



SOUL TAVERN



ELIXIR PROGRAMS

DETOX PROGRAM - \$120

WHY?

To cleanse and reset all the systems of the body, mind and spirit.

FOR WHOM?

For anyone in moments when there is excess, or too much.

FOR EXAMPLE WHEN THERE IS TOO MUCH:

- Red in our eyes
- Water retention
- Set in our ways
- Ache in our head
- Ringing in our ears
- Rigidity in our structure
- Anger in our reactions
- Arrogance in presence
- Judgement in our thoughts
- Drive in our sexual appetite
- Fat around our bathing suit line

PRODUCTS



SCHEDULE

3am – 7am	Detox Metal	90 drops
7am – 11am	Detox Earth	90 drops
11am – 3pm	Detox Fire	90 drops
3pm – 7pm	Detox Water	90 drops
7pm – 11pm	Detox Fire	90 drops
11pm – 3am	Detox Wood	90 drops

* (fire is intentionally taken twice)

WARNINGS

*Each day of the program can repeat the same schedule. Do not maintain the program longer than three days. For any program longer than three days, you must proceed under physician supervision.

NOURISH PROGRAM - \$120

WHY?

To fortify and support all the systems of the body, mind and spirit.

FOR WHOM?

For anyone in moments when there is deficiency, or too little.

FOR EXAMPLE WHEN THERE IS TOO LITTLE:

- Energy in our tank
- Volume in our voice
- Sleep in our night
- Value in ourselves
- Hair on our heads
- Focus in our attention
- Peace in our heart
- Trust in our faith
- Breath in our respiration
- Endurance in our will
- Strength in our bones
- Drive in our sexual appetite
- Stillness between our thoughts
- Self esteem in our presence
- Fertility in our reproduction
- Flexibility in our body & mind

PRODUCTS



SCHEDULE

3am – 7am	Nourish Metal	90 drops
7am – 11am	Nourish Earth	90 drops
11am – 3pm	Nourish Fire	90 drops
3pm – 7pm	Nourish Water	90 drops
7pm – 11pm	Nourish Fire	90 drops
11pm – 3am	Nourish Wood	90 drops

* (fire is intentionally taken twice)

WARNINGS

*Each day of the program can repeat the same schedule. Do not maintain the program longer than three days. For any program longer than three days, you must proceed under physician supervision.

CULTIVATE PROGRAM - \$70

WHY?

To facilitate our growth and development of the three major energy fields of the body.

THIS PROGRAM WILL:

- Support development of kinesthetic awareness, grounding and claircognizance.
- Support emotional connection to ourselves and the world while developing our empathic capabilities and clairsentience.
- Awaken intuitive capacities, psychic abilities, clairvoyance and clairaudience.

PRODUCTS

Cultivate the Lower - Cultivate the Middle - Cultivate the Upper

SCHEDULE

Morning	Cultivate the Lower	90 Drops
Mid Day	Cultivate the Middle	90 Drops
Evening	Cultivate the Upper	90 Drops

WARNINGS

*Each day of the program can repeat the same schedule. Do not maintain the program longer than three days. For any program longer than three days, you must proceed under physician supervision.

CONTRAINDICATIONS AND CONSIDERATIONS.

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Herbs contain a trace amount of alcohol. If avoiding alcohol entirely, prepare herbs in hot water to burn off the alcohol.

*

The statements made on the elixirs have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*

Do not use if pregnant, nursing or considering pregnancy. Keep out of reach of children. Read ingredients carefully and avoid use if known sensitivity to any ingredient. As with any dietary supplement, a healthcare professional should be contacted before use for those with a long term medical condition, taking regular medication or planning surgery. If an adverse event is experienced, discontinue use and contact a healthcare professional. Supplements are not a substitute for medical therapy. Taking with a meal and a full glass of water may reduce stomach upset. Avoid use if you are sensitive to caffeine.

*

Herbs are more effective if taken alone and on an empty stomach (30 minutes before juice or food is ideal).

*

Herbs can be sweetened to taste, recommending the use of Lo Han Guo as a sweetener.

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The schedules provided for taking the elixirs is recommended due to each of the five elements being most active at certain times of the day. However, modifying the schedule to your convenience will still produce profound results.

GUIDELINES

To maximize your results and the safety of your program, please follow these guidelines to the best of your ability.

PRE-PROGRAM RECOMMENDATIONS

- For each day you will be on the program, increase how strictly you follow the below pre-program. Recommendations over the course of the same number of days leading up to the program.
- Cut down on animal protein as much as possible the day before beginning.
- Eat a plant based diet as much as possible.
- If you eat a plant based diet already, increase the amount of raw food intake relative to cooked food (this does not apply for those on the nourish program).
- Begin drinking more water (128 fluid ounces evenly spaced throughout the day).
- Try your best to eliminate caffeine, tobacco and other drugs.
- Take probiotics on an empty stomach just before bed for as many days as you will be on the program.

DURING PROGRAM RECOMMENDATIONS

- Take elixirs on an empty stomach (or at least 30 minutes before food or juice or two hours after food or juice).
- Eat a plant based diet as much as possible.
- Minimize or ideally eliminate the intake of gluten, dairy, sugar (refined and natural sugar, including fruit), preservatives, additives, artificial colors/flavors/sweeteners, chemicals, GMO's, and all oils except coconut, avocado, olive, and grapeseed.
- Drink as much water as possible each day (not below 128 fluid ounces evenly spaced throughout the day).
- Rest as much as possible (minimizing strenuous if feeling tired).
- If headaches occur, minimize activity and maximize sleep.
- Try your best to minimize or eliminate caffeine, alcohol, tobacco and other drugs.
- Take a probiotic on an empty stomach just before bed each night of the program.

POST PROGRAM RECOMMENDATIONS

- Continue to eat as much plant-based and raw food as possible (for as many days as you were on the program).
- Slowly incorporate cooked food into your plant-based diet
- Slowly incorporate your choice of proteins back into your diet.
- Take probiotics on an empty stomach just before bed for as many days as you were on the program.