorrow, depending on your rhythm (p. 12): **A**, be:liver; **B** and **C**, fasting with ki:wami; **D**, you go back to eating via the ladder (p. 50).

INSPECTION

Observe what you eliminate

With a strainer, gloves and chopsticks: the procedure is on p. 29.

TONIGHT

Before you schedule be:liver

Check that the exit is open: p. 34. If you still haven't evacuated, a warm water enema and be:liver one day later: you move to rhythm B.

evacuation · mission accomplished

Evacuation *and inspection*

Observing what you eliminate helps you become aware of the toxic load that has built up in your body. The mucus you expel – a gummy, gelatinous film – can come in different colours, shapes and textures; below you will see what each colour indicates.

INSPECTION TOOLS

- Strainer or basket
- Gloves
- Chopsticks

INSPECTION PROCEDURE

1. **Collect**
   Place a strainer or colander inside the toilet bowl to collect the build-up.
2. **Spread it out**
   Wearing gloves, spread it out on a flat surface.
3. **Observe and take note**
   Note the differences in size, texture and colouring.

THE COLOUR CHART



RED MUCUS

Red

indicates a build-up of toxins in the gut

Dark red; sticky and viscous, from soft and pliable to hard and brittle.

→ DETAILS ON P. 30



GREEN MUCUS

Green

indicates an overgrowth of certain bacteria

Sticky, slimy, often foul-smelling and jelly-like in appearance.

→ DETAILS ON P. 30



BLACK MUCUS

Black

one of the oldest layers

Dark: waste trapped in the lining of the colon over time.

→ DETAILS ON P. 31



PALE MUCUS

Pale

undigested particles and mucus

From thin and fibrous to thick and tar-like; usually slippery.

→ DETAILS ON P. 31

OBSERVATION IS PART OF THE PROCESS

toxicity levels in the body

Analysis *and self-assessment*

Red P. 30
Green P. 30
Black P. 31
Pale P. 31



RED MUCUS

Red · *indicates a build-up of toxins in the gut*

WHERE IT COMES FROM

This colouring is due to a build-up of toxins in the gut. These toxins can come from a variety of sources, such as a diet high in processed and refined foods, exposure to environmental toxins such as pesticides and heavy metals, and a lack of exercise or of a healthy lifestyle in general.

WHAT IT LOOKS LIKE

Although its shade can vary, as a rule it is a dark red. It is a sticky, viscous substance whose texture can range from soft and pliable to hard and brittle. This build-up is a common problem that can lead to a variety of conditions, such as digestive problems, bloating and poor absorption of nutrients.

HOW IT FORMS

When these toxins accumulate in the intestines, they can react with the intestinal lining and form a protective layer of mucus. Over time, this mucus can become thick and sticky, trapping more toxins and preventing proper absorption of nutrients, which can lead to chronic inflammation and other problems.



GREEN MUCUS

Green · *indicates an overgrowth of certain bacteria*

WHY IT IS GREEN

The green colour of this mucus is mainly attributed to an overgrowth of certain bacteria. When the good bacteria in the gut are outnumbered by the bad ones, the resulting shift in balance can create a hostile environment. This leads to an overproduction of mucus, and the bacteria present in it may contribute to its characteristic green colour.

WHAT IT LOOKS LIKE

It is usually sticky, slimy and often foul-smelling, with a jelly-like appearance caused mainly by the accumulation of toxins, debris and waste matter that cling to the walls of the intestines, which can be directly related to inflammation, constipation and poor absorption of nutrients.

WHAT IT MAY INDICATE

Many people with excess green mucus tend to be more vulnerable to harmful bacteria and viruses, which can increase the risk of various health problems, such as irritable bowel syndrome, chronic fatigue syndrome and even autoimmune disorders.

analysis · black and pale mucus

Analysis *and self-assessment*

Red P. 30
Green P. 30
Black P. 31
Pale P. 31



BLACK MUCUS

Black · *one of the oldest layers*

WHAT IT IS

Black mucus is one of the oldest layers that can remain trapped in our intestines for a long time. It is dark in colour because of the toxins and waste materials that have become trapped in the lining of the colon over time. This build-up of waste can cause various health problems, such as constipation, diarrhoea, bloating and abdominal pain in the worst cases.

WHY IT IS BLACK

The black colour of mucoid plaque – the layered mucus described on these pages – is due to the presence of significant amounts of oxidised bile pigments. These pigments are produced by the liver and secreted into bile, which is stored in the gallbladder and released into the small intestine when fat is present.

WHEN IT DARKENS

Under normal circumstances, these pigments are excreted in the faeces and give them their brown colour. However, when waste builds up in the colon, the bile pigments can become trapped and oxidised, which is what gives them their dark colour.



PALE MUCUS

Pale · *undigested particles and mucus*

WHAT IT IS

This build-up is the result of undigested food particles, waste material and mucus that can adhere to the walls of the intestinal tract. The consistency of mucoid plaque can range from thin and fibrous to thick and tar-like, and it is usually quite slippery. When we eat foods that are difficult to digest, or foods that are processed or contain toxins, our body naturally produces more mucus.

WHY IT IS PALE

Mucus acts as a protective barrier, preventing harmful substances from entering the bloodstream. That is why, when it mixes with other waste materials in the intestines, it can give the plaque a pale colour.

IF IT LOOKS YELLOWISH

The colour can also vary depending on how dehydrated the body is. When we are dehydrated, the plaque may take on a more yellowish colour.

release days · enemas

Enemas
a step many people skip

It makes a big difference. We know it is something new, that you haven't done it before, and that it can create resistance in you because you want to do it perfectly. It doesn't matter. Just give it a go and learn: it is a tool.

It is not essential for it to work, but it is for you to get the most out of it.

Enemas – with warm water, with fulvic acid, or with fulvic acid and organic coffee – **are done at the end of each cleanse to help remove residual toxins**, helping them to be evacuated and leaving you with a feeling of lightness; with fulvic acid, heavy metals and biofilms too. **In ikigen they belong on the two release days: the afternoon or evening of day 2 and of day 4.** On those days you can do as many as you wish – never on the be:liver day – as the water helps to release the areas where toxins may be retained.

WHEN TO DO THEM · RHYTHM A

DAY 1	DAY 2	DAY 3	DAY 4
re:set	*afternoon or evening*	never	*afternoon or evening*
the 24-hour cleanse	the night after re:set	be:liver: it is the night of the flush	after the be:liver release

RHYTHMS B, C AND D · P. 12
The same: the afternoon or evening of each release day; **never on the be:liver day**. If you stay on liquids or keep fasting after the last release, you can repeat it **2-3 days later**.

WHAT DO YOU NEED?

- **2 L bag** with a flow clamp (p. 14)
- **alcalina** Fulvic and humic acid minerals
- **Quality water** spring, filtered or mineral (p. 18). **Always at 36-38 °C**
- **A soft surface** to lie on your side

THE ENEMA WATER, ALWAYS AT 36-38 °C · THREE OPTIONS THAT WORK WELL

OPTION 1
Warm water
Just quality water. It is the one for day 2 if you have not evacuated yet (p. 34).

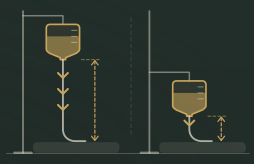
OPTION 2
With fulvic acid
Beginners: **5 to 10 drops** of alcalina per enema bag. Advanced: **10 to 20 or more**. Go little by little: you can build it up.

OPTION 3
Fulvic and organic coffee
The classic after be:liver, on its release day. How to prepare the coffee: in the enema guide.

Here we cover it briefly; we have an in-depth guide: the **enema guide**, in the guides library. Link on p. 33.

PREPARATION
Height sets the pressure

Find a stable support to hang the bag from: the higher you hang it, the greater the water pressure and the faster the liquid will flow into the bowel.



Higher
more pressure, faster

Lower
less pressure, more slowly

FIRST ENEMAS
Start with what feels comfortable

It is normal to feel some discomfort at first, especially with the initial sensation of the water coming in. To get used to it, you can start by introducing only as much water as you feel comfortable with (**between 300 ml and 700 ml**). With practice, the process will become easier and more effective.

Never done one? See p. 14: what you need and an alternative without a bag.

release days · enemas

Enemas *step by step*

To do an enema comfortably and safely, we recommend doing it **on the floor, on a mat covered with a towel**, preferably **near a wall where you can rest your feet up high**. This will help relax the abdomen and make it easier to hold the liquid in.

1 **Prepare the water**
Warm, at 36–38 °C, in one of the three options (p. 32). With fulvic acid: 5 to 10 drops of alcalina per bag if you're starting out; 10 to 20 or more once you have experience.

2 **Prepare your equipment**
The cannula, the enema bag and a lubricant (coconut oil).

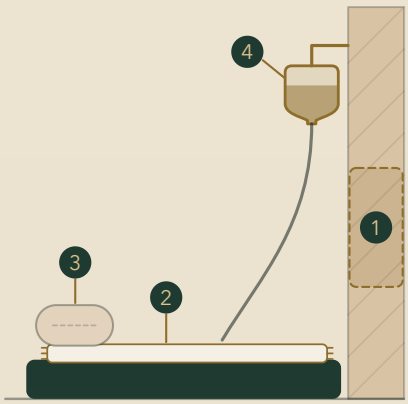
3 **Clamp the cannula and hold**
Once all the liquid has entered the colon, clamp the cannula, gently withdraw the tube and try to hold the liquid in for as long as you can.

4 **Repeat if you need to**
Once the liquid has been evacuated, you can repeat the process once or twice to expel more toxins.

5 **The longer, the better**
Keep the liquid in for as long as possible. If you can hold it for 3 to 5 minutes, the benefits will increase.

YOUR SPACE

On the floor, beside a wall

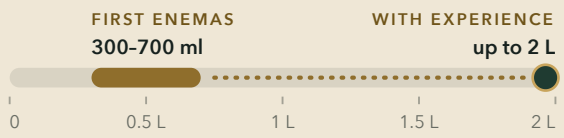


1. **Wall** · to rest your feet up high
2. **Mat** covered with a towel
3. **Pillow** or soft surface to lie on your side
4. **2 L bag**, hanging: height sets the pressure (p. 32)

PROGRESSION

Progression and maintenance

With experience, introducing up to 2 litres of water with fulvic acid will become much easier, allowing you to keep the liquid in the bowel for longer and achieve better results.



IF THE WATER STOPS FLOWING

Breathe deeply

Sometimes the flow of water may stop. This is usually due to the release of gas. Take a deep, relaxed breath: it can help to stimulate bowel movement and allow the water to keep flowing in.

AFTER THE PROTOCOLS

Enemas at home, *as maintenance*

You can keep the enema kit to hand and carry on with them: not only with fulvic acid, but also with **shila:jit** and with **organic coffee**.

ENEMA GUIDE

Here we cover it briefly; we have an in-depth guide, and we think it is important that you learn it: the enema guide, in the guides library.

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

day 2 · tonight

Before be:liver
is the exit open?

First the exit, then the liver. To cleanse the liver the way it deserves, you first have to **open the doors**: a clear gut. That is why re:set comes first: the liver does not eliminate to the outside, it depends on the intestine (p. 5). Before you schedule be:liver, there is just one check.

AT THE END OF DAY 2

Have you evacuated since re:set?

YES RHYTHM A · P. 12

The exit is open
be:liver, tomorrow

Carry on with day 3 just as you have planned it.

TONIGHT

- ✓ After 21:35, **set the be:liver alarms** (p. 19).
- ✓ **Line up the 14 doses** (p. 39).
- ✓ Tomorrow, before 21:30: **be:balance + be:nova and the shaker**, by the bed (p. 42).
- ✓ **Water and thermos**, ready.

NO RHYTHM B · P. 12

Not yet
be:liver, one day later

If by the end of the day you have not evacuated, make the day 2 enema **a warm-water one** (pp. 32–33) and **do not start be:liver tomorrow**: you move to rhythm B, with a day **of fasting with ki:wami** (p. 51) as your night before.

48 h Nothing to worry about: it can take up to 48 hours (p. 28).
Give the body time and quiet.

Have you already set the be:liver alarms? On iPhone, **delete them in the Clock app** and set them again the night before; on Android, **choose the new date** and delete the old alerts (p. 19).

If at the end of the fasting day you still have not evacuated, **repeat the warm-water enema**, postpone be:liver again (and its alarms) and write to us: **hola@bionobo.com**.

IF YOU SEPARATE THEM

Rhythms C and D

C **Fasting in between:** several days without eating, only liquids and **ki:wami** (p. 51). The last day of fasting is your night before.

D **Eating in between:** go back to eating via the ladder (p. 50), light, clean food, with no processed or fried foods and no seed oils. Before be:liver, repeat **the night before** (p. 17).

phase 3 of ikigen

With the exit already open, now the liver.

DAY 3 be:liver · the liver
09:00 to 21:35, dose by dose

DAY 4 Second release
06:00 and 07:00 · be:vital, days 4–7 on rhythm A

Days on rhythm A. On B, be:liver moves to day 4, after the fasting day with ki:wami; on C and D, whenever you decide (**p. 12**).



IV

PART IV · DAYS 3 AND 4

be:liver
the liver and the gallbladder

Complete the process: support the liver's natural filtration and encourage bile flow, helping to mobilise accumulated residue.

> *"The liver holds a lot of anger, grief, disappointment… all those things, as well as a lot of physical toxicity. It is an integral process: when we cleanse, there will be emotions and there will be difficulty. That is why you need to be present and very calm. It is a process, a gift to yourself."*

THE NIGHT BEFORE be:liver

Your be:liver alarms — 19
AFTER 21:35 · IPHONE OR ANDROID

Your 14-dose line-up — 39
IN A ROW, IN ORDER AND NUMBERED

be:balance + be:nova and the shaker — 43
TOMORROW, BEFORE 21:30 · BY THE BED

Warm water in a thermos — 18
BETWEEN 35 AND 40 °C

DAY 3 · be:liver

The 24-hour protocol — 36
SUMMARY · ALARMS IN ONE TAP

What's inside the kit — 37
THE SHAKER AND SIX FORMULAS

How to mix — 38
SHAKE HARD · THE FLUSH, NO WATER

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YOUR DOSE LINE-UP · VIDEO

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09:00 - 12:00

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12:30 - 17:30

Night schedule — 42
18:00 - 21:35

The flush — 43
21:30 · NIGHT CEREMONY

DAY 4 · SECOND RELEASE

Next morning — 44
06:00 AND 07:00 · be:vital DAYS 4-7

Evacuation and inspection — 45
TOOLS · WHEN DOES IT ARRIVE?

Analysis and self-assessment — 46
YELLOW · GREEN · GOLDEN

Analysis · part two — 47
BLACK · WHITE · AGATE

summary · day 3 · the cleanse

The 24-hour *protocol*

During the 24 hours of the cleanse you will only take the enzymes in the kit, formulated with nourishing ingredients that keep hunger at bay. For what happens between doses, see the detailed schedules (pp. 40–44).

From 09:00 to 18:00 and the next morning, each dose is mixed in the shaker with **warm water** (35–40 °C), followed by **250 ml of warm water every 30 minutes**. The 21:30 dose, the flush, has **no water**: shake very, very well, drink it in one go, then to bed.

ALARMS IN ONE TAP how to use it: p. 19
Activate the alarms on your phone

iPhone · Clock alarms | Android · Calendar alerts

	TIME	warm water 200-250 ml	be:smooth 4 sachets	be:zyme 6 sachets	be:vital 6 × 30 ml	be:nourish 2 sachets	be:balance + be:nova 2 × 120 ml
Morning 09:00 - 12:00	09:00	**200 ml**	+ be:smooth				
	09:30	250 ml of warm water · again at 10:30 and 11:30					
	10:00	250 ml	+ be:smooth	+ be:zyme			
	11:00	250 ml		+ be:zyme			
	12:00	250 ml		+ be:zyme			
Afternoon 12:30 - 17:30	12:30	250 ml of warm water · again at 13:30, 14:30, 16:30 and 17:30					
	13:00	250 ml			+ be:vital		
	14:00	250 ml		+ be:zyme			
	15:00	250 ml	+ be:smooth				
	15:30	**200 ml**				+ be:nourish	
	16:00	250 ml		+ be:zyme			
	17:00	250 ml		+ be:zyme			
Night 18:00 - 21:35	18:00	250 ml			+ be:vital		
	18:30	Rest until 21:00 · 250 ml of warm water every 30 minutes					
	21:30	LAST DOSE · THE FLUSH · NO WATER					together
		Standing by the bed: both bottles in the tightly closed shaker, shake for a full minute and drink it all at once					
	21:35	Go to sleep straight away · lie on your right side for 45 minutes					
Next day	06:00	250 ml	+ be:smooth				
	07:00	250 ml				+ be:nourish	

Days 4 to 7 × 4 — **1 bottle of be:vital a day** for the 4 days after the cleanse (days 4 to 7 on rhythm A), as a maintenance phase that supports the body's detoxification and balance

4 **be:smooth sachets** 09:00 · 10:00 · 15:00 and 06:00	6 **be:zyme sachets** from 10:00 to 17:00	6 **be:vital · 30 ml** 13:00 and 18:00 + 1 a day, days 4–7	2 **be:nourish sachets** 15:30 and 07:00	2 **be:balance + be:nova** together, at 21:30

⚠ **All in a single day**, stress-free. If you find it hard, you can space out the sachets; be:balance + be:nova about 3–5 h after the last one.

everything you need

What's inside *the be:liver kit?*

A shaker and six fermented-enzyme formulas. Every dose has its own product and its own time; four of the six be:vital bottles are for the 4 days that follow (days 4 to 7 on rhythm A). Besides the kit, you will need a thermometer and an enema bag (p. 14).



1 FOR MIXING

shaker

350 ml

Shake each dose hard and drink it straight away: the mix thickens if left to stand.



4 THE FIRST DOSE

be:smooth

sachets · 5 g

09:00, 10:00 and 15:00, and at 06:00 the next morning.



6 SIX DOSES

be:zyme

sachets · 10 g

10:00, 11:00, 12:00, 14:00, 16:00 and 17:00.



6 THE DAY AND AFTER

be:vital

bottles · 30 ml

13:00 and 18:00. The other 4, one a day for the next 4 days (days 4 to 7 on rhythm A).



2 AFTERNOON AND MORNING

be:nourish

sachets · 8 g

15:30, with 200 ml of water, and 07:00 the next morning.



1+1 THE FINAL DOSE

be:balance + be:nova

bottles · 120 ml

Together in the shaker at 21:30, standing by the bed: the flush.

anatomy of a dose

From 09:00 to 18:00 and the next morning

200–250 ml warm water 35–40 °C · type of water: p. 18 + **The product for that hour** a sachet or a be:vital bottle → **Shake hard** in the shaker, vigorously → **Drink straight away** it thickens if it stands → **Water every 30 min** 250 ml, never above 40 °C

mixing, dosage and alarms

How to mix *and set your alarms*

MIXING

How to mix the enzymes

It is essential to mix each dose properly with water. Shaking gently is not enough: it takes real vigour to disperse the enzymes evenly through the liquid. The kit comes with a shaker so you can mix them properly.

It is important to **drink the enzyme solution straight away**, as soon as it is well mixed with water. The mixture tends to thicken quickly if left to stand, which makes it hard to drink.

The last dose (21:30) is different: **be:balance + be:nova together**, in the tightly closed shaker (p. 43).

IN THE SHAKER, AT EVERY DOSE

200-250 ml
warm water · 35-40 °C

+

that hour's dose
1 sachet or 1 bottle
(at 10:00, 2 sachets)

Shake hard
with real vigour, until the enzymes disperse

Drink it straight away
as soon as it is well mixed

If it stands, it thickens
and becomes hard to drink

DURING THE DAY

You can drink more

You can drink more warm water or liquid enzymes throughout the detox day.

THE LAST DOSE · THE FLUSH

No water, all in one go

Shake both bottles together very, very well, until it emulsifies. Then, straight to bed.

ALARMS

Set them before you start

Set up these alarms in a moment, so you don't miss a single dose: following the timing of each dose is essential for the best results.

Set your alarms: p. 19

Morning 09:00 - 12:00

- 09:00 be:smooth
- 10:00 be:smooth + be:zyme
- 11:00 be:zyme
- 12:00 be:zyme

Afternoon 12:30 - 17:30

- 13:00 be:vital
- 14:00 be:zyme
- 15:00 be:smooth
- 15:30 be:nourish
- 16:00 be:zyme
- 17:00 be:zyme

Night 18:00 - 21:35

- 18:00 be:vital
- 21:30 **the flush** · be:balance + be:nova
- 21:35 straight to sleep · right side

Next day 06:00 - 07:00

- 06:00 be:smooth
- 07:00 be:nourish
- + 4 days be:vital, 1 a day for 4 days

On iPhone the alarms have no date: each one rings the next time its hour comes. When you finish your be:liver, delete them in the Clock app.

plan your day · video

Your day *step by step*

The suggested schedule is only a **guideline**. You can adjust when you start the detox process so it fits your routine and timetable better; if you do, bear in mind that the shortcut's alarms have fixed times (p. 19). What really helps is having everything ready before you begin.

HAVE ON HAND

- **The shaker** — 350 ml, for every dose — P. 37
- **The thermos** — warm water at 35-40 °C — P. 18
- **A thermometer** — for liquids — P. 14
- **Your alarms** — set beforehand — P. 19
- **be:balance + be:nova** — by the bed — P. 43

ORGANISING TIP

Line up your doses

The night before or in the morning, set out all your doses in a row on a table or a tray, in order and numbered (1, 2, 3…), each with the products for its time, one after another. That way there is nothing to think about during the day.

MORNING

1	2	3	4
09:00	10:00	11:00	12:00
be:smooth	be:smooth + be:zyme	be:zyme	be:zyme

AFTERNOON

5	6	7	8	9	10
13:00	14:00	15:00	15:30	16:00	17:00
be:vital	be:zyme	be:smooth	be:nourish	be:zyme	be:zyme

NIGHT

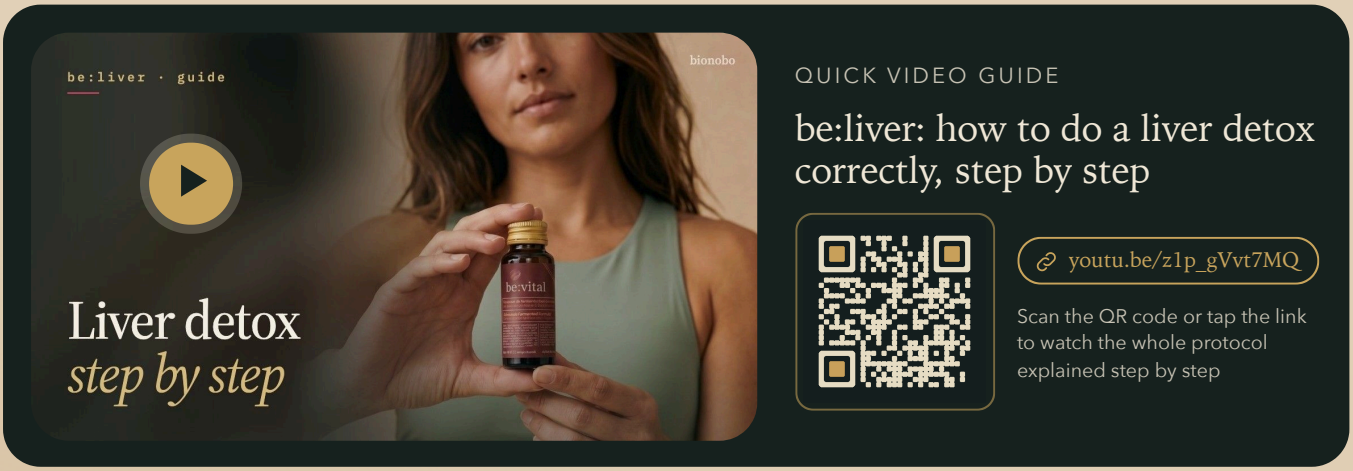
11	12
18:00	21:30
be:vital	be:balance + be:nova *by the bed*

NEXT DAY

13	14
06:00	07:00
be:smooth	be:nourish

DURING THE DAY

The alarm goes off → You pick up the next one (5) → And that's it



QUICK VIDEO GUIDE

be:liver: how to do a liver detox correctly, step by step

youtu.be/z1p_gVvt7MQ

Scan the QR code or tap the link to watch the whole protocol explained step by step

day 3 · schedule

Morning schedule
09:00 – 12:00

YOUR KIT, PHASE BY PHASE



MORNING | AFTERNOON | NIGHT

TIME	warm water 200-250 ml	be:smooth 2 sachets	be:zyme 3 sachets	be:vital –	be:nourish –	be:balance + be:nova –
Morning 09:00 - 12:00						
09:00	200 ml	+ be:smooth				
09:30	250 ml of warm water					
10:00	250 ml	+ be:smooth	+ be:zyme			
10:30	250 ml of warm water					
11:00	250 ml		+ be:zyme			
11:30	250 ml of warm water					
12:00	250 ml		+ be:zyme			

It is important to follow the amounts. But if for any reason you need to dilute them more or split them up, you can. These are the directions for the best way of doing it, and you can adjust them. **Don't be rigid: everything can always be adjusted.**

BEFORE YOUR FIRST DOSE · WHAT YOU NEED TO KNOW

IF IT IS HARD TO FINISH

Space out the sachets, not the flush

If it is hard to finish because of some discomfort, a headache or even nausea, try spacing out the enzyme sachets. Even so, the release drink (be:balance + be:nova) should be taken approximately **3 to 5 hours after the last sachet**.

LAST SACHET — 3 – 5 h (approximately) → THE FLUSH

A SINGLE DAY

Start to finish, in one day

This detox process must be completed in a single day: follow the schedule dose by dose, from 09:00 to 21:35.

A STRESS-FREE DAY

Clear your calendar

Keep the day as stress-free as possible. Set aside at least 48 hours of personal space, today and tomorrow (p. 15).

GO AT YOUR OWN PACE

Your body works *with its own intelligence*

Listen to your body and respect your own pace throughout this deep cleanse. Moments of discomfort or less pleasant sensations may arise; they are a natural part of the internal adjustment taking place. Keep the bigger picture in mind before and during each dose, remembering that your body works with its own intelligence. Every step, even the most demanding, helps restore balance and inner harmony.

day 3 · schedule

Afternoon schedule
12:30 – 17:30

YOUR KIT, PHASE BY PHASE



MORNING · AFTERNOON · NIGHT

Afternoon 12:30 - 17:30

TIME	warm water 200-250 ml	be:smooth 1 sachet	be:zyme 3 sachets	be:vital 1 × 30 ml	be:nourish 1 sachet	be:balance + be:nova –
12:30	250 ml of warm water					
13:00	250 ml	•	•	+ be:vital	•	•
13:30	250 ml of warm water					
14:00	250 ml	•	+ be:zyme	•	•	•
14:30	250 ml of warm water					
15:00	250 ml	+ be:smooth	•	•	•	•
15:30	**200 ml**	•	•	•	+ be:nourish	•
16:00	250 ml	•	+ be:zyme	•	•	•
16:30	250 ml of warm water					
17:00	250 ml	•	+ be:zyme	•	•	•
17:30	250 ml of warm water					

REMINDER

Use the shaker

Mixing each dose properly with water is essential. Shaking gently is not enough: you need to **shake vigorously**. The kit includes a cup/shaker so you can mix the enzymes properly.

REMINDER

Water temperature

Enzymes work most effectively in warm water, **between 35 °C and 40 °C**. Keep in mind that water that is too hot will damage the enzymes.

MIND THE AMOUNT



200 ml

At 09:00 and at 15:30: the be:smooth dose and the be:nourish dose.



250 ml

All other doses up to 18:00 and both next-morning doses, plus the half-hourly warm water. The 21:30 dose is taken without water (p. 43).

day 3 · schedule

Night schedule
18:00 – 21:35

YOUR KIT, PHASE BY PHASE

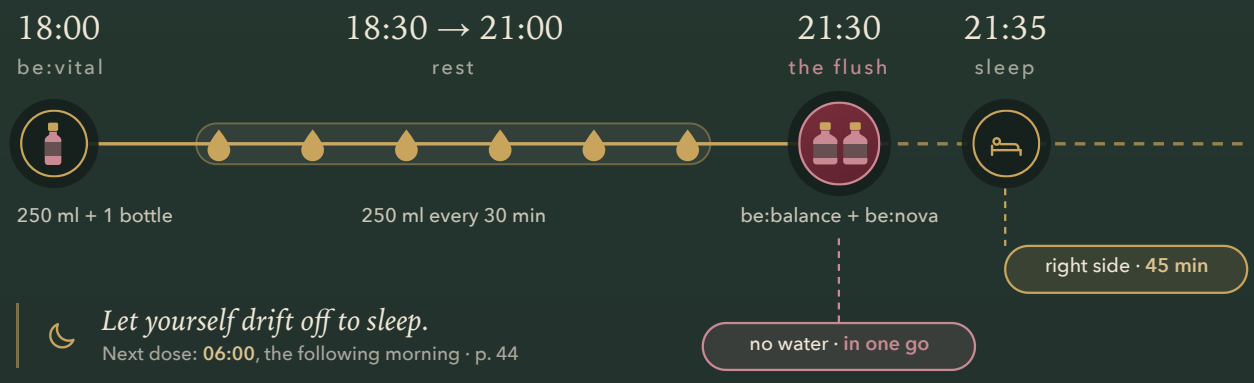
MORNING · AFTERNOON · NIGHT

TIME	warm water 250 ml	be:smooth –	be:zyme –	be:vital 1 × 30 ml	be:nourish –	be:balance + be:nova 2 × 120 ml
Night 18:00 - 21:35	18:00 250 ml			+ be:vital		
	18:30 Rest until 21:00 · 250 ml of warm water every 30 minutes					
	21:30 LAST DOSE · THE FLUSH					together
	Standing by the bed: both bottles in the tightly closed shaker, shake for 1 full minute and drink it all at once					
	21:35 Sleep immediately · lie on your right side for 45 minutes					

AT A GLANCE

Your night, hour by hour

The times, exactly as the schedule sets them



Let yourself drift off to sleep.
Next dose: **06:00**, the following morning · p. 44

REST · 18:30 - 21:00

Rest and keep hydrating

250 ml of warm water every 30 minutes, never above 40 °C. You can drink more warm water throughout the detox day.

PREPARE THE FLUSH

Everything by the bed

The two 120 ml bottles (be:balance and be:nova) and the shaker, ready by the bed. The ceremony, step by step, on p. 43.

very important · 21:30

The flush
the night ceremony

The last dose of the day: be:balance and be:nova, together in the shaker, standing by the bed.

VERY IMPORTANT · NIGHT CEREMONY

The flush, step by step

21:30

1 → 2 → 3

Combine and shake

Standing next to the be:balance and be:nova bottles in the **tightly closed** shaker. Shake **very, very well**, vigorously, for **a full minute**, until it emulsifies and both components are perfectly blended.

Drink it all at once

In one go, without pausing.

be:balance + be:nova
2 × 120 ml bottles

Right side · 45 min

Next, lie on your **right side for 45 minutes**, allowing the internal release process to begin naturally and progressively. Let yourself drift off to sleep.

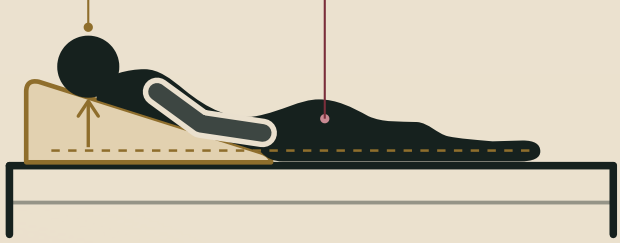
Don't force anything. Allow your body to work quietly, with its own intelligence, while you rest deeply.

THE POSITION

Right side, head slightly raised

HEAD AND SHOULDERS
slightly above the level of your feet

RIGHT SIDE · 45 MIN
straight after the dose



ⓘ Slightly raising your head and shoulders above the level of your feet may **help prevent reflux**.

LAST DOSE

How to take it

With a straw?
Although it can be done, it is not the best option. Some people prefer it. The best way is to drink it in one go.

Both bottles, together
The contents of each bottle should be taken together, well mixed.

Another container?
Pour the contents of both bottles into a glass jar with an airtight lid and follow the same steps.

The flush, no water: shake both bottles together very, very well, until it emulsifies, and drink it all in one go. Then, straight to bed (p. 38).

day 4 · second release

Day 4 · next morning
and the 4 days of be:vital

WHAT'S LEFT OF THE KIT



06:00 · 07:00 — DAYS 4-7

	TIME	warm water 250 ml	be:smooth 1 sachet	be:zyme –	be:vital 4 × 30 ml	be:nourish 1 sachet	be:balance + be:nova –
Next day 06:00 - 07:00	06:00	250 ml	+ be:smooth	•	•	•	•
	07:00	250 ml	•	•	•	+ be:nourish	•

Days 4 to 7 — 1 A DAY — × 4



The remaining 4 bottles of be:vital, 1 a day during the 4 days after the cleanse (days 4 to 7 on rhythm A; 5 to 8 on B), as a maintenance phase and to support your body's detoxification and balancing process. The Android alerts remind you; on iPhone, make it a habit.

IF YOU WISH

Gentle massage, stretching and rest

You can give yourself a gentle abdominal massage, stretch and rest: anything that helps your body enter a state of presence and relaxation. You can also use a massage gun to help you, very gently.

Belly massage, technique and video: **p. 24**

AT NOON

Light meals

At noon you can start introducing light meals, to help sweep away and eliminate the waste released by the liver:

1. green juices or juiced vegetables → 2. very light broths → 3. kefir and bone broth

THEN steamed vegetables, low-sugar fruits and fibre-rich foods.

This is the order of the ladder (**p. 50**). The broths on step 2, vegetable only; on step 3, protein comes back. Would you rather stay on liquids or keep fasting? **Pp. 49 and 51**.

ikigen · DAY 4

Second release day

What the liver mobilised now comes down and out. And there may be an emotional release: that is also part of the process (p. 48).

AFTER 07:00

Delete the alarms

All of them, in the Clock app (p. 19). From now on, ki:wami: **2 to 4 servings of 30 ml a day** (p. 16).

THROUGH THE AFTERNOON

The release

It does not usually arrive the next morning: most often it arrives in the afternoon (p. 45).

IN THE MORNING OR AFTERNOON

An enema

At 36-38 °C: with warm water, with fulvic acid (5 to 10 drops of alcalina per bag if you're starting out; 10 to 20 or more once you have experience) or with fulvic acid and organic coffee (pp. 32-33).

We have an in-depth guide, and we think it is important that you learn it: **the enema guide**, in the guides library:

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

evacuation · mission accomplished

Evacuation *and inspection*

Observing what your body eliminates after the detox is essential: it offers valuable insight into how your body is doing. Review the expelled material with attention and presence, in a calm frame of mind, free of judgement or rigid expectations, with the help of a few specific tools.

INSPECTION TOOLS

- Strainer or basket
- Gloves
- Chopsticks

RELEASE DURING THE LIVER CLEANSE

WHAT YOU ARE SEEING

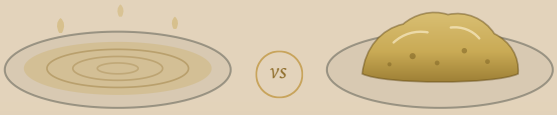
The release has begun

Seeing structures that look like **fat fragments or gallstones** indicates that the liver has mobilised deposits that had been building up for some time.

The results are **not always uniform**: they may appear in different shapes, colours or textures, and this too is part of the natural diversity of every body.

CONSISTENCY

Not like an Epsom salt cleanse



OTHER METHODS
Epsom salts
Diarrhoea-like evacuation

be:liver
Denser
Similar to yellowish mud

WHEN DOES IT ARRIVE?

21:30 · THE NIGHT
The flush
The last dose: the release formula, be:balance + be:nova.

THE NEXT MORNING
Usually, not yet
Toxic matter is not usually eliminated the next morning.

THROUGH THE AFTERNOON
The most common
The expulsion usually comes later, over the course of the afternoon.

ⓘ If the **first release** already looks like this yellowish mud, those gallstones were released **even before the last dose**, the release formula you take at 21:30.

BE PATIENT
There is no rush
Bowel movements happen when your body is ready: transit time is unique to each person. If you need help or support, write to our team.

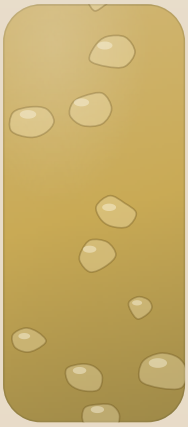
hola@bionobo.com

toxicity levels in the body

Analysis *and self-assessment*

THIS PAGE P. 46
Yellow
Green
Golden

NEXT P. 47
Black
White
Agate



TYPE 1 · YELLOW

Soft yellow particles

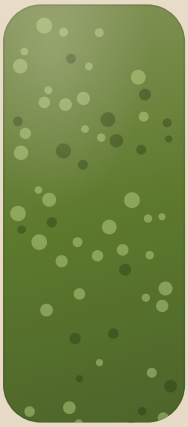
hepatic fat packets

WHAT IT IS

Soft, yellow particles formed by accumulations of hepatic fat, also known as liver lipid packets. They represent fatty deposits that the liver has stored in response to metabolic overload, inflammation or difficulty processing fats.

WHAT IT INDICATES

When these particles appear, it usually indicates that the liver is **releasing accumulated fat**, a process especially relevant in cases of functional or subclinical fatty liver.



TYPE 2 · GREEN

Bright green granular material

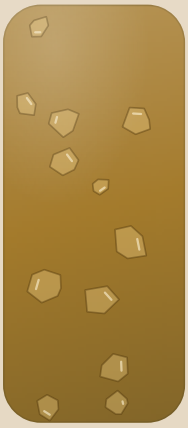
precursor to gallstones

WHAT IT IS

Bright green granular material with a soft texture, considered a stage that precedes the formation of gallstones. It is released from the bile ducts, where bile may have thickened or stagnated over time.

WHAT IT INDICATES

The liver and gallbladder have begun to **mobilise retained bile**, before it hardens and forms more compact stones. It is an early sign of release and is usually seen in first cleanses or in people with mild or moderate biliary overload.



TYPE 3 · GOLDEN

Slightly hardened golden granules

congested / alcoholic liver

WHAT IT IS

Golden granules, somewhat firmer to the touch. They are associated with a liver that has been under prolonged toxic overload, not only from alcohol but also from medication, chemicals or metabolic stress.

WHAT IT INDICATES

They reflect areas where bile and waste have been concentrating, starting a process of compaction. Their release indicates that the liver is **reopening blocked drainage routes**.

analysis · stones and crystals

Analysis *and self-assessment*

PREVIOUS P. 46
Yellow
Green
Golden

THIS PAGE P. 47
Black
White
Agate



TYPE 4 · BLACK

Black particles the size of sesame seeds

gallstones

WHAT IT IS

Small, black, slightly hard formations, comparable in size to a sesame seed. They are considered consolidated gallstones, formed after long periods of biliary stagnation.

WHAT IT INDICATES

Their expulsion is a clear sign that the cleansing process has reached **deeper layers** of the hepatobiliary system.

APPROXIMATE ACTUAL SIZE



TYPE 5 · WHITE

White crystalline fragments

biliary crystals

WHAT IT IS

White, crystalline and translucent pieces that look like shards of glass. They are known as biliary crystals, a mineralised phase of waste that can precede or accompany the formation of stones.

WHAT IT INDICATES

Their presence indicates **highly concentrated bile** that is finally being mobilised.



TYPE 6 · AGATE

Agate-coloured granules

old crystallised clots

WHAT IT IS

Soft, agate-coloured granules associated with old crystallised residues, such as microclots or fibrotic material.

WHAT IT RELATES TO

They are **symbolically** related to past inflammatory processes, surgical interventions or old injuries.

WITHOUT JUDGEMENT OR RIGID EXPECTATIONS

after ikigen · benefits

What sensations *might I experience?*

At the end of the protocol: what many people describe in the short and the long term.

IN THE HOURS AND DAYS THAT FOLLOW

Lightness and clarity

Many people describe a clear sense of **internal relief** and **lightness**, both physical and mental, especially in the abdomen. It is common to notice more **mental clarity**, **more restorative rest** and a general feeling that a weight has been lifted from the body, physically and emotionally.

IN THE MEDIUM AND LONG TERM

Lighter digestion

With the intestine and then the liver supported, many people notice better **digestive tolerance**, less **heaviness after meals** and **steadier energy** throughout the day. The body usually responds with a sense of **order and stability** and a closer connection with its own signals.

OTHER SENSATIONS

Calm and emotional clarity

Many clients describe a deep **calm**, as if the body were entering a state of greater internal coherence. It often shows on the outside too: the **skin** may look more radiant, **digestion** quieter and the **body** lighter in its overall functioning.

WHAT PEOPLE DESCRIBE MOST

- Lightness — PHYSICAL AND MENTAL
- More restorative rest — THE DAYS THAT FOLLOW
- Mental clarity — THE DAYS THAT FOLLOW
- Lighter digestion — MEDIUM AND LONG TERM
- Steadier energy — THROUGHOUT THE DAY
- Calm — INTERNAL COHERENCE

IN SHORT

What many people notice reaches well beyond the immediate: ikigen is not only an act of physical care, but also a deep commitment to your mental and emotional well-being.

THE EMOTIONAL SIDE TOO

Feeling *wakes up*

Give your body what it asks for: rest, feeling what we did not want to feel. Above all, observe. Observe.

If you notice more. Some tiredness, more sensitivity or emotions stirring in the days that follow are also part of the process. What may come up and how to support it: **p. 9**.

There may be an emotional release: a greater capacity to express your emotions, feeling more sensitive. It is a way of gradually letting go of what was also trapped emotionally. Embrace it and understand it.

Not all of the first sensations may be what we would call good or pleasant, but they are part of the process. What we feel as bad is, quite simply, our ability to feel waking up.

after ikigen · integration

Post-detox diet *two options*

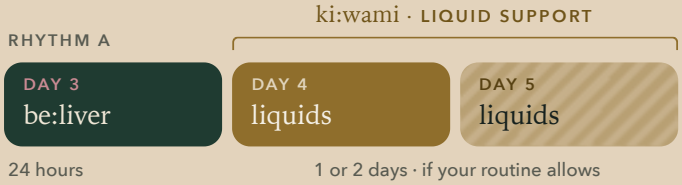
Two ways to carry on after be:liver. Both end the same way: **when you go back to eating, do it in steps**: first green juices or juiced vegetables, then very light vegetable broths and then kefir and bone broth (**p. 50**).

OPTION 1

Liquid diet, 1 or 2 days

To keep supporting your body and consolidate the benefits of the liver cleanse, you can opt, **if your routine allows, for a phase of liquid nutrition lasting 1 or 2 days**. This approach helps to reduce the digestive load and allows the liver to keep reorganising and draining waste naturally.

During this period, using **ki:wami as liquid support** makes for a smooth transition, providing vitality and accompanying your internal processes without interfering with the cleansing already under way. By staying on liquids, the body can sustain states of internal recycling and deep cleansing. In this order: **green juices, vegetable broths and then kefir and bone broth**.



OPTION 2

Keep fasting

If you want to keep fasting: only liquids with no protein or fat and, on top, **2 to 4 servings of 30 ml of ki:wami a day** instead of food, together with alcalina and shila:jit.

ki:wami · alcalina · shila:jit

→ How to do it: p. 51

RECIPE BOOK

For before and after the protocol

In the guides library (coming soon).

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

MINDFUL HYDRATION

Hot or warm water

After a liver cleanse, mindful hydration becomes especially important. Drinking hot or warm water helps to relax the digestive system, encourages internal flow and supports the body as it readjusts, without any abrupt stimulation.

LIQUID NUTRITION

Raw juices and ki:wami

Raw fruit and vegetable juices, as well as ki:wami, are excellent allies at this stage: they provide nutrients in an easily assimilated form, without overloading the liver or the bowel. This liquid nutrition encourages gentle cleansing and keeps new waste from building up while the body finishes integrating the process.

HERBAL TEAS AND BROTHS

Especially beneficial

Vegetable broths offer minerals and comforting compounds, providing nutritional support and a sense of grounding without demanding much digestive effort. **While fasting, no protein or fat**: no bone or meat broth.

ORGANIC

Care for what you reintroduce

By choosing organic, you minimise your exposure to pesticides and chemicals that could be counterproductive to your newly restored digestive balance.

Here we only talk about maintenance with our products. It is worth supporting it with more things: other foods, supplements, where to buy them, recipes. We cover all of that in **the diet guide**, coming soon to the guides library.

after ikigen · eating again

Breaking the fast *the ladder*

The step almost everyone rushes. It applies at the end of ikigen and also after re:set if you separate the kits and eat in between (rhythm D, **p. 12**). On rhythms B and C, you keep fasting between the two kits, with ki:wami.

THE TIP THAT MAKES THE DIFFERENCE

As long as no protein, fat or solid food enters, the work keeps going. The enzymes keep acting and the body keeps cleansing. If you can extend it a few hours more – or a whole day – on just water, infusions, green juices, vegetable broths and, on top, ki:wami, the protocol reaches considerably further (ki:wami: 2 to 4 servings of 30 ml a day, p. 51).

The moment you take the first food containing protein or fat – on the ladder, step 3 – the process closes and reintroduction begins. **It is not a mistake: it is a decision.** Make it deliberately.

THE LADDER, IN ORDER

When you decide to break, do it in steps. Each one can last a few hours or half a day, depending on how you feel.

STEP 1

Green juices or juiced vegetables

Best cold-pressed: they are gentle and carry living enzymes.

COLD-PRESSED JUICE WITHOUT A PRESS

- **Blender + cloth bag.** Blend the vegetables with a little water and strain through a nut-milk bag, muslin or a clean cloth, squeezing well. It is the closest thing to a cold press, and it does not oxidise.
- **Grate and squeeze.** For carrot or beetroot: grate finely and wring through a cloth. Laborious but excellent.
- **Centrifugal juicer.** Fine, though it oxidises more. Drink it immediately.
- **Nothing at all?** Strained vegetable broth and infusions do the job perfectly.

STEP 2

Very light vegetable broths

Warm and well strained. **No protein or fat:** not bone broth yet; that comes at step 3.

STEP 3

Kefir and bone broth

Now fermented and with protein: this is where protein comes back and the fast ends. Kefir, as alive as possible: raw-milk kefir fermented at home, where it is legal and available (maximum probiotic load); if not, a commercial one. Bone broth, warm and well strained.

STEP 4

Soft protein and steamed vegetables

Fish before meat. Steamed pumpkin, sweet potato, courgette. Small quantities, well chewed.

ALWAYS

Accompany with ferments

Sauerkraut, kimchi, natto or live pickles at every meal of the reintroduction. This is when the gut is most receptive. They must be **unpasteurised**: supermarket ones are usually pasteurised and no longer carry living bacteria.

"There is no prize for rushing back."

Introduce food when you want to, step by step, or extend the fast for as long as you are comfortable (**p. 51**).

after ikigen · optional

Extend the fast *and boost its effects*

If you can hold out one or several more days without eating after ikigen, the enzymes will keep working. It is the best way to boost their effects.

HOW TO DO IT

1 **ki:wami instead of food**
2 to 4 servings of 30 ml a day, spread through the day, on top of your liquids: water, infusions, green juices and vegetable broths.

2 **Pair it with alcalina and shila:jit**
The biominerals support your body while you fast (how to use them: p. 53).

3 **Warm water and rest**
Keep drinking warm water between servings, move gently and listen to your body.

"Keeping up the fast for several days with ki:wami is impressive."

WHILE YOU EXTEND IT

Liquids with no protein or fat, and ki:wami on top

warm water · infusions · green juices · vegetable broths · ki:wami · alcalina · shila:jit

As long as no protein, fat or solid food enters, the work keeps going: the enzymes keep acting and the body keeps cleansing.

⚠ WHAT ENDS THE FAST

The first food with **protein or fat**: no bone or meat broth while you fast. Bone broth comes when you break it: step 3, **p. 50**.

How long?

One or several days: whatever your body and your routine allow. If you don't want to go back to eating yet, you don't have to.

Going back to food

When you decide to stop, go back gradually, in steps: green juices, vegetable broths and then kefir and bone broth (p. 50).

DAYS 1-4	ONE OR SEVERAL DAYS	STEPS 1-3	STEP 4
ikigen	ki:wami	juices, broths, kefir and bone broth	solids
48 h on the kits, over 4 days	2 to 4 servings of 30 ml a day	when you decide to stop	gradually

You can always keep fasting

When you finish: with enzymes (ki:wami), with shila:jit, with water… They will keep boosting the effect. For example: re:set → be:liver → several days of fasting, with enzymes, with water, with whatever you like.

Before, too, and between the kits

Your preparation can also be with ki:wami in the days before (**p. 16**). And between re:set and be:liver: one day of fasting with ki:wami is rhythm B; several, rhythm C (**p. 12**).

If you feel unwell or have any questions, stop and write to us: **hola@bionobo.com**

integration and support

Gut support
enzymes and ferments

PLANT-BASED ENZYMES

The liver–gut axis

If you have been through digestive imbalances or periods of internal overload, you know how important it is to care for the liver-gut axis with attention and respect. A liver cleanse is a profound act of release, but its true value is consolidated **in the months that follow**, when the body needs stability, attention and support to integrate the process without creating new imbalances.

In this integration phase, it is key to support the body with tools that encourage digestive harmony without overstimulating it. **nutri:zyme and ki:wami** become natural allies here, supporting the digestive processes and helping the gut regain its natural rhythm and balance.

THE LIVER-GUT AXIS



IN THE MONTHS THAT FOLLOW

stability · attention · support

NATURAL ALLIES

- ✓ nutri:zyme and ki:wami support the digestive processes
- ✓ The gut regains its natural rhythm and balance

Every day: nutri:zyme and ki:wami

nutri:zyme brings plant-based digestive enzymes; ki:wami, fermented kōso enzymes. Together they support digestion every day.

ki:wami · bionobo.com/en/products/kiwami

FERMENTED FOODS

Sauerkraut, pickles and kimchi

In addition to supplements, including fermented foods in your diet is an excellent way to maintain a healthy microbiota in the long term.

Choices such as sauerkraut, pickles and kimchi not only provide natural probiotics, but also contain organic acids that support the growth of beneficial bacteria. These foods offer a double benefit: they help to balance the gut flora and aid digestion, naturally improving nutrient absorption.

THE DOUBLE BENEFIT

sauerkraut · pickles · kimchi

Natural probiotics — for the microbiota

+

Organic acids — support beneficial bacteria

THE RESULT

- ✓ They help to balance the gut flora
- ✓ They aid digestion and improve nutrient absorption

AFTER INTEGRATION
Keep caring for your body
→ Maintenance and biominerals pp. 53–54
→ Your next steps · products and guides p. 59

long term · after ikigen

Maintenance
with fulvic acid and shila:jit

After ikigen, the body goes through a phase of deep release and internal reorganisation.

But the process does not end there: it is crucial to keep supporting the body as it integrates, steadies and finds its balance. Fulvic acid is a key tool at this stage, as it helps to **support the digestive axis**, **nurture the intestinal terrain** and **ease the release of persistent residues**, including accumulated heavy metals.



alcalina · FULVIC ACID

Fulvic and humic acid minerals, in drops

Scan with your camera or tap the link.

bionobo.com/en/products/alcalina-acido-fulvico

shila:jit is maintenance too: like fulvic acid, it is a natural source of biominerals. You can alternate or combine them in the following months.

alcalina · GUIDELINES FOR USE AFTER THE CLEANSE

FREQUENCY

Every day

Take it daily to maintain your mineral balance and support cell regeneration.

HOW

With water at room temperature

Taking it this way optimises its absorption.

WHEN

On an empty stomach or before meals

Taking it on an empty stomach or before meals improves digestion and nutrient assimilation.

FOR HOW LONG

At least 1–3 months

Continuing after the cleanse ensures a complete recovery of the digestive system.

AFTER ikigen · YOUR MAINTENANCE

alcalina · daily, with water at room temperature, on an empty stomach · each mark = 1 day



alcalina · shila:jit

Biominerals *what they bring*

Biominerals are minerals bound to organic matter, like those found in fulvic acid (alcalina) and in shila:jit. We are not talking only about fulvic acid, but about everything that comes with it: **trace minerals, organic acids and electrolytes in a natural form**.

AFTER THE CLEANSE
What biominerals bring

- **Rebalance the gut microbiota**, promoting the growth of beneficial bacteria.
- **Soothe inflamed digestive tissue**, easing any discomfort after the cleanse.
- **Improve nutrient absorption**, so that your body makes the most of the food you eat.
- **Promote the elimination of remaining toxins**, supporting the body's own detoxification.
- **Strengthen the intestinal barrier**, helping to prevent problems such as leaky gut.
- **Reduce the build-up of heavy metals**, preventing their toxicity and their harmful effects on the body.
- **Optimise digestion and metabolism**, promoting better assimilation of food over time.
- **Provide essential minerals and antioxidants**, strengthening cellular health and protecting against oxidative stress.

IN EVERY DROP OF alcalina
What's inside

75+ organic trace minerals

zinc · calcium · magnesium · silica · potassium · ...

14 organic acids

gallic · fumaric · caffeic · malic · ...

- **Vitamins, peptides, electrolytes and antioxidant polyphenols**, which act as electron acceptors and donors, trapping and eliminating free radicals.
- **High in silica.**
- **Prebiotics and SBO probiotics** (soil-based organisms).

92% of the world's population is deficient in **at least one mineral**.

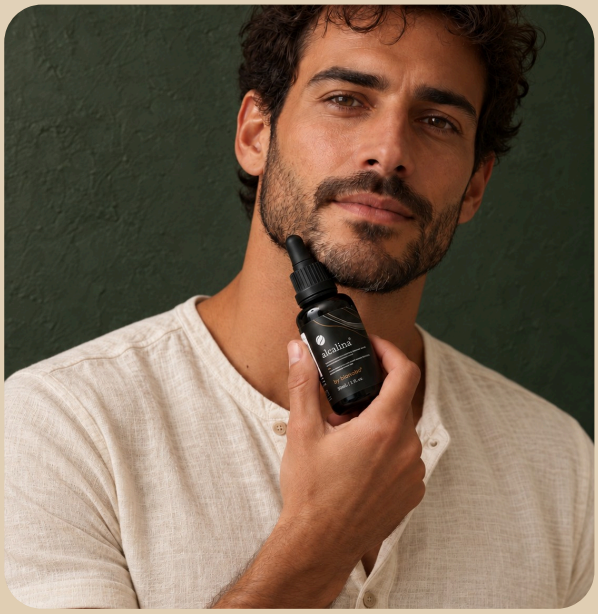


Each dot = 1% of the world's population

AFTER ikigen
The perfect complement

Adding biominerals — fulvic acid and shila:jit — after ikigen not only amplifies the benefits of the cleanse, it also gives ongoing support to your intestinal and digestive well-being.

It is the perfect complement to prolong the effects of the detox and keep your body balanced and healthy.



in your kitchen · fats

The Trojan horse *refined oils*

If you change only one thing in your kitchen, make it this. Extra virgin olive oil is excellent. But *olive oil* without those words – the refined kind – goes through the same industrial chain as sunflower or palm, and it is in almost everything we buy ready-made.

THE REFINING CHAIN · FOUR STEPS

1

EXTRACTION

Chemical solvent

In seed oils – sunflower, soy, corn, rapeseed – and in olive pomace oil, the fat is stripped from the raw material with **hexane**, a petroleum-derived solvent, rather than pressed.

2

NEUTRALISATION

Caustic soda

Free fatty acids are removed, and with them much of the phenolic content: precisely the antioxidant part of the oil.

3

BLEACHING

Bleaching earths

Colour is stripped out. Chlorophylls and carotenoids disappear: the oil becomes transparent and anonymous, which is exactly what industry wants.

4

DEODORISING

Steam above 200 °C

The decisive step. Any smell or taste is removed – including that of rancid oil – and at those temperatures compounds form that were not in the original.

→ *The result is a* ***mute fat****: no smell, no taste, and no clue as to where it came from.*

WHY IT MATTERS FOR THE LIVER

The liver has to process all of it. These are fats whose structure is no longer what nature designed, and the body does not always know what to do with them: instead of using them, it tends to store them. Little by little they are built into cell membranes and fatty tissue, and there they stay for years. It is a silent load, and it accumulates.

FOR · USE

FOR

Cooking

Butter – grass-fed if possible – ghee, or virgin coconut oil. These are saturated fats: few double bonds, so they take heat without oxidising.

FOR

Raw and dressings

Extra virgin olive oil, first cold pressing. **Raw only**: heating it destroys the polyphenols, so it is not the fat for the pan.

FOR

Everything else

Leave it. Sunflower, soy, corn, rapeseed, palm, pomace, and any "olive oil" without the words *extra virgin* on the label.

WHERE IT HIDES

Mayonnaise, sauces and ready meals

Mayonnaise is the clearest case: almost all of it is made with sunflower or refined olive, even the jars that say "with olive oil" on the front. And with it, everything ready-made: hummus, pâtés, pesto, tinned goods, sliced bread, snacks.

EATING OUT

The main way in

It is a question of margins: most restaurants cannot afford quality fats for frying. Prioritise raw, steamed, boiled or grilled dishes, and ask for the oil on the side. The good news: **seed-oil-free** restaurants are beginning to appear.

after ikigen · shopping

What to look for *when you shop*

Wherever you are in the world, the criteria are the same. These are the things worth paying more for.

MEAT

100 % pasture, start to finish

"Grass-fed" often means *grass-started* and grain-finished. Look for *grass-fed and grass-finished*, or buy from a farm that says how the animals actually live. Organic certification helps, but it is not the same thing.

FISH

Wild, small and local

Wild over farmed. Smaller species over large predators: they carry less mercury and cost less. Ask where and when it was landed; a fishmonger who cannot say is telling you something.

FRUIT AND VEGETABLES

Seasonal, local, unwashed

Seasonal and grown nearby beats certified organic flown across the world. Prioritise organic for what you eat with the skin on. A little soil still on it is a good sign, not a bad one.

DAIRY

Raw or fermented

Raw-milk kefir where it is legal and available. Otherwise, plain fermented dairy with live cultures. Pasteurised and homogenised milk carries neither enzymes nor probiotics. Raw milk: not in pregnancy, for young children, older people or anyone with low immunity.

FERMENTS

Refrigerated, cloudy, unpasteurised

Live sauerkraut and kimchi are in the fridge, not on a shelf. The liquid should be cloudy and the lid slightly domed. If the label says pasteurised, it is a condiment, not a probiotic.

WATER

The highest-leverage change

It is what you consume most of, every day. Choose one of these three: **structured water, or water straight from nature** (spring water), **filtered** (reverse osmosis or any other filter) or **mineral** (any bottled water). Never unfiltered tap water.

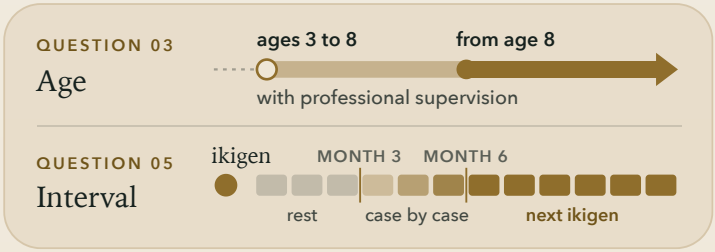
IF YOU CANNOT DO EVERYTHING AT ONCE · IN ORDER OF IMPACT

1. **Water** — the water you drink every day
2. **Animal protein** — where hormones and residues concentrate most
3. **Fats** — the ones you cook with (**p. 55**)
4. **Fruit and vegetables** — the ones you eat with the skin on

Nobody changes everything at once, and nobody needs to.

medication, pregnancy, age, frequency

Frequently asked *questions*



01 Is it safe to take the enzymes alongside prescription medication?

Our naturally sourced enzyme supplements are among the safest nutritional detox options on the market.

However, we also recognise the importance of scientific evidence and **recommend consulting your doctor** before doing the detox alongside your usual treatment. This will ensure that any potential interaction between the supplements and your prescription medication is identified and properly addressed.

02 Can I do ikigen during pregnancy or breastfeeding?

At bionobo®, we understand the importance of a healthy pregnancy and breastfeeding. ikigen mobilises toxins and activates the body's cleansing mechanisms, and our products have not been specifically tested for these periods. That is why **it is not recommended during pregnancy or breastfeeding**. If you have any doubts, **consult your healthcare professional**.

03 From what age can our products be taken?

Our liquid enzyme blends, sachets and powders can be taken **from the age of 8**. Children **between the ages of 3 and 8** can use our cleansing kit **under the supervision of a health professional**.

04 Is it possible to do ikigen more than once?

Yes, absolutely: it is possible and, in certain cases, even advisable to do more than one cleanse with our ikigen protocol. The human body is constantly exposed to toxins, both internal and external, and a periodic cleanse can be beneficial in maintaining an optimal state of health and well-being. If you found the experience enriching and noticed significant improvements in your health and energy, doing another cleanse could be an excellent decision.

05 What is the recommended interval between one ikigen and the next?

Generally, we recommend allowing **a rest period of at least three to six months** between cleanses: **one protocol per change of season** is the most common rhythm. This time allows your digestive system to stabilise and strengthen, making the most of the benefits of the previous cleanse. Frequency should suit the person: your general state of health, how you felt during and after the previous cleanse, and the lifestyle and dietary changes you have been able to maintain.

06 Do I need to consult a health professional before starting ikigen?

Our cleansing programme is designed to be safe and beneficial for most people; however, everyone has unique needs and specific health conditions that must be taken into account. A health professional can assess your personal situation, **identify any possible contraindications** and offer you personalised advice so that your ikigen experience is as effective and safe as possible.

part two · food, fasting, discomfort

Frequently asked *questions*

QUESTION 08 Fasting — ikigen ki:wami — one or several days — juices, broths, kefir — solids
QUESTION 09 Evacuation — MUCUS · COLOURS — red green black pale → pp. 29-31

07 What happens if I eat something during the protocol?

It doesn't stop working, but **it works less**. The idea behind fasting with enzymes is that, when you don't eat, the enzymes work on what has built up (what you are not digesting, biofilms…) and on the body's reactions. If you eat something, they start working to digest that food, and that is why they would work less. **It is important to keep the fast going and to know that this is a process.** If at some point you need to eat, listen to your body: a piece of fruit will make it more manageable, though it will also reduce the depth of the cleanse.

08 Can I extend the fast after ikigen?

Yes: if you can hold out one or several more days, you will boost its effects. Liquids only, with **ki:wami on top** (2 to 4 servings of 30 ml a day); if you have broth, make it a vegetable broth, **with no protein or fat**. How to do it: **p. 51**. You can also fast like this between the two kits (rhythms B and C, **p. 12**).

09 What is it that comes out? • re:set

It's a combination: the fibre you have been taking, which traps and gently sweeps – not chemically, but by pushing – whatever may be stuck: **mucus (mucoid plaque), biofilms and residue**. It's not only mucoid plaque and it's not only product. How to recognise it: **pp. 29-31**.

What comes out is a combination of product and plaque. Not everything that comes out is plaque or decomposed matter, and not everything is product: the proportion varies from person to person. Every person is different and it won't look exactly like this. Sometimes it takes days to come out; if you keep fasting, more is generated to come out. **Be patient.**



This is how it can look. Every person is different.

10 What if it's hard to finish because of some discomfort, a headache or even nausea?

It is important to follow the amounts. But if for any reason you need to dilute them more or split them up, you can. These are the directions for the best way of doing it, and you can adjust them. **Don't be rigid: everything can always be adjusted.** You can do several things, depending on the kit:

• re:set

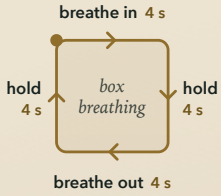
1. mix it with more water
2. split the doses
3. spread it over 2 days

Write to us (**hola@bionobo.com**) and we will help you spread it out.

• be:liver

1. mix it with more water
2. space out the doses

The flush (be:balance + be:nova), about 3-5 h after the last sachet. **Never over 2 days**: the flush is that same night.



Go more slowly and, above all, **don't wait long to take the enzymes once mixed, because they harden**. If you feel some discomfort, a headache or even nausea, it's normal: stop, ease off, rest and breathe (for example, box breathing: breathe in 4 s, hold 4 s, breathe out 4 s, hold 4 s).

If you're having problems, write to us: **hola@bionobo.com**

and now

A turning point, *not a parenthesis*

The easy thing at the end is to go straight back to how things were. But the body has just been left clean and receptive, and that window does not open often. **You do not have to change everything at once.** It is enough that, from today, each time you replace something you choose the cleaner version.

ON THE PLATE

Cleaner and denser

Pesticide-free, nutrient-dense, as little processed as possible. Less quantity and better origin goes further than the reverse (**pp. 55-56**).

IN THE BATHROOM

What the skin absorbs

Deodorants, perfumes, creams, gels, toothpaste. A daily, constant route in that almost nobody watches, and one of the easiest to change.

AT HOME

Cleaning and air

Detergents, cleaners, air fresheners, synthetic candles. Airing the house daily costs nothing and changes a great deal.

THE METHOD

One at a time, as you run out

Throw nothing away and redo no shopping list. When something runs out, replace it with a better version. In a year you will have changed almost everything, without effort or extra cost.

CONSCIOUS REBIRTH

A protocol of release, designed to make space: to let go of what blocks, and allow vital energy to flow clear and free again. It is not only about cleaning, but about recovering the capacity to feel and to listen to the body. To return to a state where the body is not saturated, and life is experienced with more presence, more clarity and more connection.

To stop merely surviving, and begin to truly live.

YOUR NEXT STEPS

GUIDES LIBRARY

The beginner's guide

And the enema guide. Coming soon, the diet guide and the recipe book.

Guides library

YOUR NEXT ikigen

In 3–6 months: one protocol per change of season

View ikigen on bionobo.com

hola@bionobo.com · for any question about the protocol, the preparation or the process.

contact

ikigen 生源

the source of life

awaken your life force · activate your ki

YOUR KI

What is your ki, your life force? Every culture has given it a name: qi in Chinese medicine, ki in Japan, prana in India, mana in Polynesia. They all speak of the same thing: the energy that moves every part of your body, the one that keeps you alive. Our body is electrical, and a single thread joins the physical and the emotional. We don't want to get esoteric; just know that everything is connected: as it is outside, so it is within. When you awaken your life force, things happen. And it is beautiful.

The liver holds a good part of that physical, mental and emotional load: the chemicals and compounds that get stuck in it, and in the body's electrical current too. The idea is simple: when we let it flow and the liver works with ease, all of that lights up as well.

OUR MISSION

Our mission is to give you the gift of feeling like yourself again. We know that, in the end, it is a process that goes beyond the physical: when energies flow, emotions flow, everything flows. And the liver holds a lot of physical, chemical, electrical and electromagnetic load. That is why it is important to approach this protocol as a gift to yourself, to your future self. *If you are ready, this is yours.*

Before — PREPARATION
re:set — DAY 1
Pause — DAY 2 · RELEASE
be:liver — DAYS 3 AND 4 · RHYTHM A
After — INTEGRATION

NOTICE 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.

hola@bionobo.com
Any question about the protocol, the preparation or the process.

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