



LIVER & DIGESTION HEALING PROTOCOL

A Simple Guide to Cleansing &
Reducing Inflammation

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DISCLAIMER

I am an intuitive healer, not a medical doctor. This activation is a spiritual and energetic journey designed to support the natural purification and alignment of the body, heart, and soul. It is not intended to diagnose, treat, or cure any medical conditions.

I encourage you to listen to your own body and intuition and make choices that feel aligned with your personal well-being. If you have any medical concerns or underlying health conditions, please consult with a qualified healthcare professional before making any significant changes to your diet, fasting, or lifestyle practices.

This is a sacred space for self-healing, empowerment, and transformation. Take what resonates, honor your own path, and trust in your body's wisdom.



LIVER & DIGESTION HEALING PROTOCOL

This protocol is designed to cleanse the liver, heal digestion, and remove inflammation by following a clean, natural diet that supports deep detoxification and regeneration.

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BASIC GUIDELINES FOR HEALING

- ✓ Eat fresh, organic fruits and vegetables – No salt, no oil.
- ✓ Avoid all processed foods – No canned, packaged, or bagged items.
- ✓ Eliminate inflammatory foods:
 - No sugar
 - No wheat, grains, or legumes
 - No fats or oils (except for small amounts of avocado & grapeseed oil)
 - No animal fats or dairy (except coconut-based sour cream or fermented coconut yogurt)
 - No nuts or slow-digesting foods
- ✓ Eat raw foods as much as possible – This helps cleanse and restore digestive health.
- ✓ Drink plenty of fresh, clean water – Stay hydrated to flush out toxins.

BASIC GUIDELINES FOR HEALING

ALLOWED FATS & OILS

- ✓ Avocado – Small amounts allowed.
- ✓ Grapeseed oil – The only oil permitted, 1-2 tbsp per salad or meal, as it supports the liver.
- ✗ No other fats or oils (especially from animals).

OREGANO OIL COFFEE DETOX

- Drink black organic coffee in the morning.
- Add 3-6 drops of oregano oil to help detoxify the liver and eliminate parasites.

HEALING FOODS FOR THE LIVER & DIGESTION

Grapes & Radishes – Help cleanse the liver and reduce inflammation.

Raspberries & Blueberries – Heal digestion and support gut health.

Organic Apples & Pears – Aid liver detox and digestion (can be steamed with cinnamon & lemon).

Orange & Lemon Peels – Blend for additional digestive and anti-inflammatory benefits.

Soursop – A powerful fruit that heals inflamed organs; can be added to smoothies.

BASIC GUIDELINES FOR HEALING

HERBS & NATURAL REMEDIES FOR HEALING

- Dandelion Root – Supports liver detox and reduces inflammation.
- Omega-3 – Helps the body cleanse during detox.
- Mint & Eucalyptus Oil – Apply to the belly with a warm cloth to relieve bloating.
- Oregano Oil – Can be used for inflammation in the tonsils or to assist detox (also added to coffee).

⚠️ **FOOD COMBINATIONS TO AVOID**

- ❌ Do not combine oil and fruit – Oils resist fructose digestion.
- ❌ Grapeseed oil should only be eaten with vegetables.
- ❌ No canned, bagged, or aluminum-packaged food – Eat fresh, whole foods only.

☀️ **DAILY ROUTINE FOR BEST RESULTS**

- ✅ Start the morning with warm water & lemon with Dandelion Root to flush the liver.(check the recommended quantity on the product of your choice)
- ✅ Drink black organic coffee with 3-6 drops of oregano oil to aid detox.
- ✅ Eat only fresh fruits and vegetables throughout the day.
- ✅ Drink plenty of water – sun-charged water is best. (2 liter a day or more)

EASEFUL WAYS TO SUPPORT YOUR LIVER & HEART DURING THIS JOURNEY

Move Your Body Daily

Gentle yoga, stretching, and dancing help stimulate the liver's detox pathways and release stagnant emotions. Flow with your breath, move with intention, and allow your body to release and receive.

➡ Walk in Nature

Spending time in fresh air helps the body oxygenate, ground, and clear energy. Walk barefoot when possible, connect with the earth, and allow nature to support your release and renewal.

Breathe Deeply

Deep breathing massages the liver, stimulates circulation, and allows stored emotions to dissolve with each exhale. Try breathwork practices to clear stagnant energy and invite more light into your being.

Express Yourself Through Movement

Dance, shake, and let go of anything weighing you down! Moving your body joyfully activates detoxification and restores flow in the liver, heart, and entire energetic system.

Sweat & Release

Allow toxins to leave through your skin! Take warm baths, use a sauna, or engage in light exercise to sweat out any remaining heaviness in the body.

Hydrate with Purpose

Drink sun-charged water, herbal teas, and lemon-infused water to flush the liver and keep your body in flow. Hydration supports every phase of detox and heart expansion.

This simple and easy-to-follow
guide that will allow your body to
cleanse, heal, and regenerate
naturally and prepare for our
activation.

Love you!

MORAYANA

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