RogersHood Apothecary
Support Kit

The Support Kit is designed to gently prepare and strengthen your body before beginning deeper cleansing work, such as with our ParaFy Kit, or to maintain balance between cleansing cycles. Mold, pathogens, and environmental toxins often stress key systems like the liver, gut, and immune system.

The Support Kit provides essential nourishment, strengthens detox pathways, promotes digestive health, and soothes the nervous system, setting the stage for a more effective and comfortable cleansing experience.

Support Kit Suggested Use - Ages 3+

- Take 15 drops of Sustain & Immune 3x daily before meals.
- Take 30 drops of Recover 1x daily (& 30 drops of Red Artist if applicable) before meals.
- Take 1 Cinnabin capsule (unless constipated) first thing in morning or before bed as needed for die off symptoms. *Wait 2 hours before or after medicine to take Cinnabin.

Gutty Pre-Cleanse Mucoid Plaque Drink Mix (optional)

- Take 1 Gutty packet first thing in the morning on empty stomach for 3 days in a row. Begin Support Kit 4 days after.

Fulvic Soak (optional)

- Foot soak can be done before, during & after Gutty and/or Support Kit (2-3x weekly).
- Fulvic Soak may cause die offs, take 1 Cinnabin capsule after soak for additional binding support.

Tips:

- Immune & Recover can be added to the ParaFy cleanse for additional support.
- Take drops orally, mix with water, juice, tea or add to size 00 capsules (at time of consumption).
- Increase hydration with alkaline & filtered water.

- Recommended food guide (download RogersHood Cookbook & The Fast-Track Guide on RogersHood.com).
- If constipated, discontinue Cinnabin or take as needed.
- Add probiotic for extra intestinal support (refer to drainage guide for recommended brands).

Sustain

Oregon Grape Root: Supports liver health, stimulates bile production, antimicrobial properties, beneficial for skin conditions.
Usnea: Supports weight management, inflammation reduction, respiratory health, aids in wound healing, antifungal properties.
Peppermint: Eases digestive upsets, relieves headaches, antimicrobial properties, enhances energy and alleviates mental fatigue.
Raw Honey: Antioxidant-rich, antibacterial and antifungal properties, promotes wound healing, soothes sore throats and coughs.

Immune

Passion Flower: Reduces anxiety, promotes better sleep, eases gastrointestinal discomfort, alleviates menopausal symptoms.
Yucca Root: Anti-inflammatory properties, rich in antioxidants, may reduce blood cholesterol, promotes skin health and wound healing.
Mullein: Supports respiratory health, anti-inflammatory properties, helps alleviate coughs, beneficial for skin health.
Eleuthera Root: Enhances physical endurance and mental performance, strengthens the immune system, reduces fatigue, helps manage stress.
Raw Honey: (Benefits as listed above under SUSTAIN).

Recover

Shiitake: Enhance immunity, assist in lowering cholesterol, and may offer anti-radiation benefits through their antioxidant properties.
Oyster Mushrooms: Boosts heart health, contains antioxidants, may support healthy blood sugar levels, potential anti-inflammatory properties.
Milk Thistle: Liver protective, promotes liver regeneration, antioxidant properties, may help lower blood sugar levels.
Pumpkin Seeds: High in magnesium and antioxidants, beneficial for heart health, aid in regulating blood sugar levels, and support the health of hair, nails, and skin.
Raw Honey: (Benefits as listed above under SUSTAIN).