a daily mineral ritual · shila:jit and alcalina

bionobo®

Menopause

balance from the root



A holistic guide to *feeling like yourself again.*

GUIDE · 2026 EDITION

REMINERALISE · CLEANSE · NOURISH

summary · to keep to hand

Your mineral ritual *at a glance*

1 min A DAY

Three moments and quality water: that is how your ritual fits into the day. Here it is in full, on one page; every detail is waiting for you in Part III (**pp. 14–17**).

Three moments ONE MINUTE A DAY

p. 17 →

ON WAKING
shila:jit + alcalina

Your dose of **shila:jit** in warm water and your drops of **alcalina** (4 to 10, **p. 16**) in 200 ml of water.

THROUGH THE DAY
alcalina in your bottle

A few drops in the water you carry with you: alcalina goes with you all day, when you train too.

IN THE AFTERNOON
Cacao ritual

A pause for you, **before 5 pm**, with **shila:jit** (**p. 25**). It counts as one of your servings of the day, not an extra one.

Your first 30 days START SMALL, GO UP SLOWLY

p. 16 →

	Day 1	*Day 3*	*Day 7*	*Day 14*	*Day 21*	*Day 30*
shila:jit IN WARM WATER	**one grain of rice**	same dose	keep to the grain	**+ another** at midday	**several servings** a day	up to **a small chickpea**, spread through the day
alcalina IN 200 ML OF WATER	**4 drops**	**6 drops**	**10 drops**	**10** + a few in your bottle	**10** morning + **10** afternoon	**your dose**: a little under or over 10 per serving

Quality water

p. 17 →

- **Structured** or spring water
- **Filtered**, by reverse osmosis or any other filter
- **Bottled** mineral water

What goes with it

p. 17 →

- **Strength**, 2–3 times a week
- **Sun**, every day
- **Heat and rest**

BEFORE YOU START

Pregnancy and breastfeeding, medication, hormone therapy: what to know, on one page. Read it before your first serving.

p. 15 →

twenty sections · five parts

Contents
a map, not a manual

It is not a manual to read in one sitting. *It is a map: open it wherever you are.*

→ In a hurry? Your whole ritual fits on **p. 2**.

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HOW TO USE THIS GUIDE

I·II The first two parts explain **what changes**.

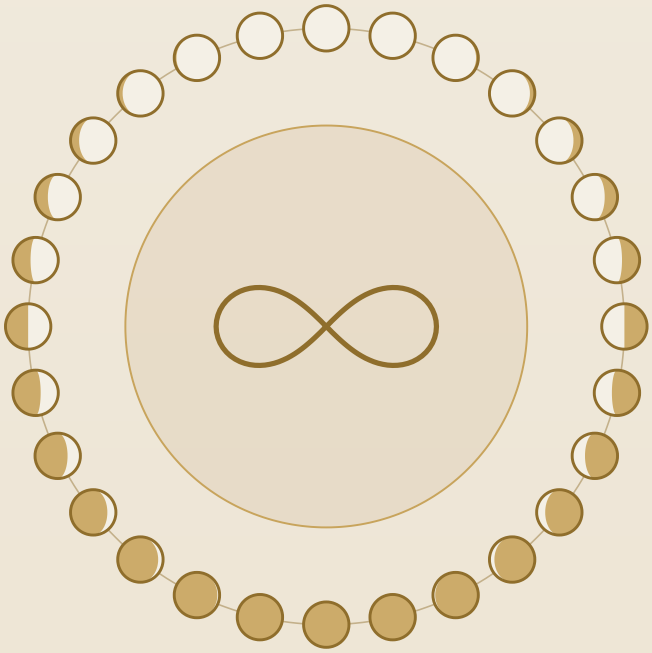
III The third is **the heart of the guide**: your daily biomineral ritual with shila:jit and alcalina.

IV·V The last two help you **sustain the terrain** and honour yourself.

§01 · the natural female detox

Menstruation *a natural outlet*

Throughout her fertile life, a woman's body carries out a cleansing process that often goes unnoticed. The menstrual cycle is not only about reproduction: it is also an inner rite of cleansing and release.



from new moon to full moon, and back

WHAT LEAVES EVERY MONTH

The body lets go *and releases*

- The lining of the uterus
- Iron → p. 8
- Proteins, electrolytes and enzymes

Menstrual blood carries more than blood, so menstruation also works as a physical, emotional and energetic reset.

"Menstruation is a dance between biology and the moon; a silent language of renewal."

A CHANGE OF CHANNELS

The body does not stop cleansing when menstruation stops. *It only changes the way it does it.*

It keeps relying on its usual pathways – liver, kidneys, gut, skin and lymph. That is why this stage is a good invitation to look after them.

Liver	Kidneys	Gut	Skin	Lymph
filters and transforms	*through urine*	*when you go to the toilet*	*through sweat*	*drains the tissues*

Menstruation as an outlet: Wong et al., *Environ Sci Technol*, 2014 · Upson et al., *Curr Environ Health Rep*, 2022.

§02 · the environment

The imbalance *of modern life*

Today the real challenge is not only understanding the inner change menopause brings, but understanding the environment this body is moving through.

This guide was born to help you *look beyond the surface.*

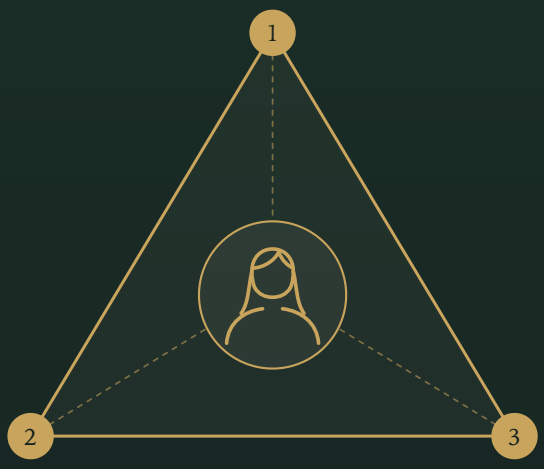
We live surrounded by substances the body had never met in its evolutionary history. Some take years to leave the body.

- pesticides
- food additives
- heavy metals
- artificial hormones
- plastics
- refined seed oils
- synthetic cosmetics

"What we do not let go of, the body stores…
and sooner or later, it speaks."

WE CAN PICTURE IT AS A TRIANGLE

01
Mineral deficit
Less mineral variety in what we eat each day.



02
Accumulated load
What the body keeps storing in its tissues, year after year.

03
Constant stress
A linear life, disconnected from the natural female cycle.

WE WANT YOU TO KNOW

Menopause can be *a conscious rebirth.*

Don't let anyone make you believe something is wrong.

§03-04 · another way of looking

A new perspective *an invitation to listen*

03 · WALKING ALONGSIDE NATURE

Menopause is not a disease, *it is a transition.*

What if, alongside what your doctor recommends, you could accompany it and honour it? For decades the conversation has centred on symptoms and medication, and many women have found relief through it, including through hormone therapy.

We want to add another perspective, not take any away: that of holistic longevity.

04 · AN INVITATION TO LISTEN

What if menopause were *an invitation to listen to yourself*, and to review habits, loads and rhythms that have been with you for years?

> *It isn't about silencing the body, but about understanding what it is trying to tell us.*

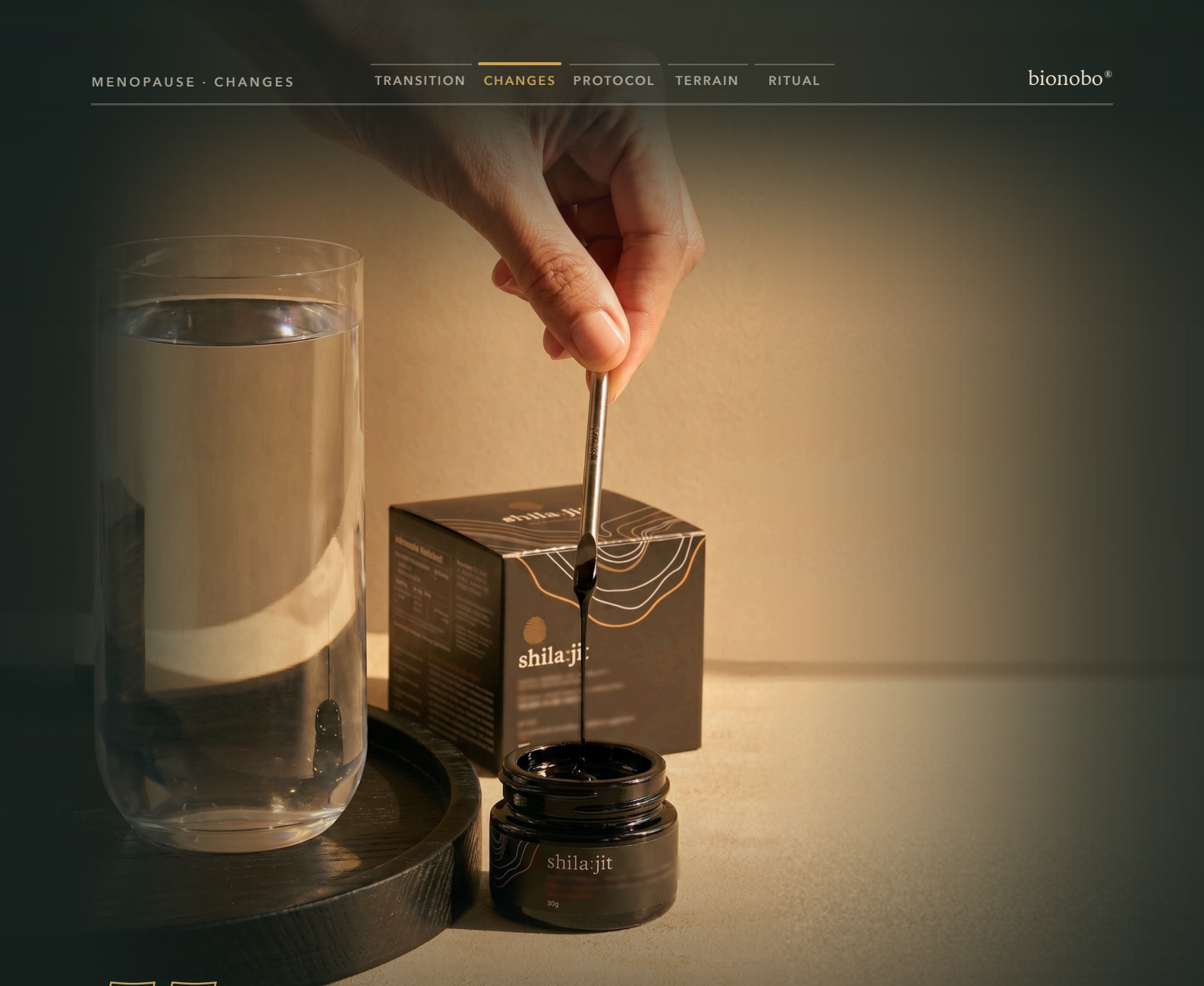
This process is not here to punish you; it invites you to pause, listen, cleanse and put yourself first. To flow with presence, free of other people's expectations, so you can reconnect with your deepest essence.

This process is not the end of anything, but the return to yourself.

IF YOU GET HOT FLUSHES

You are not alone: it is one of the most common experiences of this transition. Talking to your doctor and looking after sleep, movement and stress is a good place to start.





II

PART II · §05–§08

What changes *and what tradition tells us*

What changes in the body, what science is studying, and why tradition has valued shilajit for centuries.

Bone, muscle and iron 08
§05 · WHAT CHANGES, AND WHEN

Avicenna and mumijo 09
§06 · CENTURIES OF HISTORY

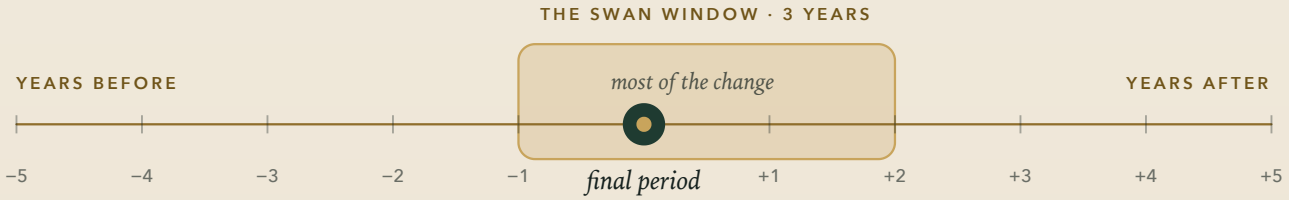
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§08 · MINERALS IN A COMPLEX MATRIX

§05 · what science says

Bone, muscle and iron *what changes, and when*

Bone is not stone: it is living tissue and the body's largest mineral store. It is broken down and rebuilt without pause. As oestrogen falls, that balance tips towards loss, and it does so precisely in the years around the final period.



BONE · SPINE

7 in 10

Of all the bone lost from the spine over a decade, about 7 parts in 10 go in just 3 years: from the year before the final period to the 2 years after.

IRON · PER DAY

16→11 mg

Population reference intake of iron per day before and after menopause, according to EFSA.

In perimenopause, one woman in three has episodes of heavy bleeding.

LEAN MASS

−5.7%

On average, across the studies reviewed, postmenopausal women have 5.7% less lean mass than premenopausal women. Falling oestrogen is associated with muscle loss.

Before and after *the final period*

In perimenopause, cycles can become irregular and, at times, heavier. If that is you and you feel tired, it may be worth asking your doctor for an iron test. After the final period, iron needs drop, and what comes to the fore is supporting **bone and muscle**.

IN YOUR DIET

Calcium is needed for the maintenance of normal bones, and magnesium, zinc and manganese contribute to that maintenance; magnesium also contributes to normal muscle function. **Eating for nutrient density is the foundation.**

NUTRIENT DENSITY They tell you to eat a varied diet, but it's about eating for nutrient density: micronutrient density. Today we know that supermarket food usually grows in impoverished soils and has less nutrient density than it did a few decades ago. That's why it's important to leave the idea of "varied" behind and understand what eating for nutrient density means. **We're going to have to make changes.**

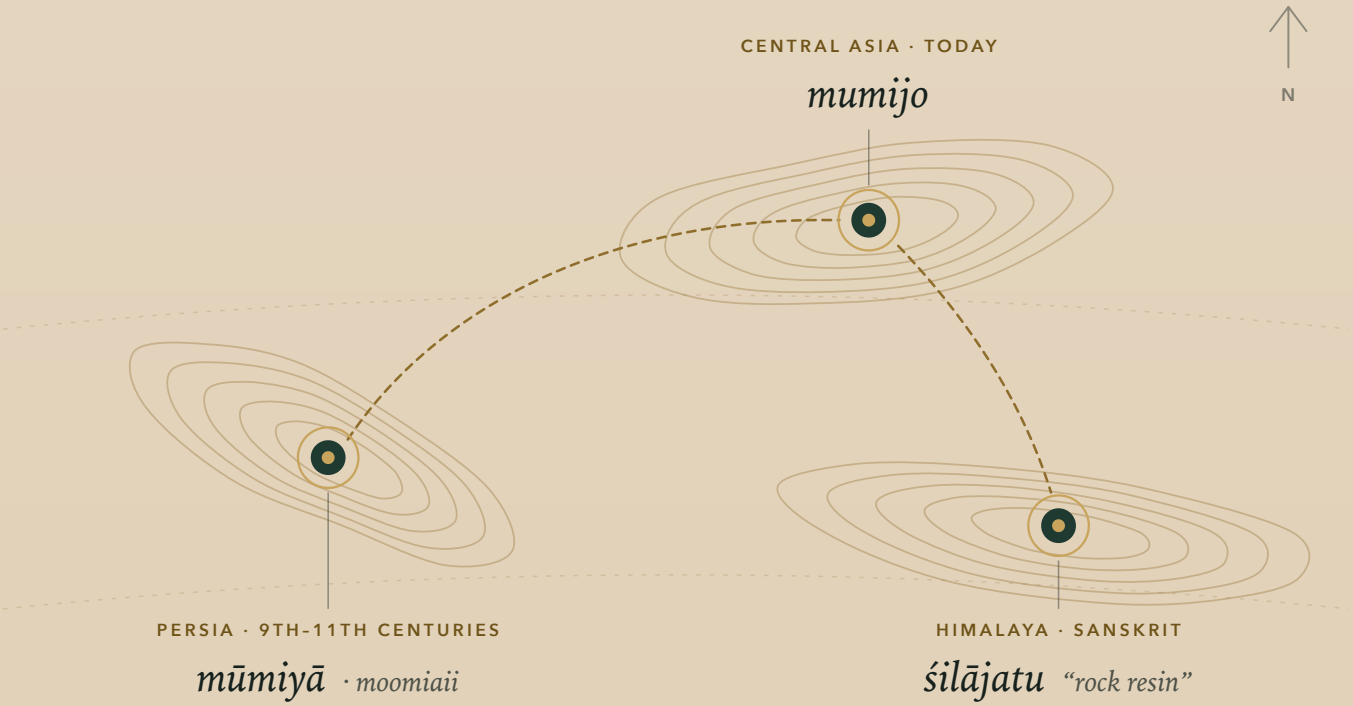
◆ *This guide is not about a single mineral: it is about eating for nutrient density, moving with load, seeking the sun and resting, and about the rituals that help you keep it up every day.*

Sources: Greendale et al., J Bone Miner Res 2012 (SWAN) · Paramsothy et al., BJOG 2014 (SWAN) · EFSA, dietary reference values for iron, EFSA Journal 2015 · Menzies et al., J Cachexia Sarcopenia Muscle 2026 (narrative review) · Davis et al., J Am Coll Nutr 2004 · Montgomery and Biklé, Front Sustain Food Syst 2021 · Regulation (EU) 432/2012.

§06 · the resin that seeps from the rock

Avicenna and mumijo
centuries of history

Long before clinical trials, shilajit already had a name across half of Asia: mumijo in Central Asia, mūmiyā (moomiaii) in Persia and śilājatu, “rock resin”, in Sanskrit.



9TH-10TH CENTURY · PERSIA

Al-Razi (Rhazes)

One of the great Persian physicians of his time devoted a whole treatise to the resin.

11TH CENTURY · PERSIA

Avicenna (Ibn Sina)

He described the resin in his Canon of Medicine, the treatise studied in the East and in European universities until the 17th century.

TODAY · CENTRAL ASIA

A living tradition

In Kazakhstan, Kyrgyzstan or Mongolia it is still part of folk culture, passed down from generation to generation.

AND SCIENCE, TODAY

Modern science has begun to study it in people. These are small studies, using extracts different from ours, and they do not yet allow any health claims.

◆ *We are talking about history and tradition, not about the properties of our product.*

Sources: Rahmani Barouji et al., Galen Med J 2020 (PMID 34466583) · Bouras-Vallianatos and Käs, Medical History 2024.

§07 · shilajit in women

The “men’s supplement” *was for women too*

For years shilajit has been sold as something “just for men”, and the study most often cited for it is a 2016 trial in men aged 45 to 55. In 2022, the first clinical trial to look at shilajit and bone in postmenopausal women was published.

THE 2022 TRIAL · HOW IT WAS DONE

60
postmenopausal women aged 45 to 65, with osteopenia

3
groups: placebo, 250 mg or 500 mg a day

48
weeks. Neither they nor the researchers knew who was taking what

2
sites measured: lumbar spine and neck of the femur

The shilajit in the trial is a standardised extract, **different from ours and supplied by its maker**.

WHAT HAPPENED TO THEIR BONE · 48 WEEKS

PLACEBO
−4.4% lumbar spine
−2.6% neck of the femur
Bone density kept falling.

250 MG A DAY
+0.7% lumbar spine
+1.6% neck of the femur
It rose, a little less.

500 MG A DAY
+3.8% lumbar spine
+4.7% neck of the femur
It rose more, at both sites.

Mean change in bone density from the start. Approximate figures, read from figure 1 of the paper.

- *Between losing a little over 4% and gaining almost 4%, there are about 8 points of difference at the spine, in under a year.*

What they saw *in 48 weeks*

With the shilajit extract, it went the opposite way to the placebo: on average, bone density went up. The difference from the placebo was clear at both sites, at 24 and at 48 weeks, and greater with 500 mg than with 250 mg. The pace at which bone is broken down and rebuilt also calmed, and the markers of oxidation and inflammation that come with falling oestrogen went down.

WITH THE SAME HONESTY
A beautiful beginning

It is a single trial, with 60 women and one specific extract, different from ours. For us it is a beautiful beginning, not a promise: bone is built from everything you do every day.

Sources: Pandit et al., Andrologia 2016 (PMID 26395129) · Pingali and Nutalapati, Phytomedicine 2022 (PMID 35933897), fig. 1.

§07 · customer stories

What they write to us
every body, its own story

Beyond the study, there is what women tell us.

Customers who write to us: they have had a bone density scan; they had lost around 4–5% of their bone over 5 years and, in 1 year of taking shila:jit daily, they have recovered almost all of it. Obviously, with conscious changes: exercise, diet…

WHAT THEY TELL US · SUMMARISED, NO NAMES

◆ *These are their stories, not a rule: every body is different. And it is never just the shila:jit: each of them paired it with conscious changes.*

CONSCIOUS CHANGES

STRENGTH
Moving with load
p. 17

PLATE
Eating for nutrient density
p. 8

LIGHT
Seeking the sun
p. 17

REST
Resting
p. 17

YOUR HEALTH COMES FIRST
If you have **diagnosed osteoporosis** or **take medication**, talk it through with your doctor (**p. 15**).



◆ *Shilajit was never "just for men".*

OUR READING

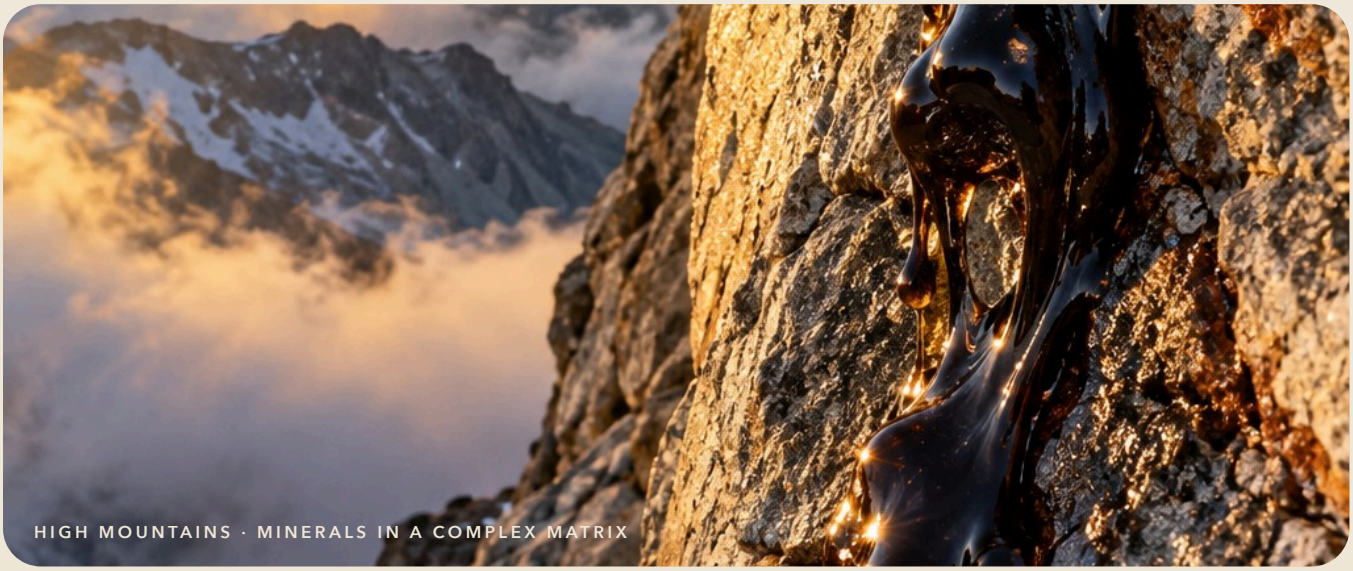
The terrain has no gender

Shilajit is not a supplement for men: it is a natural source of biominerals that tradition offered to everyone.

§08 · form matters

Variety and form
minerals in a complex matrix

The question is not only how much calcium you take: it is what variety of minerals your body receives, and in what form.



HIGH MOUNTAINS · MINERALS IN A COMPLEX MATRIX

THREE WAYS TO RECEIVE MINERALS

01 · ISOLATED SALTS

Rock minerals

Carbonates, oxides: a single mineral, with no cofactors.

one mineral

02 · COMBINED

Laboratory complexes

High doses of a few minerals, combined in the laboratory.

a few

03 · BIOMINERALS

Fulvic structure

An organic matrix, like that of humus, bringing together trace minerals and organic acids. The form in which the soil used to feed plants.

a complex matrix

Why *variety matters*

Scientific reviews describe shilajit as a complex of **60-80% humic substances**, mainly fulvic acid, with calcium, potassium, magnesium and dozens of trace elements. For what our shila:jit and alcalina contain, see **p. 14**.

INDEPENDENT ANALYSIS

Quality changes everything

We test our shila:jit in an independent European laboratory: heavy metals and microbiology.

Sources: Carrasco-Gallardo et al., Int J Alzheimers Dis 2012 · Kamgar et al., Crit Rev Anal Chem 2023.

the heart of the guide

One minute a day, two natural sources and your own rhythm.



IN THIS PART

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§09 · WHICH TO CHOOSE

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§10 · WHAT TO KNOW

Build your dose 16
§11 · THE FIRST 30 DAYS

Your mineral day 17
§12 · ONE MINUTE, THREE MOMENTS

III

PART III · §09-§12

The mineral protocol *biominerals every day*

Two fulvics from the same family, a one-minute routine and 30 days to find your dose.

§09 · two sources, one family

Two fulvics *one ritual*

shila:jit and alcalina are two sides of the same mineral story: both are natural sources of biominerals, with fulvic acid, trace minerals and organic acids. **They complement each other; they do not duplicate.**

IN THE MORNING · THE CONCENTRATED RITUAL

golden shila:jit

60–65 % fulvic acid, measured to ISO 19822

Resin from the Himalayan peaks, above 5,000 metres, sun-dried and cold-filtered, with no heat and no solvents. You start with a grain of rice (**p. 16**). It is not a hormonal supplement.

View shila:jit

SCAN OR TAP

THROUGHOUT THE DAY · IN YOUR BOTTLE

alcalina

75 + trace minerals and 14 organic acids in every drop

Tasteless drops from a fossil marine and terrestrial deposit, filtered for two years. Our gentlest formula: it fits into your hydration routine, at home or on the go.

View alcalina

SCAN OR TAP

WHICH TO CHOOSE?

Each has its moment

shila:jit

Concentrated *and deep*

The most cost-effective option for a long daily ritual.

alcalina

Constant *and light*

For every day and for travelling. And if you choose both, we show you how on **p. 17**.



shila:jit — GOLDEN GRADE · HIMALAYA



alcalina — FULVIC BIOMINERALS · IN DROPS

§10 · with honesty

Before you start *what to know*

There is a part we want to share with the same honesty as the studies: what people who have already made these rituals their own tell us. Every body has its own story and rhythm.

WHAT THEY TELL US

> *The perfect routine for every morning, alcalina is going to be with me for a long time.*

CRISTINA R. · alcalina
Translated from Spanish

> *It is very easy to take, as it is a liquid and you can mix it with water on an empty stomach. You cannot taste it once it is diluted.*

ANGELS G. · alcalina
Translated from Spanish

> *I have been taking it for about 15 days and, although its taste was not something I liked at first, I have gradually acquired a taste for it and now it seems completely normal to me. […]*

OLGA MARÍA V. · shila:jit
Translated from Spanish

Verified reviews on bionobo.com, with first name and initial. Cuts are marked with […].

BEFORE YOU START

Read it calmly. If something does not add up, stop and ask.

Your health comes first

- If you have **diagnosed osteoporosis**, are on **hormone therapy** or **take medication**: check with your doctor first, and do not change or stop any treatment without talking to them.
- We do not recommend shila:jit or alcalina during **pregnancy or breastfeeding**.
- Leave **2 hours** between these products and any medication.
- **Do not exceed the recommended daily dose.**
- Keep out of the reach of children.
- Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

ARE YOU SENSITIVE?

Your way to start

You will find it on **p. 16**.

QUESTIONS? WRITE TO US

hola@bionobo.com

Any question about your ritual or your dose.

§11 · your rhythm, your dose

Build your dose *the first 30 days*

Shilajit is not measured like other supplements. There is no dose that suits everyone: start small, go up slowly and let your body tell you when it is ready for more. Consistency matters more than quantity.

DAY	golden shila:jit · morning WARM WATER · EVERY MORNING	alcalina DROPS IN 200 ML OF WATER
DAY 1	**One grain of rice** dissolved in warm water	**4 drops** in the morning
DAY 3	Same dose, the body settles in	**6 drops** in the morning
DAY 7	The body adapts. Keep to the grain of rice	**10 drops** in the morning
DAY 14	Add **a second serving**: a grain of rice in the morning and another at midday	10 drops morning + a few drops in your bottle in the afternoon
DAY 21	Increase the amount gradually and split it into **several servings a day**	10 drops morning and 10 drops afternoon
DAY 30	**You have found your dose**: you can go up to a small chickpea spread through the day	**Your dose**: it may be a little under or over 10 drops per serving

IF YOU ARE SENSITIVE

Start with less

Less than a grain of rice of shila:jit and 4 drops of alcalina. You can take them on alternate days until your body adjusts.

WHILE YOU ADAPT

Listen and adjust

Some people notice tiredness, brain fog or a mild headache. Lower the dose, drink plenty of water and rest. If it lasts more than a week, speak to a professional.

ONCE YOU KNOW YOUR BODY

Explore a high dose

Try a generous dose one day, the size of a chickpea. Not to take every day, but to get to know it and see what happens in your body. Some days call for a higher dose, and you will know.

After the 30 days: keep your daily dose for at least another 60 days and adjust it to how you feel each day. Count every serving of the day as part of your dose, including the one in the cacao (p. 25).

It is a long-haul ritual: the body keeps its own pace, and the terrain is in no hurry.

§12 · one minute a day

Your mineral day
one minute, three moments

1

ON WAKING

The morning ritual

Your dose of shila:jit in warm or room-temperature water; if you already take several servings, repeat at midday. And your drops of alcalina (4 to 10, p. 16) in a glass of quality water. On an empty stomach, if it suits you.

2

THROUGH THE DAY

alcalina in your bottle

Add a few drops to the bottle you carry: alcalina goes with you through the day and your workouts.

at home · travelling · training

3

IN THE AFTERNOON

A pause for you

The cacao ritual with shila:jit (p. 25), instead of the afternoon coffee. That shila:jit is one of your servings for the day, not an extra one. Best before 5 pm: cacao has its own gentle stimulant too.

SIX SIMPLE RULES

- **Never boil it.** Warm or room-temperature water or drinks.
- **2 hours** apart from any medication.
- **Quality water**, whichever option you have to hand:
  - Structured or spring water
  - **Filtered**, by reverse osmosis or any other filter
  - Bottled mineral water
- **Same rhythm**, day after day.
- **If it energises you a lot**, take it first thing.
- **Adjust** the dose and time to what works for you.

WHAT GOES WITH IT

STRENGTH

Lift weights

Two or three strength sessions a week: the signal the body needs.

LIGHT

Sun every day

Daily sunlight, mobility and walks outdoors.

REST

Heat and sleep

Sauna, hot-cold contrast and deep, regular rest.



VIDEO · DAILY RITUAL

How to take our shila:jit | Daily ritual

youtu.be/qz1bboYZgN0



IV

PART IV · §13-§17

Sustain the terrain *less load, step by step*

Remineralising is half the journey. The other half is to stop loading the body with what it does not recognise.

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§13 · a calm look

Become aware *where the load comes from*

Many factors shape how menopause is experienced: movement, sunlight, food quality, rest and how stress is handled. This guide aims to accompany you towards a transition lived with awareness, lightness and fullness. *Becoming aware is the first step.*

If you want to measure it · *optional*

It is not essential, and it is not meant to alarm, but to bring awareness. You take the sample at home, send it off and receive the results by email.

01
TEST · WHAT BUILDS UP
Heavy metals and minerals
With a hair sample: a look at what the body has been accumulating.

02
TEST · FOOD
Glyphosate and pesticides
With a urine sample: detects residues of the most common herbicides.

03
TEST · SURROUNDINGS
Microplastics and endocrine disruptors
A look at the everyday environmental load of plastics and disruptors.

ⓘ One of the labs that offer them in Spain: **Teletest.** They are a rough guide, not a diagnosis; hair metal testing is debated among specialists: take it as a starting point and talk it over with your doctor.

Where it comes from · *five everyday sources*

It does not come from a single source, but from small exposures that add up. The good news: almost all of them have an alternative, and on **p. 22** you swap them one at a time, without rushing.

Old amalgam fillings	They contain mercury; the EU banned their use in 2025 for environmental reasons. If you have them, **talk to your dentist before touching them.**
Lipstick	Some contain traces of metals that end up swallowed: choose brands that publish their tests.
Large fish, shellfish and rice	Mercury in the first two, arsenic in rice: **cooking rice in plenty of water and draining it** cuts its arsenic considerably.
Pesticides and herbicides	For some, like glyphosate, the scientific debate is still open. Organic and local food makes things easy for you.
Cosmetics, hairsprays and plastics	With phthalates and parabens, which can interfere with the hormonal system.

§14 · it's never too late

Three pillars *and five habits*

"The best time to start consciously cleansing the body was ten years ago. The second best time is today."

If you are still reading, you are one of those women who don't settle for the generic answer. *Where to start:* three pillars that hold one another up.

01 PILLAR

Reduce exposure

Stop more load coming in: switch products, review your fillings with your dentist, eat organic.

02 PILLAR

Release what is stored

By supporting the body's natural processes, at its own pace and without forcing.

03 PILLAR

Strengthen the systems

Liver, kidneys, skin, gut and lymph: support them every day.

Five habits · *1 to 3*

Not all five at once: start with one and add the next once the first no longer takes effort.

HABIT 1

Quality water

The basis of everything, and the simplest. Choose what suits you:

- **Structured or spring water**
  water straight from nature
- **Filtered, by reverse osmosis or any other filter**
  your tap water, at home
- **Bottled mineral water**
  whatever is to hand

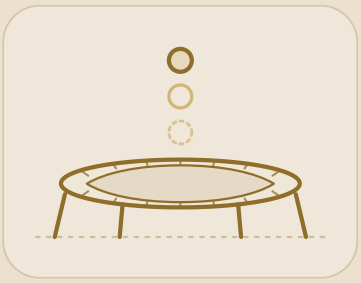


HABIT 2

Rebounding

Bouncing gently on the bed, on a mat or on a mini-trampoline gets the muscles working, and muscle movement is what drives the lymph.

- ✓ **A few minutes a day** is enough to start.
- ✓ Bounce gently and, if anything bothers you, stop.

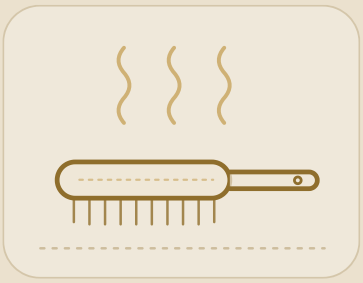


HABIT 3

Sauna and dry brushing

Dry brushing comes from the massage and body-care techniques of ancient cultures. Heat opens the pores and improves circulation.

- ✓ Brush **before or between** heat sessions.
- ✓ If you can, join a gym with a sauna: **several sessions a week.**



→ **Habits 4 and 5**, getting outdoors and breathing consciously: on p. 21.

§15 · habits 4 and 5

Breathe
and come back to yourself



HABIT 4 · NATURE

Move outdoors

A few minutes every day, outside. Walking barefoot on grass, sand or soil is a simple way to come back to the body.

HABIT 5 · BREATHING

Conscious breathing

Just as many people walk badly without knowing it, most of us breathe badly without noticing: short and high in the chest, with the body on alert. But natural breathing – the way we breathed at birth – comes from the diaphragm: slow, deep and calm.

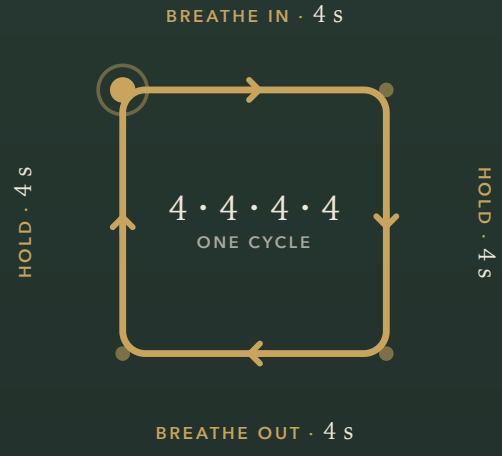
Many women – especially mothers or carers – live permanently at the service of others, constantly on alert, with no room to let go. Work, children, family. But… what about you?

Conscious breathing is not a technique in itself: it is observing your breath to reconnect with yourself.

> *It is not about doing anything, but about letting go, releasing and becoming aware.*

MINI EXERCISE

Box breathing



Follow the dot around the edge of the square. Repeat the cycle a few times, at your own pace, without forcing.

◆ PAUSE

Now, one minute: just breathe.

§16 · step by step, one month at a time

Dare to change your rhythm
12 changes, one a month

1
A MONTH

Not everything at once, but not "someday" either: here is a plan. Twelve small conscious changes to remove, step by step, the main endocrine disruptors from your daily life.

MONTH 01

Conscious eating

Organic and local. Avoid processed food, pesticides and refined seed oils (sunflower, soya, rapeseed).

TO START
Change the oil you cook with.

MONTH 02

Quality water at home

Choose one of the three options (**p. 20**) and, if you can, a shower filter. Ideas on **p. 27**.

TO START
A glass jug of your water, always in sight.

MONTH 03

Cleaning products

Natural versions instead of industrial detergents and softeners. If one doesn't clean as well, don't give up: there are options.

TO START
Your laundry detergent, which you wear on your skin all day.

MONTH 04

Personal care

Check shampoos, creams and make-up: avoid parabens, phthalates, aluminium and synthetic fragrance.

TO START
Whatever runs out first: deodorant, toothpaste or shampoo.

MONTH 05

Kitchenware

Goodbye non-stick coatings and plastic: stainless steel, ceramic or glass.

TO START
The frying pan you use most.

MONTH 06

Air and surroundings

Ventilate every day, fill your home with plants and avoid chemical air fresheners.

TO START
Open the windows for ten minutes every morning.

MONTH 07

Candles and scents

Natural wax instead of paraffin; essential oils instead of perfume.

TO START
The next candle you buy, made of natural wax.

MONTH 08

Sun and natural rhythms

Sunlight by day; at night, warm or red light and the colour-temperature mode on your screens.

TO START
Ten minutes of morning light, outside.

MONTH 09

Clothing and textiles

Cotton, linen or bamboo, without harsh dyes or synthetic fabrics.

TO START
What sits closest to your skin: underwear and pyjamas.

MONTH 10

Natural rest

Organic mattress, pillow and bedding: you spend eight hours a day there.

TO START
The sheets or the pillowcase.

MONTH 11

Eating out, consciously

Choose places that share these values, and leave reviews that inspire change.

TO START
Ask what oil they cook with.

MONTH 12

Shine, inspire, share

What we give, we receive. When change is real, it spreads through your presence.

TO START
Cook something for someone, or share what has worked for you.

§17 · the terrain first

The truth about cleansing *there are no magic pills*

1. **Become aware**
   Knowing where the load comes from, without alarm (**p. 19**).
2. **Make a plan**
   Three pillars, five habits and twelve changes (**pp. 20–22**).
3. **Put it into action**
   Today, little by little, at the pace your body sets.

The tools in this guide support you, but what they bring depends on the terrain they act on. Combined with conscious habits, rest and consistency, they truly add up. It is not about doing everything at once, but about supporting the body with respect, in the order and rhythm it sets.

Habits do not replace tools, nor do tools replace habits. The terrain is built with both.

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

Types of tools · *and what they do*

TYPE 01 Releasers	E.g. chlorella. They tend to be used to mobilise what has built up.
TYPE 02 Binders	E.g. clays, activated charcoal, zeolites: porous structures that tend to be used to hold substances in the gut; clays, for centuries.
TYPE 03 Nourishing	Biominerals: they are the foundation of our daily rituals (**p. 14**).

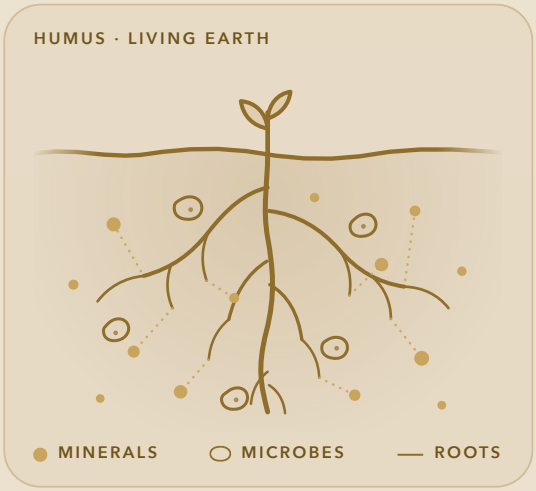
Nourish from the source: *Mother Earth*

What if it were not about lacking one isolated mineral, but about the loss of mineral coherence and synergy in our food?

For millennia that balance came from **humus**, the Living Earth where microorganisms, roots and minerals coexisted in harmony.

In humus, the minerals from rock come alive thanks to microorganisms: it is the first link in the food chain.

Nothing can imitate the living complexity of the Earth: the answer was — and still is — at the source.



Because menopause
is not something to survive:
it is something to live.
And self-care can also
be pleasure.



IN THIS PART

Cacao ritual 25
§18 · WITH shila:jit

When the body finds 26
§19 · ITS NATURAL BALANCE

Bonus 27
§20 · YOUR ALLIES ALONG THE WAY

V

PART V · §18-§20

Ritual and allies
honouring yourself every day

§18 · the afternoon pause

Cacao ritual *with shila:jit*

This ritual is not just a drink: it is a way to integrate, give thanks and reconnect with your body, every day or whenever it feels right. A conscious pause to remember that self-care is not always measured in action, but in presence.



INSTEAD OF COFFEE

For many women in this stage, ceremonial cacao is a gentler alternative to coffee, and we recommend not combining the two. Cacao also contains theobromine and some caffeine: if you are sensitive to it, enjoy it in the morning or early in the afternoon.

bain-marie · without boiling · before 5 pm

Ingredients

FOR ONE CUP

Raw ceremonial cacao
Unprocessed (where to find it: **p. 27**).

Raw honey
Living and unpasteurised, to taste.

Milk of your choice
Homemade plant milk (almond, oat or coconut) or, if you already know the product, raw pasture-fed milk. **Don't boil it:** warm it gently, never above 40 °C. Raw milk: not in pregnancy, for young children, older people or anyone with low immunity.

Spices
Cinnamon, nutmeg, cardamom or clove, to taste.

shila:jit
Your dose (**p. 16**), the final mineral touch. **It is one of your servings for the day, not an extra one.**

Mindful preparation

1 **In a bain-marie**
Warm the cacao slowly, without boiling.

2 **The milk**
Add it gently warmed, never above 40 °C.

3 **Spices and honey**
Stir them in calmly.

4 **The mineral touch**
Add the shila:jit last, stirring with intention.

5 **Drink slowly**
Feel how the elements come together within you, and let your body know you are listening to it.

Honouring this ritual is a way of telling your body:

"I am here with you, not against you."

§19 · the beginning

When the body finds *its natural balance*

If you have come this far, we know you are looking for a new way to connect with your body: more conscious, more natural and in tune with your rhythms. That is why we created this guide, with love and with science, to help you live this stage not as an ending, but as the beginning of a new vitality. That balance is yours to cultivate, day by day.

WHAT YOU CULTIVATE WITH THIS GUIDE

Mineral base

Biominerals from the earth, every day, as a complement to a nutrient-dense diet: shila:jit in the morning and alcalina throughout the day.

Less load

Reducing what comes in and caring for the body's natural pathways: liver, kidneys, gut, skin and lymph.

A pause for you

A daily routine that sets aside a moment of calm for you.

Reconnection

More than cleansing: reconnecting with biology, natural rhythm and the new energy of this stage.

IN THE MORNING

Start with shila:jit

From a grain of rice a day (**p. 16**).

View shila:jit

THROUGHOUT THE DAY

Start with alcalina

From 4 to 10 drops on waking (**p. 16**).

View alcalina

WHEN YOU WANT TO GO DEEPER

re:set and lunaris™

Once your mineral base is established, you can take cleansing to another level. re:set is the 24-hour intestinal cleanse with long-fermented kōso enzymes.

lunaris™ unites the mineral strength of humus with the enzymatic power of kōso for the female body in transition.

Their guides (re:set and lunaris™) are in the guides library; the lunaris™ guide is, for now, only in Spanish.

re:set · 24 HOURS

View re:set

ALL THE GUIDES

guides library

§20 · bonus · where to buy

Bonus
your allies along the way

WHAT WE LOOK FOR

Organic and regenerative, unpasteurised where it matters, and as close to the source as possible.

Suppliers we have chosen, tried and trust. No rush: change one thing at a time, when you run out of it.

FRUIT AND VEGETABLES

Freshvana

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

Mainland Spain only.

freshvana.com

BEEF

Ecobovis

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

Mainland Spain.

ecobovis.es

FISH

Wild Alaskan salmon

Caught in the wild. It is not a shop: its website shows which fishmongers stock it.

alaskaseafood.es

PASTURE DAIRY

Crica

Raw and pasteurised milk, and yoghurt, from an organic farm. The raw milk only if you already know it (**p. 25**).

All of Spain.

crica.es

FERMENTED FOODS

Ferment9

Fresh, unpasteurised fermented foods (sauerkraut, kimchi, fermented dairy), from their own kitchen in Barcelona.

Chilled: mainland Spain, the Balearics and Portugal.

ferment9.com

BONE BROTH

Caldo Santa Paciencia

Bone broth with organic ingredients, more than 24 hours over a low heat and unpasteurised.

Chilled: mainland Spain, the Balearics, Portugal and France.

caldosantapaciencia.com

CACAO

Amrita Cacao

Raw-grade ceremonial cacao, for your afternoon ritual (**p. 25**) or for sharing.

Mainland Spain, Portugal and Europe.

amritacacao.com

WATER AT HOME

Alkanatur

Water and shower filters for the home, from a Galician company.

For your water: **filtered, by reverse osmosis or any other filter**. The three options are on **p. 20**.

alkanatur.com

BEFORE YOU BUY

Always check the label: shops change. Information from October 2026; shipping and stock may vary.

Live outside Spain? Look for the same near you, with the same criteria.

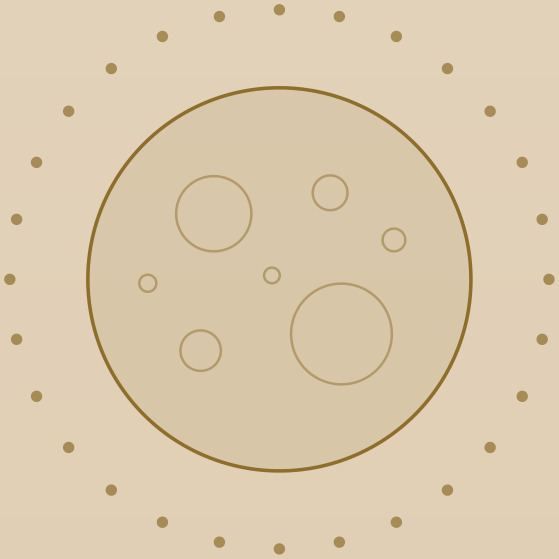
closing · for you

A new chapter *that begins with you*

What if real transformation begins when you stop resisting and choose to make space for yourself?

This stage is an opportunity, a step. Letting go is hard, and some days it will feel as if everything is shifting at once, but your future self will thank you. Cleansing isn't only physical, it isn't only what leaves the body: it's everything that has been stuck for a long time. Habits, emotions, rhythms… all of it.

Now it's your turn: to listen to yourself, look after yourself and honour yourself every day, without doing it perfectly.



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

to remember

You are not changing your essence. *You are changing frequency.*

Menopause · balance from the root

REMINERALISE ◆ CLEANSE ◆ NOURISH

START NOW

golden shila:jit

Your mineral ritual every morning, from a grain of rice.

View shila:jit

GUIDES LIBRARY

All our guides, free

The re:set and be:liver guides, and more.

guides library

NOTICE

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

hola@bionobo.com

Any question about your ritual.

bionobo.com

The guides library and the product pages.

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

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