bionobo®



Preparation

Getting ready to cleanse

One page for the fridge p. 2
your days and your plan

One reason for the order p. 4
why re:set comes before be:liver

Arrive ready,
go through it calmly
and come back slowly.

The days before, the night before, each kit day, the flush, enemas and how to break the fast. A short guide to preparing well before you start.

A SUPPORT DOCUMENT · IT DOES NOT REPLACE YOUR DOCTOR'S ADVICE

how to use this guide

Your days *at a glance*

Gut first, then the liver. re:set and be:liver are two 24-hour days, each followed by a release day at home. Read this guide through once, calmly, as soon as you have it; after that, use it as a map. If anything doesn't fit what your doctor has told you, follow their advice.

↓ First of all: is it for you? · p. 3

day −7	night before	day 1	day 2	day 3	day 4	day 4 pm +
The countdown	The night before	re:set day	Release day	be:liver day	Release day	Breaking the fast
cut back on coffee, eat lighter	everything ready, alarms set	09:00 to 21:30	at home · the enema, **p. 10**	09:00 to 21:35	at home · the enema, **p. 10**	back to eating via the ladder
p. 4	p. 6	p. 7	p. 8	p. 9	p. 8	p. 11

Rhythm A, the standard: 48 h of kit over 4 days. More time between the two? Rhythms B, C and D: **p. 8**.

FOR THE FRIDGE

Your plan

how you're going to organise it

How much preparation you need (1) (2) (3) p. 3

My rhythm (A) (B) (C) (D) p. 8

re:set, on .....

be:liver, on .....

I set aside from ..... to ..... p. 4

I start cutting back on coffee on ..... p. 4

What I buy in advance ..... p. 5

.....

Notes .....

DURING THE PROTOCOL

Listen *to your body*

What's normal, and passes

More bowel movements, gas or mild bloating, passing tiredness, a mild headache, emotions close to the surface. What helps: more warm water, going slower, resting and box breathing (breathe in 4 s, hold 4 s, breathe out 4 s, hold 4 s).

Stop and check with your doctor that same day if…

- the pain in your tummy lasts more than 30 minutes
- you vomit non-stop or can't keep fluids down
- you feel very dizzy or you faint
- you notice confusion or a severe headache with nausea
- you see red blood with the enema
- 48 h after re:set, and after a warm-water enema, you still haven't evacuated

With any of these, don't wait: seek medical attention

- sudden, severe pain
- pain that spreads to your back, with vomiting
- high fever or chills
- yellow skin or eyes

Questions? About your health, your GP; about the kit, us: **hola@bionobo.com**

Sources. Warning signs: NHS, "Gallstones", reviewed 11 Aug 2025; Cleveland Clinic, "Enema", reviewed 20 Nov 2023.

PART I · PP. 3-6

I Before *arrive ready*

Preparation makes the difference between a comfortable protocol and an uncomfortable one.

before · safety

Is it for you? *before you start*

Go through it with your doctor before you buy or start. **What they tell you comes first.**

× Not recommended

- Pregnancy and breastfeeding
- Eating disorders or marked underweight
- Advanced liver or kidney failure
- Uncontrolled hyperthyroidism

No free days (48 h per kit; 4 days for both in a row): better to postpone.

ⓘ Only with your doctor

- Diabetes or medication for blood sugar
- Heart disease
- Kidney disease (you drink a lot of water that day: **p. 5**)
- Gallstones, biliary colic or disease of the liver, pancreas or bile ducts (especially for be:liver)
- Stomach ulcer
- Inflammatory bowel disease in a flare, obstruction, recent abdominal surgery or acute diverticulitis
- Cancer
- Addictions
- Under-18s: only under the supervision of their healthcare professional

ⓘ Medication

Check with your doctor before you start: they will tell you how and when to take it on those days, especially if it is for blood pressure or diabetes, or if you take diuretics, anticoagulants, lithium or antiepileptics.

On the pill? If you have diarrhoea for more than 24 hours on those days, it may protect you less: also use condoms until 7 days after it stops.

Diabetes and ki:wami

Only with your doctor's adjustment: a day without solid food changes your glucose. Check it as you go.

ki:wami is made by fermenting fruit and vegetables with cane sugar, coconut sugar and honey, and it contains sugar: if you have diabetes, talk to your doctor before using it while fasting.

Fluids

On each kit day you drink a lot of warm water. If your doctor has asked you to limit fluids (heart, kidney) or you take diuretics, check with them before you start.

How much, and which water: **p. 5**.

How much preparation do you need?

On each row, tick what is closest to you. The column with the most ticks is your number: note it in your plan (**p. 2**).

	1	2	3
FOOD	○ Organic food; you've already fasted or dieted	○ Conventional food; no previous fasting	○ Processed food, alcohol, tobacco, coffee or sugar daily
ENERGY	○ No underlying tiredness	○ Mild persistent tiredness	○ Severe persistent tiredness
MOVEMENT	○ You move every day	○ You move a little	○ A sedentary life
START p. 4	1–3 days before	3–5 days before	2 weeks before

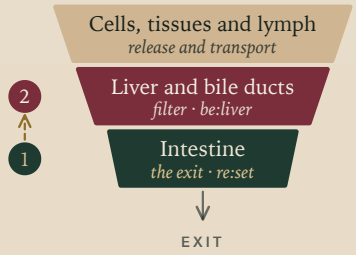
Sources. Fasting: Wilhelmi de Toledo et al., consensus guidelines, 2013 · Diabetes: Grajower and Horne, *Nutrients*, 2019 · Pill: NHS, reviewed 15 Feb 2024.

before · 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 emptier the tract, the deeper the protocol reaches.



WHY THIS ORDER

First the intestine, then the liver.

The liver does not eliminate to the outside: it depends on the intestine. If the intestine is saturated, what the liver releases has nowhere to go. That is why re:set always comes before be:liver.

−7 7-5 DAYS BEFORE

Reduce coffee and stimulants

Cutting them on the day is the most common cause of headache and fatigue.

−5 5-3 DAYS BEFORE

Cleaner eating

Out with ultra-processed food, added sugar, alcohol and fried food.

−2 2 DAYS BEFORE

Go lighter

Out with meat, legumes, nuts and heavy processed food: vegetable broths and soft food. If you like, ki:wami (p. 5).

−1 THE NIGHT BEFORE

Light, early dinner

Water, kit, dose line-up and alarms, all ready (p. 6).

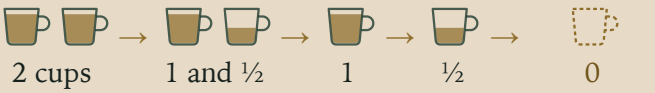
How far ahead? For food, as your preparation result sets it (p. 3): with a 1, from 1 to 3 days; with a 2, from 3 to 5, as above; with a 3, two weeks and more slowly. **Coffee**, always from about 7 days before.

During the protocol, no alcohol, tobacco, coffee or sugars; coffee, cutting down gradually (below).

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."*



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.

The headache from giving up coffee usually starts between 12 and 24 hours after the last cup and is strongest on the first and second days (Juliano and Griffiths, 2004).

SET THE TIME ASIDE

What's most underestimated

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

The two kits back to back (rhythm A), **4 days**; with a fasting day in between (rhythm B), **5**. Not alongside work, travel or family demands. If you have your period, you may prefer to wait until it ends, for comfort.

VIDEO · BEFORE YOU BEGIN

Essential tips before you start

youtu.be/eH0kcNj67x4

before · what you need

What you need *in and beside the kit*

Check both kits as soon as they arrive, and buy beforehand what isn't in the box.

KIT 1 · THE INTESTINE re:set

the re:set product page

- 1 shaker — 350 ml
- 10 re:load — sachets · 12 g
  Numbered 1 to 10, one per dose.
- 6 re:lease — bottles · 30 ml
  5 on the day and the 6th the next morning.
- 1 re:lax — sachet · 5 g
  At 21:30, only if you have not evacuated; if you already have, the next morning.

ⓘ In both kits, the best-before date is on the outer box, not on the sachets or the bottles. Store them in a dry place, away from light and heat.

KIT 2 · THE LIVER be:liver

the be:liver product page

- 1 shaker — 350 ml
- 4 be:smooth — sachets · 5 g
- 6 be:zyme — sachets · 10 g
- 6 be:vital — bottles · 30 ml
  2 on the day and 4 on the following days.
- 2 be:nourish — sachets · 8 g
- 1+1 be:balance + be:nova — 2 × 120 ml
  The flush: be:balance, fermented fruit and vegetable enzymes; be:nova, extra virgin olive oil. No Epsom salts.

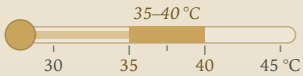
Besides the kit · *buy it beforehand*

FOR THE DOSES AND THE RELEASE DAY

- **Liquid thermometer** — For the water for each dose, between **35 and 40 °C**.
- **A thermos** — To have warm water ready for the whole day.
- **2 L enema bag** — Good quality, with a **clamp** to open and close the flow of water.
- **No bag?** — Find someone near you who does colon hydrotherapy.
- **Coconut oil and towel** — And a mat, for the enema (p. 10).
- **Strainer and gloves** — And chopsticks (optional), to look at what comes out (p. 8).

THE WATER FOR EACH DOSE · TWO OPTIONS

- Filtered — reverse osmosis or any other filter
- From nature — spring (or structured)
- × *Never unfiltered tap water*



Check it with the thermometer and keep it in a thermos.

On each kit's day you will drink **about 5 litres (re:set) or about 6 (be:liver)**, in small amounts every 30 minutes. Do you need to limit fluids? See p. 3.

ki:wami product page

ki:wami · OPTIONAL

Before, between and after the kits

2 to 4 servings of 30 ml a day, in good-quality water and never above 40 °C: heat deactivates it. Diabetes? p. 3.

alcalina product page

alcalina · THE ENEMA

With fulvic acid

5–10 drops beginners · 10–20 or more advanced, per enema bag (p. 10).

For afterwards, buy it in advance: vegetables for green juices and broths, kefir, bone broth (or bones to make it) and live, unpasteurised fermented foods: that way nobody has to dash to the supermarket on day 4 (p. 11).

the night before · alarms

The night before *and your alarms*

Everything ready the night before and the alarms set: that way, on kit day you have nothing to think about. **The alarm goes off, you pick up the next dose, and that's it.**

THE NIGHT BEFORE · ALL READY

- ✓ **Light, early dinner**; if you can, liquids only from mid-afternoon.
- ✓ **The water ready in the thermos**; the thermometer and the shaker, to hand.
- ✓ **Your dose line-up:** all the doses in a row on a table or a tray, in order and numbered (below).
- ✓ **The night before be:liver:** be:balance + be:nova and the shaker, by the bed. The flush has no water: shake well, drink it in one go, then to bed (p. 9).

Rhythms B, C and D (p. 8): on B, your night before be:liver is the fasting day with ki:wami; on C, the last fasting day; on D, repeat this night before. Their alarms, always that night.

YOUR ALARMS · SCAN AND SET

iPhone CLOCK ALARMS

Scan it, tap **"Get Shortcut"** and **"Add Shortcut"**; the first time, **"Allow"**.

re:set — days 1 and 2

be:liver — your day and the next morning

Android CALENDAR

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

re:set — set the date of your **day 1**

be:liver — set your day; includes the **be:vital** alerts

The sequence, on iPhone

RHYTHM A · EACH SET, JUST AFTER ITS TIME

1	NIGHT BEFORE	after **21:30**	re:set → "Detox day"	**14 alarms** for day 1
2	DAY 1	after **09:00**	re:set → "Next morning"	**09:00 on day 2**
3	DAY 2	after **21:35**	be:liver → "Cleanse day"	**13 alarms**, only if you have already evacuated (p. 8)
4	DAY 3	after **07:00**	be:liver → "Next morning"	**06:00 and 07:00** on day 4
5	DAY 4	after **07:00**	Delete them all in the Clock app	**be:vital, the following 4 days**: on iPhone, no alarm; Android alerts you

ⓘ **On iPhone the alarms have no date:** if you change the day, delete them in the Clock app and set them again the night before; on Android, pick the new date and delete the old alerts. **Missed a dose?** Nothing happens: pick the rhythm back up and carry on. On be:liver, the flush is always the last dose of the day.

YOUR DOSE LINE-UP · IN A ROW, IN ORDER

Set them out the night before or in the morning, each with what its time needs.



PART II · PP. 7-10

II During *go through it calmly*

Two days for you and two at home. Calm above all.

day 1 · re:set

For the whole 24 hours, **only the enzymes in the kit and warm water** (35-40 °C): 250 ml with each dose and **250 ml every 30 minutes**. A whole day for yourself.

re:set day *and the next morning*

VIDEO · re:set

Unboxing, dosage and how to mix each dose

youtu.be/y5_OViAW1KU

ANATOMY OF A DOSE · IN THE SHAKER · YOUR ALARMS REMIND YOU (P. 6)

250 ml warm water + **the re:load sachet** for that hour + **30 ml re:lease** at the marked doses → **shake hard** and drink straight away · **if it stands,** it thickens

Morning 09:00 - 12:00

09:00	re:load 1
10:00	re:load 2
11:00	re:load 3
12:00	re:load 4 + re:lease

Afternoon 12:30 - 17:30

13:00	belly massage
14:00	re:load 5 + re:lease
15:00	re:load 6
16:00	walk, yoga or stretching
17:00	re:load 7 + re:lease

Night 18:00 - 21:30

18:00	re:load 8 + re:lease
19:00	re:load 9 + re:lease
20:00	belly massage
21:00	re:load 10
21:30	re:lax YES OR NO? ↓

21:30 re:lax · HAVE YOU EVACUATED?

NO take it now **YES** the next morning

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

NEXT MORNING · 09:00

250 ml + the 6th re:lease (+ re:lax, if you didn't take it last night). When evacuation arrives: **p. 8**.

THAT DAY

Move the lymph, *then rest*

Moving the lymph helps open the elimination routes. Choose whatever you have to hand and do it gently. **And rest: if the body asks you to stop, stop.**

VIDEO · 13:00 AND 20:00

Belly massage

youtu.be/5I0U1K812ic

- **Plenty of water** 250 ml every 30 min
- **Rebounding (mini trampoline)** gentle bounces, on the bed, on a mat or on a mini trampoline
- **Sauna** short, if you have access, with water and without pushing it
- **Lymphatic drainage** gentle manual massage
- **Walk gently** the 16:00 walk

QUICK QUESTIONS

Strong taste? Yes: sour, like vinegar, from the fermentation. That's normal. Mix it with more warm water, no lemon or juice.

Have I taken the sachets out of order? Don't worry: carry on with whichever is next at the following dose.

What if I'm hungry? Hardly anyone is: the enzymes contain nutritious ingredients. If it does appear, warm water, and ask yourself whether it's the body or the habit. If you eat something, it doesn't stop working, but it works less.

Nausea? More water, more slowly, split the doses; re:set can be spread over two days: write to us (hola@bionobo.com).

Can I work or exercise? Better not: it's a day for you, with the bathroom close by. A walk, stretching or gentle yoga, yes; nothing intense.

What if I have to stop halfway? Leave the doses and break the fast gently (p. 11). You can repeat it later.

days 2 and 4 · release

Release day *between the two kits*

What decides the result is not the pause. It is whether the exit is open.

What you take

09:00, the morning dose: see p. 7. Then, if you like, **ki:wami** on top (p. 5).

Day 4: the be:liver morning (p. 9).

What you drink

Liquids only: warm water, infusions, green juices and strained vegetable broth. Always with no protein or fat: no bone or meat broth. **No coffee.**

Day 4: the same until midday (p. 9).

Care

At home, with no commitments: this is where the most significant elimination usually happens. Rest, a gentle walk and the enema (p. 10): in the morning or in the afternoon; it doesn't have to be at night. The morning works very well if you haven't evacuated yet.

Day 2: with warm water or with fulvic acid.
The coffee enema, only on day 4.

WHEN IT ARRIVES, AFTER re:set

THAT NIGHT	THE NEXT DAY	11:30 · STILL NOTHING?	IT CAN TAKE
Some people	Most people	300 ml of warm water.	Up to 48 h. After that, a warm-water enema (p. 10); if still nothing, check with your doctor (p. 2).

WHAT IS IT THAT COMES OUT?

If you look at what comes out (strainer, gloves and chopsticks: p. 5), not everything that comes out is plaque or decomposed matter, and not everything is product: the proportion varies from person to person. **Don't judge your cleanse by what you see:** much of what happens can't be seen.

THE RULE FOR MOVING ON

At the end of day 2: have you evacuated since re:set?

YES RHYTHM A

The exit is open: *be:liver, tomorrow*

After 21:35, **set its alarms** (p. 6) and **line up your doses**.

NO RHYTHM B

Not yet: *be:liver, one day later*

Make today's enema **a warm-water one**; tomorrow, a day of fasting with ki:wami as your night before. It can take up to 48 hours: **give the body time and calm.**

Choose your rhythm

day by day, left to right

A	Back to back 4 days, the standard.	re:set · release · be:liver · release
B	One day of fasting with ki:wami between the two: more effect.	re:set · release · *fast* · be:liver · release
C	Separate, fasting several days on liquids only and ki:wami; more than a few days, hand in hand with your doctor (p. 11).	re:set · release · *several days* · be:liver · release
D	Separate, eating the gentlest: go back to eating via the ladder (p. 11) and repeat the night before (p. 6).	re:set · release · *food* · be:liver · release

◆ BEFORE be:liver

"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."

DANI · CO-FOUNDER OF bionobo

day 3 · be:liver

be:liver day
and the flush, no water

Only the enzymes in the kit and warm water: **200 to 250 ml with each dose** and 250 ml every 30 minutes. During the day you can drink more warm water. **All in a single day, stress-free.**

Morning 09:00 - 12:00

09:00	be:smooth	200 ml
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	200 ml
16:00	be:zyme	
17:00	be:zyme	

Night 18:00 - 21:35

18:00	be:vital
18:30	rest until 21:00 · 250 ml of warm water every 30 min
21:30	**the flush** · no water
21:35	to sleep · right side, 45 min

Next day DAY 4 · RELEASE — 06:00 be:smooth — 07:00 be:nourish — **1 be:vital a day**, for 4 days — At midday, the ladder (p. 11) or carry on fasting

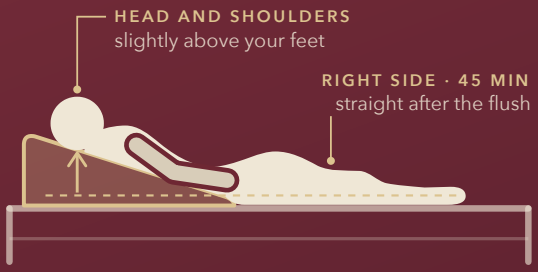
THE LAST DOSE · BY THE BED **21:30**

The flush, no water: shake both bottles well together (be:balance + be:nova) — they come emulsified — and drink it all in one go. Then, straight to bed.

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

With a straw, if you prefer.

THE POSITION · 45 MINUTES



Lie on your **right side for 45 minutes**. Raise your head and shoulders slightly above your feet: **that can help prevent reflux**.

IF YOU FEEL NAUSEOUS

More water and more slowly; you can space out the sachets, but the flush goes about 3–5 hours after the last one and always that same night: **be:liver is never split over two days.**

VIDEO · be:liver

be:liver step by step

youtu.be/z1p_gVvt7MQ

WHEN IT ARRIVES, AFTER THE FLUSH

21:30 · THE FLUSH	NEXT MORNING	AFTERNOON OF DAY 4
The last dose	Usually, not yet	Most common

You may see remains of different shapes and colours: **observe them calmly and without judgement**; if you have any doubts, mention it to your doctor.

Gallstones, biliary colic or disease of the liver, pancreas or bile ducts? Don't do be:liver without your doctor's prior assessment (p. 3).

release days · enemas

Enemas *three options, one tool*

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

DANI · CO-FOUNDER OF bionobo



WHEN TO DO THEM · RHYTHM A

It doesn't have to be at night: **the morning works very well if you haven't evacuated yet.**

DAY 1	DAY 2	DAY 3	DAY 4
re:set	*morning or afternoon*	*never*	*morning or afternoon*
the 24-hour kit: no enema	warm water or with fulvic	be:liver: the night of the flush	the coffee one too, if you use it

RHYTHMS B, C AND D · P. 8

The same: in the morning or in the afternoon of each release day; **never on the be:liver day**.

THE ENEMA WATER · THREE OPTIONS THAT WORK WELL

Always with quality water, like the water for your doses (p. 5).

OPTION 1 · days 2 and 4

Warm water

Just quality water. It is the one for day 2 if you have not evacuated yet (p. 8).

OPTION 2 · days 2 and 4

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.

OPTION 3 · day 4 only

Fulvic and organic coffee

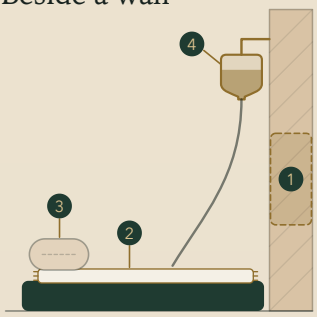
The classic after be:liver, on its release day. It contains some caffeine.

STEP BY STEP

1. **Prepare the water.** Warm, between 36 and 38 °C, in one of the three options.
2. **Your space.** On the floor, on a mat with a towel, near a wall to rest your feet up high. The bag, hanging: the higher, the more pressure.
3. **Little by little.** Lubricate the cannula with coconut oil. Start with what feels comfortable, **300 to 700 ml**: warm water, and no more than is comfortable. If the water stops flowing, take a deep, relaxed breath.
4. **Clamp and hold.** Once it has gone in, clamp the cannula, gently withdraw the tube and hold: **10 minutes** is the aim; if one day you don't get there, that's fine.
5. **Clear out.** Build up to it: a tester, a clear-out and the full one, which is the one you hold. No more than three.

YOUR SPACE

Beside a wall



1 Wall · 2 Mat · 3 Pillow · 4 Bag

FOR YOUR SAFETY

The water, warm (36–38 °C), never hot. Do not force the cannula. If you notice strong pain, blood or dizziness, stop (p. 2). With the coffee, if you notice stinging, pain or blood, go back to warm water or the fulvic one. If you have bleeding haemorrhoids, fissures, bowel disease in a flare or recent abdominal surgery, check with your doctor first.

No bag? See p. 5. Ideally, though, have your own bag: you learn to use the tool and always have it with you.

PART III · PP. 11-12

III After *come back slowly*

The step almost everyone rushes.

after · eating again

Breaking the fast *the ladder*

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. It applies after be:liver and also after re:set if you separate the kits and eat in between (rhythm D, p. 8).



THE TIP THAT MAKES THE DIFFERENCE

As long as no protein, fat or solid food enters, the work keeps going: if you feel well, you can extend it a few hours or a whole day more on just liquids and ki:wami (p. 5). The moment you take the first food containing protein or fat, step 3, the process closes. **It is not a mistake: it is a decision.** Make it deliberately.

More than a day? You can carry on like this for several; **if you want to go beyond a few days, especially if you weigh very little or have lost weight, do it hand in hand with your doctor.**

THE LADDER, IN ORDER

While you fast, vegetable broths only.

STEP 1

Green juices or juiced vegetables

Best cold-pressed and freshly made.

JUICE WITHOUT A PRESS

- **Blender + cloth bag:** blend with a little water and strain, squeezing well.
- **Centrifugal juicer:** fine, though it oxidises more; drink it immediately.
- **Grate and squeeze:** carrot or beetroot, finely grated and wrung out in a cloth.
- **None of the above?** Strained vegetable broth and infusions.

STEP 2

Very light vegetable broths

Warm and well strained. **No protein or fat:** not bone broth yet.

STEP 3

Kefir and bone broth

THE FAST ENDS

This is where protein comes back. The broth, warm and strained; for the kefir, see below.

STEP 4

Soft protein and steamed vegetables

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

ALWAYS

Live ferments

Sauerkraut, kimchi, natto or live pickles at every meal on the way back, **unpasteurised**: supermarket ones are usually pasteurised.

THE KEFIR

The more alive, the better

Raw-milk kefir fermented at home, where it is legal and available; if not, a commercial one. **Raw milk: not in pregnancy, for young children, older people or anyone with low immunity.**

NO RUSH *There is no prize for rushing back.*

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: one at a time, as you restock.** When you run out of something, replace it with a better version.

IF YOU CAN'T DO IT ALL, IN ORDER

1. **Water.** A filter for the water you drink and another for the shower. If your filter takes the minerals out too, as reverse osmosis does, put them back with a few drops of alcalina.
2. **On the plate.** Nutrient density and real food, starting with animal protein.
3. **Cooking fats.** Grass-fed beef tallow, grass-fed butter, ghee or virgin coconut oil; extra virgin olive oil, raw. Leave out the refined seed oils.
4. **Fruit and vegetables.** Start with the ones you eat with the skin on: better pesticide-free.
5. **Your skin and your home.** As you restock, also what goes on your skin (deodorant, creams, gels, toothpaste) and into your home (detergents, cleaners, air fresheners). Airing the house daily costs nothing.

Between one protocol and the next, **3 to 6 months**: one per change of season is the most common. It needs no lab tests; if you would like some done, talk to your doctor.

Getting ready is already part of the change. re:set *and* be:liver *are an opportunity, a step. Letting go is hard, and at times it will feel like you're having a rough time, but your future self will thank you. Cleansing isn't only physical, it isn't only what comes out: it's everything that has been stuck for a long time. Habits, emotions… all of it.*

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

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The full re:set and be:liver guides.
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HEALTH QUESTIONS
Your doctor
Suitability, adjustments and your medication.

QUESTIONS ABOUT THE KIT
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The kit and the process.

NOTICE

re:set, be:liver, ki:wami and alcalina 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.

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