

BONUS 2

DETOX TEA GUIDE

For Detoxification of the Body System

*Simple kitchen-based tea combinations
that support the body's natural cleansing*

Optional support for The Fat Burner and Slim Protocol
No expensive imported leaves required

For educational purposes only. Consult your doctor before use.

Introduction

This guide offers simple tea combinations using common ingredients found in Nigerian kitchens and markets. These teas are intended as gentle support for the body's natural processes while you follow the main Fat Burner and Slim Protocol.

They are not medicine and they are not a substitute for the main protocol. Think of them as optional helpers that many people find soothing and supportive.

Always start with small amounts to test how your body responds. If you have any medical condition, are pregnant, breastfeeding, or taking medication, consult your doctor before using any of these teas.

General Rules for All Teas

- Use clean water and clean utensils.
- Fresh ingredients are usually better than old dried ones.
- Do not make the teas excessively strong.
- Drink in moderate amounts — one small to medium cup at a time.
- Do not replace your regular water intake with tea only.
- Stop immediately if you notice any discomfort or adverse reaction.
- These teas are supportive, not magical. Consistency with the main protocol matters most.

Tea 1: Ginger + Lemon Morning Tea

This is a lighter version of the morning activation drink from the main protocol. It is useful on days when you want something milder.

Ingredients:

- 1 cup warm water
- A few thin slices of fresh ginger
- Juice of a quarter to half a lemon or lime

Method: Add ginger slices to warm water, squeeze in the lemon/lime, stir, and sip slowly.

Best time: Morning on an empty stomach or mid-morning.

Tea 2: Scent Leaf (Nchuanwu) Tea

Scent leaf has a pleasant aroma and is commonly used in Nigerian homes. A mild tea made from it is often used for general wellness support.

Ingredients:

- A small handful of clean scent leaves (not too many)
- 1–1½ cups hot water

Method: Place the leaves in a cup or small pot. Pour hot water over them. Cover and allow to steep for 4–6 minutes. Remove the leaves and drink while warm.

Best time: Evening, 1–2 hours before bed, a few times per week.

Tea 3: Mild Bitter Leaf Tea

Bitter leaf is widely available. For this guide we use only a very light preparation. Strong bitter leaf drinks are not recommended for frequent daily use.

Ingredients:

- 3–5 clean bitter leaves (depending on size)
- 1–1½ cups hot water

Method: Wash the leaves well. Place them in a cup, pour hot water, and steep for only 3–5 minutes. The tea should be lightly bitter, not intensely so. Remove the leaves before drinking.

Best time: Evening, 2–3 times per week maximum.

Tea 4: Lemon + Cucumber Infused Water (Cold)

This is a refreshing cold infusion rather than a hot tea. It supports hydration and provides a light, clean taste throughout the day.

Ingredients:

- 1 litre of clean water
- A few slices of fresh cucumber
- A few slices of lemon or lime

Method: Add the slices to a bottle or jug of water. Allow to sit for at least 20–30 minutes (or longer in the fridge). Sip throughout the day.

Best time: Anytime during the day as a water replacement or addition.

Tea 5: Ginger + Turmeric Warm Drink

A warming combination that some people enjoy in the late afternoon or early evening.

Ingredients:

- 1 cup warm water
- A few thin slices of fresh ginger (or a small pinch of dried)
- A very small pinch of turmeric powder or a thin slice of fresh turmeric
- Optional: a few drops of lemon

Method: Combine everything in a cup, stir, allow to sit for 2–3 minutes, then sip slowly.

Best time: Late afternoon or early evening.

Helpful Tips

- Rotate the teas rather than drinking the same one every single day.
- Do not drink strong bitter preparations late at night if they affect your sleep.
- These teas support the main protocol — they do not replace it.
- Stay consistent with the morning activation drink from the main guide.
- Listen to your body. What works well for one person may feel different for another.

Disclaimer

This guide is for educational and informational purposes only. It is not medical advice and is not intended to diagnose, treat, cure, or prevent any disease. The teas described use common traditional ingredients, but individual reactions can vary. Consult a qualified healthcare professional before using any herbal tea, especially if you are pregnant, breastfeeding, have existing health conditions, or take medication. Discontinue use if any adverse reaction occurs. The author accepts no liability for outcomes resulting from the use of this information.

— End of Bonus 2 —