

The Gentle Detox Starter Guide



*5 simple steps to reset your body—
naturally.*

BY HEALTHY BODY 4ALL



Introduction

In a world full of toxins and pressure, your body is doing its best. But sometimes, it needs support to clear the noise.

This guide gives you 5 practical steps to help your body feel clearer, lighter, and more focused—without extreme cleanses or rigid diets.

Step 1? The most powerful, yet gentle detox support available.

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Your body is designed to heal.

Sometimes it just needs you to step out of the way.

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About Us

At Healthy Body 4All, we believe that true health starts with simple, natural support. No pressure. No extremes. Just real results—rooted in clarity and ease.

In this guide, we share our promise with you:

- Natural ingredients – Nothing synthetic. Only body-friendly, plant-based support.
- Easy habits – Gentle steps that fit your life, not disrupt it.
- Support without pressure – We offer guidance, not guilt.

Choose a lifestyle that supports your body—not stresses it.
Start with one small step... and feel the shift.

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01 Create a Clean Slate

Clear the path for your body to heal

Your body is incredibly wise—it knows how to restore itself. But when it's burdened with toxins like heavy metals, mold, or pesticides, that healing process slows down.

Clean Slate supports your body in releasing these obstacles, gently and effectively. Its natural ingredients bind to harmful substances and help remove them safely, working in harmony with your body's rhythms. No harsh purging—just a clean foundation for renewal.

Tips

- Take 1–10 drops on an empty stomach, morning and evening.
- Start low, listen to your body, and gradually increase if needed.
- Always drink plenty of clean water to support gentle elimination.
- **Consistency is key: gentle detox builds momentum over time.**



02

Hydrate with Purpose



Give your body what it truly needs to flush and flow

Hydration is more than just drinking water—it's about cellular function. Every detox process in your body, from lymphatic flow to toxin elimination, depends on adequate fluid intake.

Plain water alone isn't always enough. Without minerals, water can pass right through you without deeply hydrating your cells.

By consciously hydrating—using mineral-rich or structured water—you empower your body to transport nutrients, remove waste, and regulate energy.

Tip;

Start each morning with a large glass of water, preferably with a pinch of sea salt or a few drops of trace minerals to support absorption. Sip throughout the day—don't wait until you're thirsty.



03

Eat with Intention



Fuel your body with what it
understands and needs

Your body isn't built to thrive on ultra-processed food. It needs real, recognizable nutrition to detoxify, repair, and restore.

Every bite is either supporting or sabotaging your wellness.

During a detox phase, your body is working hard—give it what it needs: antioxidants, fiber, healthy fats, and trace minerals.

These nutrients fuel your natural detox organs like the liver, kidneys, and gut.



Tip;

Fill half your plate with vegetables. Add clean proteins (like fish, lentils, or eggs) and healthy fats (like avocado, olive oil, or nuts).

Want a boost? A scoop of **ReLive Greens** in water or a smoothie delivers a powerful mix of natural nutrients—perfect for busy days.

04 Calm Your Mind

Reset your inner environment to support your outer health

Mental stress is one of the most underestimated forms of toxicity. When your nervous system is in overdrive, it triggers inflammation, disrupts digestion, weakens immunity, and blocks your body's ability to heal.

Calming the mind—especially during detox—creates space for physical restoration. Your body listens to your thoughts, breath, and rhythm. When you slow down internally, your cells follow.



Begin or end your day with 5–10 minutes of stillness. Sit in silence, breathe deeply, or step outside and feel your feet on the earth. Even a few conscious breaths can reset your system.

Need help focusing without overstimulation?

Zero-In supports mental clarity and calm energy—naturally, and without harsh stimulants.

05

Move Gently

Let your body flow—motion supports detoxification

Your body is built to move—and movement is one of the most effective (yet often forgotten) detox tools.

Unlike your blood, which is pumped by the heart, your lymphatic system has no pump

It relies on muscular movement and breath to circulate, collect waste, and release toxins.

During detox, intense workouts can put stress on your system. What your body needs now is calm, rhythmic motion that promotes circulation without creating new strain.

Movement also supports emotional release. Stored tension, old stress, and fatigue often loosen their grip when your body feels safe and active.



.Tip;

Start the day with a gentle stretch or 10-minute walk. Roll your shoulders, sway your hips, or take a slow outdoor stroll. Feel your body come alive again—without pressure. This is not about performance. It's about reconnecting with your natural rhythm.

Daily Detox Rhythm

Simple structure to support your reset

Use this light structure as a foundation to integrate the 5 steps gently into your day. Repetition builds momentum—and healing happens in rhythm.

Set the Tone

Begin the day with clarity. Hydrate, move gently, and support your body's natural detox rhythm from the very first moment.

Morning

- Take 1–10 drops of Clean Slate on an empty stomach
- Drink a glass of mineral-rich water (add sea salt or trace minerals)
- Do light stretching or take a short walk
- Optional: 5–10 minutes of silence or deep breathing
- Breakfast: nutrient-dense, low in sugar (green smoothie, eggs, etc.)

Daily Detox Rhythm

Simple structure to support your reset

Stay Grounded

Keep your energy balanced. Eat light, nourish with purpose, and stay present with small, mindful pauses.

Midday

- Light lunch with vegetables and clean protein
- Drink water with trace minerals
- Optional: Take Zero-In to support mental clarity
- Walk or stand outdoors for 10–20 minutes
- Journaling, stillness, or quiet screen-free break

Daily Detox Rhythm

Simple structure to support your reset

Wind Down & Release

Let go of the day. Support gentle cleansing with calm, connection, and restorative habits that invite rest.

Evening

- Light dinner, no sugar or heavy meals
- Take second dose of Clean Slate
- Gentle movement (walk, yoga, breathwork)
- No screens 1 hour before bed
- Optional: Revisit intentions or gratitude before sleep

Ready to go further?



This guide is your beginning.

Real change happens when you support your body consistently and gently.

Clean Slate is the first step. **Zero-In** and **ReLive Greens** help you go deeper.

And with ROOT Prime, you get the full benefit —at a savings.

Go to

www.healthybody4all.com

For more information and order.

**Order now and save 10%
with
ROOT Prime**

True healing doesn't happen through extremes, but through gentle, consistent care. When you choose to support your body with what is natural, kind, and rooted in wisdom, you begin to clear the path not only for physical health—but for clarity, energy, and a deeper connection to yourself. Every step, no matter how small, brings you closer to balance.

