



# 9 DAY ACTIVATION PROGRAM

COMPANION GUIDE

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# WELCOME

This 9 Day Programme is designed to assist the body detoxify from heavy metals and other environmental pathogens, balance the gut microbiome, and activate the endocannabinoid system. This powerful combination of herbal blends, used in conjunction with our unique hydro-mineralised cannabis infusion, stimulates the body to gently release unhealthy micro-organisms, optimise organ function, and bring balance back to the body, to innititate its natural capacity for self-healing.





# THE PROGRAM

## PHASE 1 (Days 1-3): HMI Release + FLOW Tea

Take 3 drops of the HMI Formula (underneath the tongue), preferably first thing in the morning, and at least 1 hour away from any food or medication. Take at least a few minutes to simply sit with the medicine both before and after taking the drops – focus on gentle breaths and feeling into your body & bring awareness to whatever is occurring in the present. Do not analyse or disturb the present with thoughts, just observe and breathe into the awareness itself.

Drink 1 cup of FLOW Tea immediately afterwards, and 2 more cups throughout the day.

## PHASE 2 (Days 4-6): HMI Release + RESTORE Tea

Increase the number of drops of HMI formula by 1-2 drops per day (according to your level of comfortability). You should be taking between 6 and 9 drops by Day 6.

Drink 1 cup of RESTORE Tea immediately afterwards, and 2 more cups throughout the day.

## PHASE 3 (Days 7-9): HMI Release + PURITY Tea

Continue increasing the number of drops of HMI formula by 1-2 drops per day (still according to your level of comfortability). You should be taking between 9 and 15 drops by Day 9.

Drink 1 cup of PURITY Tea immediately afterwards, and 2 more cups throughout the day.

## PHASE 4 (Day 10 onwards): HMI Release + Your Choice of Tea

Once the initial 9 days are complete, continue the HMI formula daily, building to 15-20 drops per day (according to comfortability), until the bottle is finished. During this time, we encourage you to feel in to the tea blends and choose the one you are most drawn to that day.

## IMPORTANT INFORMATION

If you experience any discomfort or feel the daily dose of HMI is too high for your system for any reason, simply reduce the number of drops and increase fresh water consumption during the day.

# HMI 5:1 RELEASE

## MINERALISED METABOLIC BALANCE BLEND

**Hydro-Mineralised Infusions (HMI)** are saline based solutions that help to prepare the body for the optimum uptake of cannabinoid formulas. Infused with cannabis and other selected botanicals, these formulas act as cannabinoid agonists by promoting cellular detoxification, improving the connectivity of biochemical pathways, and gently activating the Endocannabinoid System by cleansing its receptor sites. The herbs in this formula are renowned for curbing appetite, balancing the metabolism, and allowing space to release conditioned responses.

**Dandelion Leaf:** Calms systemic inflammation, high in essential nutrients.

**Dandelion Root:** Helps the body dispose of toxins and unwanted bacteria. Supports the liver.

**Sage:** Eliminates body odour, improves memory and concentration, detoxifies.

**Lemon Myrtle:** Antifungal, antiseptic, antiviral, calmative and a sedative.

**Cats Claw:** Known as a 'leveller', Cats Claw allows the body itself to identify and clear illness.

**Liquorice Root:** Aids digestion, releases body fat, prevents breakdown of adrenal hormones.

**Brindleberry:** Breaks down and rids the body of fatty acids. Appetite suppressant & metaboliser.

**Blue Lotus:** Soothing, calming and creates a state of gentle euphoria.

The Natural Lore of Release is a reminder to be fully conscious and aware of all that binds us to our unnatural state, and to trust the natural world to guide the way in finding the key to freedom and release, dissolving the boundaries of our belief created situations.



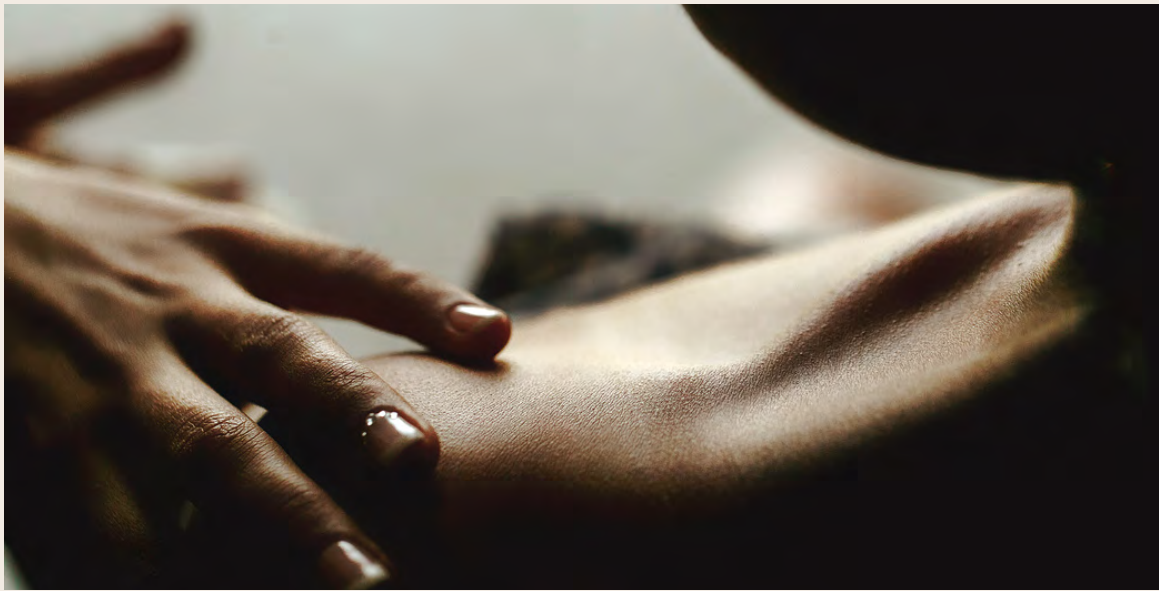
# MAKING A HERBAL TEA INFUSION

**Natural Lore Wellness Teas are formulated by hand to preserve the high frequency of each individual herb. Our philosophy follows in the footsteps of centuries old tradition, honouring the qualities of these botanical allies. Teas can be used on their own as daily tonics for health and wellbeing, or in conjunction with Cannabis Formulas to enhance their therapeutic effects. We encourage you to create your own tea ceremony when brewing your herbal blend. Give yourself the time and space YOU deserve to allow the benefits of the herbs to be experienced fully through your body, appreciating each sip.**

## INSTRUCTIONS

1. Select your tea blend for the day.
2. Bring fresh chemical free clean water to the boil, then allow it to settle and cool a fraction.
3. If using a teapot you may wish to pour boiling water into the empty pot to warm the vessel. Tip hot water out BEFORE you place the herbs in the pot.
4. Take a moment to be with your blend and, if it feels right, send out a Blessing - for whatever flows from your heart, allowing it to return through you .
5. Shake blend to ensure herbs are evenly distributed. (Some blends contain herbs in powder form which require distribution throughout the tea).
6. Place 1 teaspoon of tea per person into the vessel.
7. Gently pour water over the herbs, using enough liquid to make a little more than required.
8. Let the blend infuse for about 3 - 5 minutes.
9. For a full tea ceremony, arrange the teapot and cup on a tray along with natural sweeteners (such as honey or stevia, if required), and even a slice of lemon or orange if you like.
10. Find a comfortable place to sit, and pour your blend
11. Sit back, relax and enjoy your blend to its full potential.

NOTE: One teaspoon makes three cups of tea. Once the blend has infused all of its flavour, the used herbs can be added to your compost! Please ensure the ziplock bag is firmly closed after each use, or store in your own airtight container. Keep in a cool, dark place and avoid exposure to sunlight as this may cause the herbs to degrade, compromising their therapeutic benefit.



## SO, WHAT IS THE ENDOCANNABINOID SYSTEM?

Though cannabis has been used therapeutically for thousands of years, it is only recently that we have begun to understand just how this amazing plant benefits such a wide range of conditions. The answer lies in the special relationship that the plant has with the chemistry of our body, through its interactions with our own endocannabinoid system.

The endocannabinoid system is a complex communication system that works to maintain homeostasis, or a natural state of balance, in the human body. This vast network of receptor sites is located throughout our brains, central and peripheral nervous systems, organs and tissues. It is critical for the day-to-day functioning of almost every aspect of our physiology.

When our body is functioning optimally, it produces cannabinoids that act as keys, stimulating these receptor sites in order to activate our most vital life functions, including memory, immune response, pain, digestion, motor function, appetite, sleep patterns, mood and emotions, protection of brain and neural tissues, and so much more. When our body is out of balance, it is unable to produce sufficient cannabinoids, resulting in disease, disorder, chronic illness and an array of often debilitating symptoms.

Cannabinoids from the cannabis plant are known as exogenous, or phytocannabinoids. These compounds are very similar to our own endocannabinoids and they too can act as keys, supplementing our body's natural supply and activating these receptors in order to alleviate symptoms, correct imbalances, and return our body to a state of homeostasis and wellbeing.

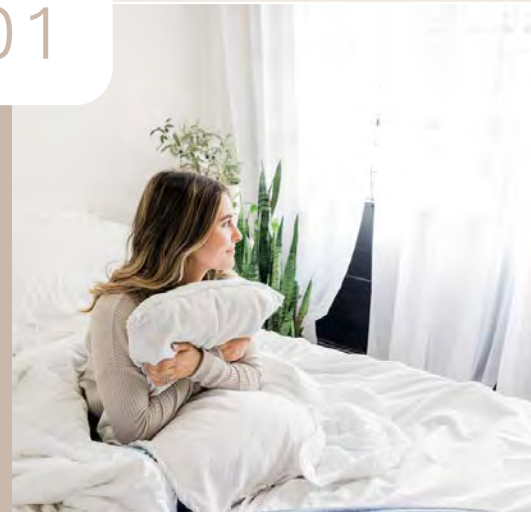
If you are interested in understanding more about the endocannabinoid system and the incredible relationship between your body and the Cannabis plant, we recommend this short video: [The Endocannabinoid System](#)

# TIPS FOR GETTING THE MOST OUT OF YOUR ACTIVATION PROGRAM

01

## Rise with the sun

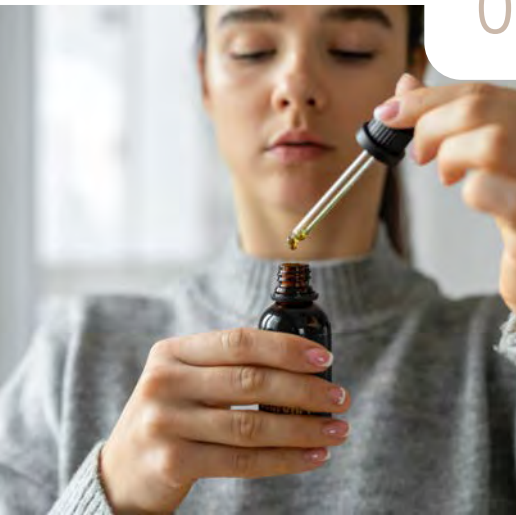
Ideally you want to catch a few minutes of sunrise before any other light hits your eyes. If you can't be outside, crack a window to let in the morning rays.



02

## Take your HMI formula

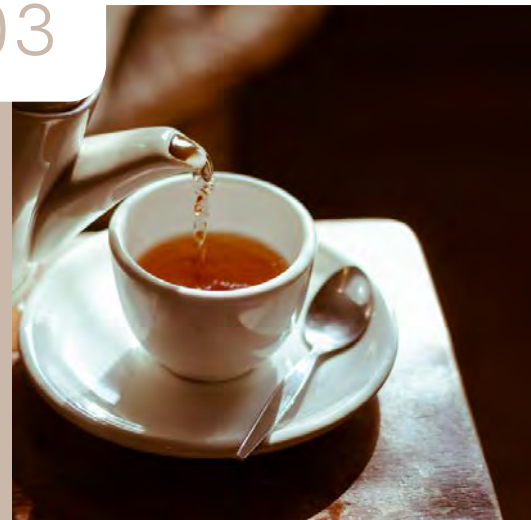
If you can, take your HMI formula first thing in the morning. Take time to sit with the medicine and bring a gentle awareness to any sensations that arise in you.



03

## Prepare your tea

Have your first cup immediately after the HMI formula. As you drink your tea, we invite you to attune to the Natural Lore associated with that blend.





04

## Drink more water

Ensure you drink at least 1.5 litres of clean chemical free water each day. Read '**Flow like Water**' to gain new insights into the wonders of this life giving source.

05

## Eat hemp seeds

Eat 1 tablespoon per day for the first 9 days, building up to 2-4 tablespoons per day over the next 2 weeks. See our '**Hemp Seed Recipe Book**' for inspiration.



06



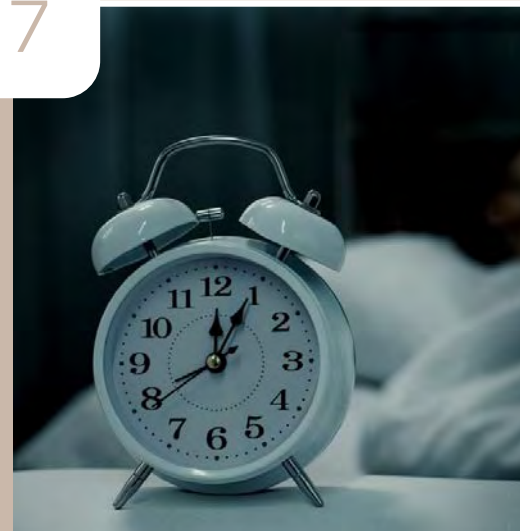
## Help the body eliminate toxins

Daily movement and **breathing practices** aid the detoxification process. Use a favourite body scrub in the shower to help the skin release toxins.

07

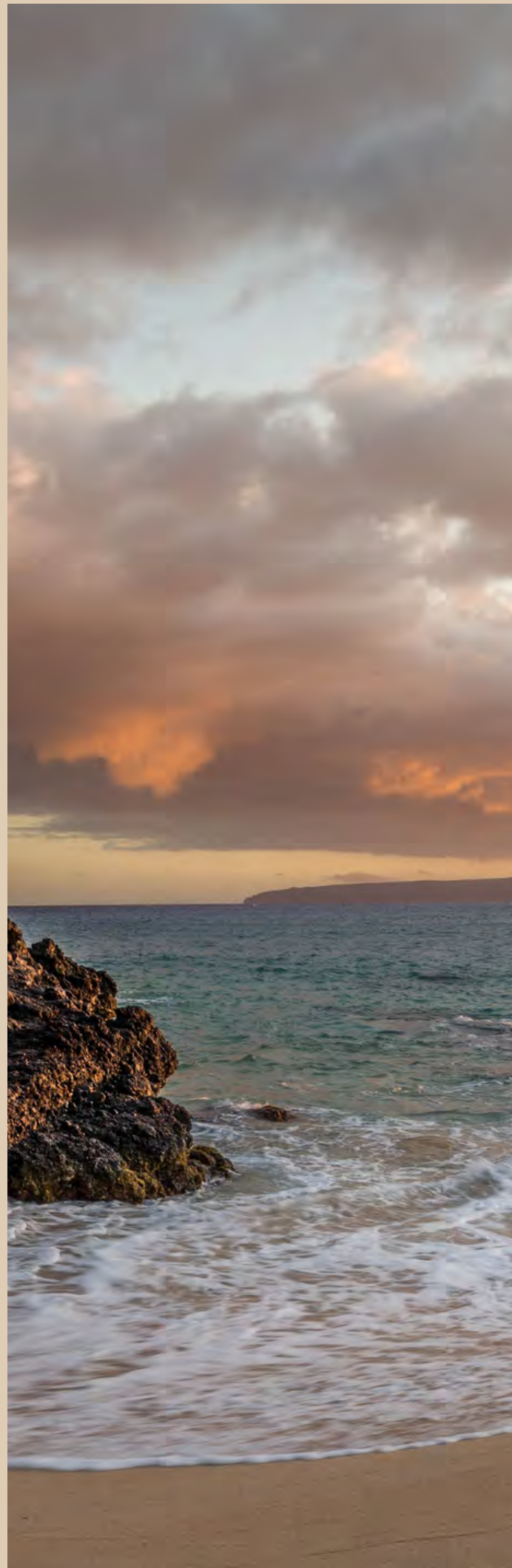
## Build a bedtime ritual

Learn how to optimise your sleep by restoring your body's circadian clock. Read all about **restoring your body's natural rhythm** for tips and tricks.



# FLOW

The Natural Lore of Flow is a reminder to bring gentle awareness to any blockages in the body or in the thoughts then letting them go with grace, to enable a clear pathway forward in full acceptance and agreement of the highest good for all. In other words, we do not need to be involved in the concept of fulfillment of a destination, but rather an exquisite enjoyment of every moment along the way.



# FLOW

## DIGESTIVE & ENDOCRINE SUPPORT

The herbs in this blend have traditionally been used to assist with calming the digestive system and supporting optimum nutrient uptake. Helps endocrine system function and balances hormones. Creates a sense of gentle movement.

**Blue Mallow:** Soothes inflammation in the mucosal and digestive systems.

**Paw Paw Leaf:** High in chlorophyll, fibre, vitamins and minerals. Has antioxidant and anti-cancer properties.

**Cinnamon:** High antioxidant & anti-inflammatory properties. Assists healthy digestive function.

**Peppermint:** Helpful for irritable bowels, bloating and colonic spasms. High in terpenes.

**Tulsi Basil:** Known to kill pathogens, relieve stress, strengthens immunity and facilitate proper digestion. Supports adrenal fatigue & balances hormones.

**Jiaogulan:** Powerful antioxidant and adaptogen. Renowned in Chinese medicine as a longevity herb. Helps regulate the gut microbiome and balances hormones.

**Orange Peel:** A rich source of non-soluble polysaccharides like pectins, tannins and hemi-cellulose which aid in relieving gas and constipation.

**Cloves:** Improves digestion by stimulating the secretion of digestive enzymes helping to reducing gastric irritability and nausea. High in nutrients and anti-oxidants.

**Rose Petals:** High in Vitamin C, have a gentle laxative effect, and stimulates natural bile secretion.



# FLOW LIKE WATER

HUMANS EVOLVED FROM CREATURES THAT LIVED IN THE SEA. WE ADAPTED TO CARRY THE EARTH'S OCEANS WITHIN US AS OUR BLOODSTREAM. LIFE ON LAND HAS LED US TO FORGET THAT WE ARE PRIMARILY STILL AQUATIC BEINGS.

EACH ONE OF US IS MADE OF WATER. WE ARE 70% WATER BY VOLUME, BUT MOLECULARLY, OUR BODIES ARE 99% WATER MOLECULES. THE WATER WE MAKE OURSELVES OF IS MORE IMPORTANT THAN THE FOOD THAT WE EAT.

Water does far more than just quench your thirst. Ensuring you are properly hydrated is the **single most important step** you can take towards improving your health. Water is the main component of our blood. Within five minutes of drinking water, it becomes our blood, supplying our cells with oxygen and nutrients, and keeping our organs functioning properly. It regulates body temperature, keeps our joints lubricated, prevents infections and carries waste out. Being well hydrated improves our sleep, aids digestion, increases brain function and even improves our mood. There is a direct correlation between dehydration and aging. Cells can live almost indefinitely in an optimum environment. The cell itself is immortal. It is only the environment surrounding the cell (composed of water) that degenerates.

## All water is not created equal

A number of harmful chemicals are added to Australia's tap water, including chlorine and fluoride. Chlorine is known to trigger asthma and dermatitis, and can also increase 'bad' cholesterol, increasing the risk of stroke or heart attack. Fluoride has neurotoxic potential. The fluoride added to our water is not the naturally occurring calcium fluoride found in trace amounts in our waterways, it is either sodium silicofluoride, or hydrofluorosilicic acid. These are toxic by-products sourced from phosphate fertiliser manufacturers.

We recommend **Pureau** (readily available at Woolworths and Coles) or a water filtration system that removes fluoride and heavy metals such as Reverse Osmosis or Distillation. **Alkaway** or **Berkey** are great simple, affordable filter systems.

## Remineralising your water

To fully enjoy the benefits of contaminate free water, we suggest adding a tiny pinch of good quality **Celtic Sea Salt**, or Pink Himalayan Salt to every glass of water. Drinking demineralised, or 'empty' water can affect the balance of important elements such as calcium and magnesium in the body, and lead to the dilution of electrolytes. These salts contain over 80 essential trace minerals that, when added back to your water, help to restore the balance of minerals, allowing for better absorption and hydration.

***"If the internal ocean is maintained in conditions identical to those of its oceanic origins, the health of the entire body will be preserved"***

*- Rene Quinton*



# RESTORE

The Natural Lore of Restore is a reminder to be gentle and respectful of the fundamental intelligence within our own bodies for healing and restoration, and the external reflection of natural elements for their essential role in our optimum well-being.



# RESTORE

## REGENERATION & SYSTEMIC SUPPORT

**These herbs have traditionally been used to support and heal blood and organ issues – particularly the brain and liver and their natural processes. Also high in antioxidants and great as an illness recovery blend – beneficial for those with hemochromatosis. The perfect pre-cursor to detoxing and great for cognitive issues**

**Dandelion Leaf:** Calms systemic inflammation. High in essential nutrients and a liver supportive herb.

**Ginkgo Biloba:** Used for memory disorders including Alzheimer's. May settle mood imbalance, help to increase blood flow and settle nerve pain.

**Shisandra Berries:** A powerful adaptogen for overall balance. Assists in tissue repair, has a strong anti-inflammatory effect and balances hormones.

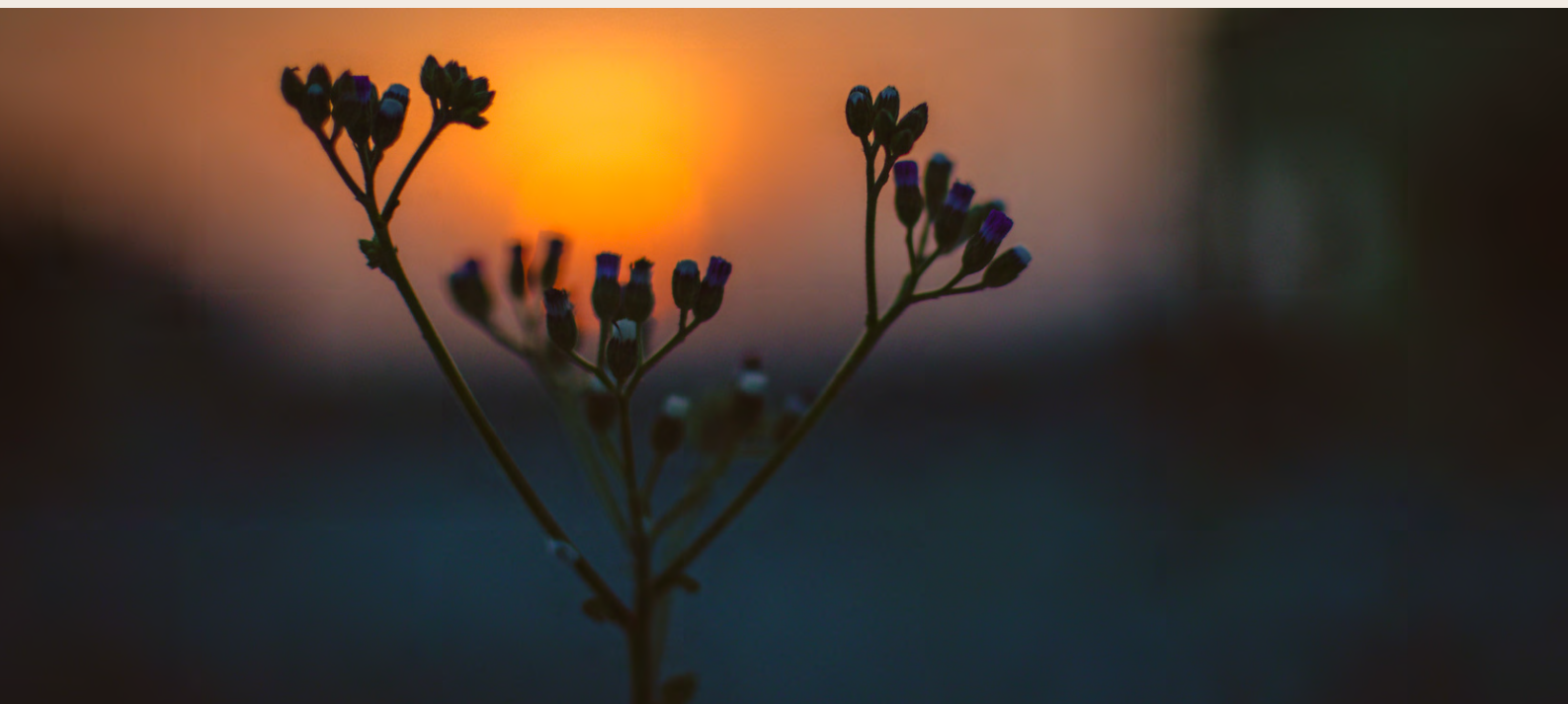
**Suma:** High Antioxidant. Wonderful overall tonic high in vitamins, mineral and electrolytes. Immune booster.

**Rosemary:** Stimulates circulation and protects from bacterial infections. Contains the terpene Myrcene.

**Milk Thistle:** One of the most well-known Liver tonic herbs. High antioxidant properties.

**Turmeric:** Reduces pain, and inflammation. Reduces risk of cancer and dementia. Aids glucose control.

**Black Pepper:** High in vitamins and minerals. Improves digestion and intestinal health.



# RESTORE THE NATURAL RHYTHM OF YOUR BODY

OUR WORLD IS FULL OF RHYTHMS - THE RISING AND SETTING OF THE SUN, THE CHANGING OF SEASONS, THE WAXING AND WANING OF THE MOON, THE TIDES OF THE OCEAN...

Circadian rhythms are the physical, mental and behavioural patterns that our bodies follow over a 24 hour period. These rhythms influence many important functions including hormone release, body temperature, eating habits and digestion, cognitive function, mood, immunity, and sleep. When our circadian rhythm is thrown off, predominantly due to chronic artificial light exposure, it can create significant disturbances to these process and impact both your short and long-term psychological, cardiovascular and metabolic health.

There are several habits we can cultivate to help maintain a healthy circadian rhythm, including exercising daily, eating at consistent times, following a consistent sleep-wake schedule and avoiding naps during the day. The single most powerful environmental cue, however, is light, which is why circadian rhythms are tied to the cycle of day and night.

## Building an optimum light routine

- Ideally, you want to catch a few minutes of sunrise within 15 minutes of waking, and before any other light hits your eyes. This tells your brain to stop making the sleep hormone melatonin and to start producing cortisol which wakes you up and makes you feel more alert and ready to face the day.
- This means NOT looking at your phone before you get out of bed! Try and spend at least 5 minutes outdoors in the morning, or at the very least, crack a window to let the rays in. It doesn't matter if it's cloudy.
- Sunlight is a natural source of blue light and we need exposure to blue light during the day to maintain our circadian rhythm. Make sure you take breaks from your screen as often as you can during the day to see natural light. Step outside for 5 minutes. Preferably without sunglasses!
- Exposure to bright, blue light at night blocks melatonin production and makes it more difficult to fall and stay asleep. Blue light at night also causes cortisol to spike, not only inhibiting sleep, but also increasing sugar cravings, insulin, and compromising hormone signalling.
- At sunset, the sun naturally emits high amounts of deep red and near infra red light which signal to your body it's time to wind down and relax. Mimic nature indoors by avoiding bright lights and instead using warm red lights, candles, or himalayan salt lamps.
- Turn off all screens an hour or two before bed, or if you truly cannot avoid it, use a red light filter on your phone, or wear blue light blocking glasses.
- Sleep in a pitch black room without any electronics in the room and definitely no devices charging. You may not be able to see the invisible NEMF being emitted, but your pineal gland can and this inhibits melatonin production.



# PURIFY

The Natural Lore of Purity is a reminder that when the entity that you experience as a body, mind and soul is cleansed of toxic chemicals, beliefs, relationships, habits etc you are free to move with a sense of freedom and lightness, unbound by those things that weigh you down. Often we don't even realise how light we really are - until we are cleansed of debilitating factors.



# PURITY

## DETOXIFICATION SUPPORT

The herbs in this wellness blend have traditionally been used to eliminate toxins, heavy metals and other synthetic substances that have built up in the body. Good for eliminating body odour. A potent brew for cleansing and restoration whilst creating the opportunity to change unhealthy habits.

**Cleavers:** One of the most well-known lymphatic system and blood cleansing herbs.

**Damiana:** Excellent tonic for hormonal system. Mildly diuretic and uplifting.

**Sage:** Eliminates body odour, improves memory and concentration, cleanses digestion and skin. Detoxifying.

**Pau D'arco:** Blood purifier, antioxidant, anti-fungal, anti-bacterial, anti-tumour. Fights parasites.

**Burdock Root:** Helps to clean and build the blood, and supports the elimination of waste materials.

**Sweet Basil:** Maintains nutrition at a cellular level throughout the detoxification process.

**Asparagus Root:** Used for fluid retention. May inhibit cancer cell growth. Anti-microbial and antioxidant.

**Cardamom:** Helps to prevent damage from free radicals. Assists in the release of gas built up in the digestive system. Full of vital essential oils and minerals.



# PURIFY BODY & MIND THROUGH THE BREATH

BREATHING IS ESSENTIAL FOR OUR VERY SURVIVAL, AND YET MOST OF US RARELY PAY ANY ATTENTION TO HOW WE ARE BREATHING.

It is estimated that up to 50% of adults breathe through their mouths and many aren't even aware they're doing it. Mouth breathing alters the levels of oxygen and carbon dioxide in the blood leading to central nervous system fatigue. This is linked to issues such as sleep disorders and ADHD symptoms, as well as increased stress, high blood pressure, cognitive decline, poor dental health and even changes in facial structure. Symptoms of mouth breathing include inflamed tonsils, fatigue, snoring, teeth abnormalities, gum disease, and bad breath.

**DID YOU KNOW?** The average person takes 12-18 breaths per minute. Short, shallow breaths activate our sympathetic nervous system and stimulate a 'fight or flight' response. We cannot heal when our nervous system is dysregulated. The optimum number of breaths per minute is 6. Long, deep breaths activate the parasympathetic nervous system, stimulating healing.

## Benefits of Nasal Breathing

- Increases oxygen uptake and circulation
- Warms and humidifies incoming air
- Activates the parasympathetic nervous system, supporting relaxation
- Filters out a significant amount of germs, bacteria, toxins and debris
- Improves energy levels
- Reduces allergies, hayfever, and nasal congestion
- Helps facial muscles and bones develop correctly
- Improves physical, cognitive and oral health, and improves posture
- Supports deep and restorative sleep

## Practices to Restore Nasal Breathing

- Mindfulness of your breathing patterns
- Tongue posture exercises
- Alternate nostril breathing
- Using a neti pot
- Mouth taping
- Reducing mould exposure





## REMINDER

The more we live  
in alignment  
with nature and  
her rhythms, the  
smoother our  
lives will flow...

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