



TwentyAgain

Your path to feeling TwentyAgain

Koh Samui Juice Fast 10-Day Detox Guide

Wellness That Fits™



Welcome

This guide is our step-by-step 10-day juice fast detox, the same core program we've refined over years of helping people reset, refocus, and feel lighter in their own bodies.

A quick note on where this comes from: this program grew out of Destination Detox, the wellness center we founded in Thailand after our own personal health journey there. What began as an in-person detox retreat has since grown into TwentyAgain, our home for longevity, peptide health, and simply feeling like yourself again. This guide carries that same spirit into your own kitchen, wherever you are.

BEFORE YOU BEGIN

This program involves significant changes to your diet and daily routine, including an extended juice fast and internal cleansing practices. Please consult your doctor before starting, especially if you are pregnant or nursing, have a gallbladder, liver, kidney, heart, or pacemaker condition, have a history of disordered eating, or take prescription medication.

Read through the whole guide once before you begin, gather your supplies, and give yourself grace: this is a big, generous thing to do for your body.





How This Program Works

Over the next 10 days, you'll follow a simple daily rhythm built around fresh juices, nourishing soup, gentle movement, and a few time-tested cleansing rituals. Here's the shape of each day:

- **Morning ritual:** oil pulling, a psyllium husk drink, a brisk walk, and an apple cider vinegar tonic.
- **Two juice meals:** a fresh juice at breakfast and again at lunch, paired with targeted supplements.
- **A daily cleansing routine:** herbal and fiber support every day. In Koh Samui, this also includes a colema; at home, do one only with your doctor's approval.
- **A warm soup dinner:** to close out the day gently.

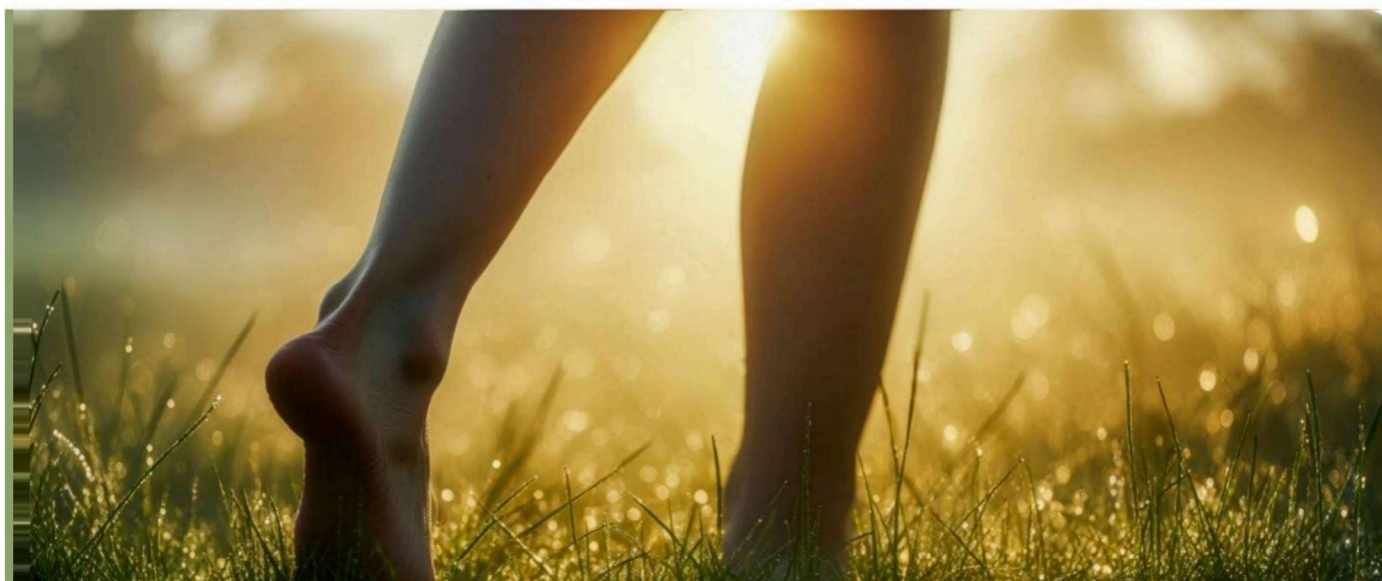
You'll find the full daily schedule, your shopping list, and every recipe and technique explained in the pages ahead. Nothing here requires special training, just a little preparation and 10 days of commitment to yourself.

Start Your Morning: Sun, Earth, and Gratitude

Before you dive into juices and supplements, give yourself five quiet minutes outside. Step out barefoot (grass, sand, or bare soil all work) and let your skin touch the ground while your eyes take in the early daylight. This pairing of morning sunlight and bare feet on the earth is a simple, ancient combination that many wellness practitioners point to as a powerful way to start the day: natural light in those first minutes after waking helps regulate your body's internal clock, which can support better energy during the day and deeper sleep at night, while walking barefoot outdoors, sometimes called "grounding" or "earthing", has been associated with reduced inflammation, better sleep, and a calmer nervous system.

While you're out there, take your **Vitamin G**: a dose of gratitude. Look around, breathe, and name a few things you're thankful for, even small ones. It costs nothing and takes less than a minute, but it's one of the simplest ways to start the day from a place of peace instead of rush.

Start small: even 10 minutes a few times a week makes a difference; build up from there as it fits your routine.





What You'll Need

Your shopping list: plain terms, no math. Label details: Shopping Guide next page. Exact links: Suggested Products after that.

- 1 bottle moringa capsules
- 1 bottle spirulina capsules
- 1 bottle probiotic capsules
- 1 bottle turmeric capsules
- 1 bag or bottle psyllium husk
- 1 bottle apple cider vinegar
- 1 bottle coconut oil, cold-pressed & virgin (used two ways: oil pulling and a daily serving)
- 1–2 bottles herbal detox blend: most single products don't contain every herb we recommend, so two complementary blends together give better coverage (see the Shopping Guide for specifics)
- Fresh produce for juices & soups (see recipes)
- Fresh beets, leafy greens & lemons (optional, liver-supportive add-ins)

A NOTE ON THE COLEMA

At our Koh Samui center, the full program includes a daily colema, and its supplies would normally appear on this list. We've left them off on purpose. If you and your doctor decide a colema is right for you, get the supply list and instructions directly from your doctor.





Shopping Guide: What to Look For

You don't have to buy the exact brands linked in this guide. If you'd rather shop locally, compare prices, or use a different brand, use the table below as your guide: these are the target amounts and ingredients the program is built around.

PRODUCT	WHAT TO LOOK FOR
Moringa	12,000 mg target label strength per serving
Spirulina	Minimum 400 mg per serving
Probiotic	500 mg probiotic blend providing at least 5 billion CFU
Turmeric / Curcumin	1,000 mg per serving
Psyllium Husk	1 teaspoon per day for 10 days; powder is easiest to measure; if using capsules, take enough to equal about 1 teaspoon per the label
Apple Cider Vinegar	1 tablespoon per day, 10 tablespoons total
Virgin Coconut Oil	About 20 tablespoons total for the program, including oil pulling and the daily oral serving
Herbal Detox Blend	A formula containing as many of the herbs listed below as possible

Herbal Detox Blend

The original herbal blend used in Koh Samui contains:

Ginger root	Fennel	Licorice root
Fenugreek	Rhubarb root	Plantain
Cassia seed	Yan Shi Mi	Senna leaf
Wormwood	Black walnut hull	Clove

No single U.S. product contains all 12 of these herbs in one formula. Look for a reputable blend covering as many as possible; combining two complementary products (as suggested on the next page) can cover about 8 of the 12.

A Note on Cost

Most items come in quantities larger than one 10-day cycle needs, so plenty will be left over for future resets; the value actually *used* per cycle generally runs \$30–\$50 per person. Splitting larger packages with a friend or family member can lower the upfront cost further.



Suggested Products

To make shopping easier, here are specific products that match the amounts on the previous page. These are convenient starting points, not requirements; see "Remember" below.

MEDICAL DISCLAIMER

Talk to your doctor before starting this program or taking any new supplement, especially if you are pregnant or nursing, have a gallbladder, liver, kidney, heart, or pacemaker condition, have a history of disordered eating, or take prescription medication. Nothing in this guide is medical advice.

[Herbal Cleanse Blend #1: DEDICAD 11-in-1, 180 capsules →](#)

Covers wormwood, black walnut, clove, ginger, fennel and several extras.

[Herbal Cleanse Blend #2: Herbal Colon Cleanse, 120 capsules →](#)

Pairs with Blend #1 to add senna, rhubarb and licorice, together covering about 8 of the 12 target herbs.

[Moringa: 12,000 mg strength, 60 capsules →](#)

[Spirulina: Nutrex Hawaii, 500 mg tablets →](#)

Third-party tested.

[Turmeric Curcumin: 1,000 mg with BioPerine →](#)

[Virgin Coconut Oil: Nutiva Organic, 14 oz →](#)

Cold-pressed and unrefined; one jar covers the full 20-tablespoon program.

[Apple Cider Vinegar: Bragg Organic, 16 oz →](#)

Raw, unfiltered, contains the mother.

[Psyllium Husk: NOW Foods, 500 mg capsules, 200 count →](#)

Powder is easier to measure if you can find it: "1 teaspoon daily" is simpler than counting capsules.

[Probiotic: SFI Health / Klaire Labs Pro-Biotic Complex →](#)

500 mg blend providing 5 billion CFU.

REMEMBER

The brands linked here are suggestions, not requirements. Compare labels and choose equivalent products that fit your budget or preferences.

More is not necessarily better; don't increase a serving size just because another product has a higher-strength label. Always follow the product's own directions.



Your Daily Rhythm

You'll repeat this same routine every day for all 10 days.

Times below are built around a roughly 6:30 AM sunrise. Sunrise shifts with the seasons and where you live; check your local sunrise time and slide this whole schedule earlier or later to match.

6:00 AM: Wake Up

Set your alarm for 6:00 and get ready to be outside by sunrise.

6:30 AM: Sun, Earth, Gratitude & Oil Pulling

Head outside barefoot with your coconut oil in hand. See Morning Oil Pulling Recipe, page 9.

7:10 AM: Psyllium Husk

1 tsp of psyllium husk powder mixed into 8–10 oz of water, or the equivalent in capsules. Stir well and drink immediately if using powder.

7:25 AM: Morning Walk

A brisk 1 to 1.5-hour walk. Consider quiet reflection or meditation while you go.

8:55 AM (or sooner): Apple Cider Vinegar Boost

Mix 1 tbsp apple cider vinegar into 8–10 oz of water and drink.

11:00 AM: Breakfast

1 tbsp cold-pressed virgin coconut oil, followed by a 10 oz glass of fresh juice. See Juice Recipes, page 12.

2:00 PM: Lunch

2 capsules spirulina, 1 capsule moringa, and a 10 oz glass of juice. See Juice Recipes, page 12.

Mid-Afternoon: Turmeric

Take 1 capsule of turmeric. (In Koh Samui, this is taken about an hour before the afternoon colema.)

2:00–6:00 PM: The Koh Samui Colema (Doctor-Approved Only)

At our Koh Samui center, the full program includes a daily colema (coffee enema) during this window. TwentyAgain does not provide colema instructions or recommend doing one without your doctor's guidance. If you'd like to follow the full program, talk with your doctor first and get all preparation and safety instructions directly from them. If you skip it, simply continue with the rest of the schedule.

Daily Gut Support: Whether or Not You Do a Colema

Continue your scheduled probiotic and detox cleanse blend as directed in this program. These are part of the Wellness Reset routine and are not dependent on completing a coffee colema.

5:00–6:00 PM: Dinner

A bowl of soup (about 20 oz / 2.5 cups). See Soup Recipe, page 16. Eat within this window even if your colema was earlier, this gives your body a clean 16–18 hour overnight fast to rest and reset. More on why that matters: gettwentyagain.com/education.

Evening: 16–18 Hour Fast & Rest

Aim for at least 7 hours of sleep / rest.

HYDRATION THROUGHOUT THE DAY

Sip filtered water regularly throughout the day. If your healthcare professional says it is appropriate for you, add a small pinch of natural mineral salt to some of your water for electrolytes.

QUICK REFERENCE

Obtain colema preparation and use instructions from your doctor.



Breaking Your Fast & Living Well

How to Break Your Fast

Breaking a fast is crucial, and what you choose to eat plays a significant role.

- **Mindful eating:** Reintroduce food gradually. Avoid high-carb meals that lead to insulin spikes. Opt for balanced, nutrient-dense options with healthy fats, lean proteins, and vegetables.
- **Hydration:** Drink plenty of plain filtered water throughout the program and as you transition back to regular meals.
- **Electrolyte balance:** If your healthcare professional says it is appropriate for you, add a small pinch of natural mineral salt to some of your filtered water to help replace electrolytes. Keep it lightly salted. More is not better.

Keys to a Healthy Life

- **Mindful eating:** Pay attention to your body's cues and savor each bite.
- **Intermittent fasting:** You have already been following roughly a 16–18 hour overnight fasting window during this program. If it feels right for you, that can be a practical habit to continue.
- **Proper rest:** Aim for at least 7 hours of quality sleep each night.
- **Find happiness:** Seek joy in daily activities, connect with loved ones, and practice gratitude.
- **Balanced living:** Small, consistent changes lead to significant results.

HYDRATION THROUGHOUT THE DAY

Staying well hydrated is strongly recommended throughout all 10 days. Sip filtered water regularly. If your healthcare professional says it is appropriate for you, a small pinch of natural mineral salt in some of your water can support electrolyte intake.

A GENTLE RETURN

You have already practiced a 16–18 hour overnight fast during this program. If it fits your health needs and your healthcare professional agrees, continuing a similar intermittent-fasting rhythm can be a simple way to keep giving your body a regular break from eating as you return to everyday life.

[Learn more: GetTwentyAgain.com/education/intermittent-fasting](https://www.gettwentyagain.com/education/intermittent-fasting)



Oil Pulling

Oil pulling is an ancient Ayurvedic oral-care practice that involves gently swishing edible oil in the mouth for an extended period. Traditionally, the practice is described as drawing impurities from the mouth and supporting cleanliness. Today, many people use it as a supplemental wellness ritual alongside regular oral care.

THE PROCESS

1. Select a high-quality, food-grade oil such as coconut or sesame oil.
2. Perform oil pulling in the morning, on an empty stomach, before brushing your teeth.
3. Take 1 tablespoon of oil and swish it gently around your mouth and between your teeth. Do not swallow.
4. Aim for 10–15 minutes.
5. Spit the oil into a trash can (never the sink or toilet) to avoid clogs.
6. Rinse your mouth with warm water, then continue your normal brushing and flossing routine.

WHAT TO KNOW

Oil pulling has roots in Ayurveda, a traditional wellness system practiced in India for thousands of years. Traditional explanations describe the oil as drawing impurities from the mouth; modern research has not established that oil pulling removes toxins from the body.

The swishing action may help loosen food debris and leave the mouth feeling clean and refreshed. Some small studies suggest possible support for plaque control, oral bacteria, and gum health, but the evidence remains limited and larger, better-designed studies are needed.

Oil pulling is best treated as an optional addition to brushing, cleaning between the teeth, and regular dental care, not as a replacement for them.

BEFORE YOU BEGIN

Do not swallow the oil. Stop if swishing causes jaw discomfort, nausea, coughing, or difficulty breathing. Oil pulling is not appropriate for young children or anyone who cannot reliably swish and spit. Ask your dentist before starting if you have dental concerns, swallowing difficulties, or recent oral surgery.



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Juicing for Wellness





Juice Recipes

Why Juicing?

WHAT JUICING OFFERS

Fresh juice concentrates the vitamins, minerals, and plant compounds of a large amount of produce into a single glass. Because the fiber is removed, these nutrients are easy to absorb and gentle on digestion, which is one reason juicing pairs so well with a guided fast. Juice also counts toward hydration, helping you stay refreshed while solid food is set aside.

Juicing makes it simple to “eat a rainbow.” Each color of produce brings its own family of plant compounds: deep greens such as kale and celery, red and purple beetroots, orange carrots, and warming roots like ginger. Rotating colors and ingredients through the week gives your body a wider range of nourishment than any single juice can, so variety matters as much as quantity. For the best flavor and freshness, drink juice soon after making it.

WELLNESS THAT FITS™

Everybody is different. What works well for one person may not suit another, and that is exactly what our Wellness That Fits™ approach is about. Age, activity, daily routine, and personal health history all shape how your body responds to a fast.

The four juices in this section are suggestions we know work well for many people. Use them as a starting point, not a rulebook. Pay attention to your energy, digestion, and sleep, and adjust the ingredients, portions, and timing until they fit you. If something does not feel right, ease back and talk with your healthcare professional.

A NOTE ON FRUIT AND SUGAR

You will notice these recipes lean toward vegetables, with fruit used mainly for flavor. Fruit juice is naturally high in sugar, and without its fiber it can raise blood sugar and insulin quickly. During a fast, keeping blood sugar steadier helps the body stay in its resting, fat-burning state and can help limit energy dips and cravings.

For most people, vegetable-forward juices are the better choice. A helpful guide is to build each glass mostly from vegetables, then add a small piece of apple, pineapple, or orange for brightness. If you prefer a little more sweetness, we suggest a few drops of liquid stevia, which sweetens without adding sugar.



Juice Recipes

ABC Detox Cleanse

Makes 1 large glass

Home versions of the four wellness-center juices listed in the guide. Ingredients match the list; proportions are suggested, rather than the center's confirmed recipes.



INGREDIENTS

- 1 green apple, cored
- 1 small beetroot, trimmed and peeled
- 2 medium carrots
- 2 celery stalks
- ½-inch piece fresh ginger

INSTRUCTIONS

1. Wash all produce and cut into pieces that fit your juicer.
2. Juice everything, alternating the firmer vegetables with the apple and celery.
3. Stir and serve immediately.

ADDITIONAL PREPARATION

WITHOUT A JUICER

Blend the prepared ingredients with ¼–½ cup cold water, then strain through a fine-mesh sieve or nut-milk bag.

PREPARATION TIP

Yields vary with produce size and juicer type. No added sugar is needed.



Juice Recipes

Green Fresh

Makes 1 large glass



INGREDIENTS

- 1 medium cucumber
- 2 celery stalks
- 2 large kale leaves, thick stems removed
- 1 cup peeled pineapple chunks

INSTRUCTIONS

1. Wash the cucumber, celery, and kale.
2. Cut the ingredients to fit your juicer.
3. Juice the kale between pieces of cucumber and pineapple. Add the celery, stir, and serve immediately.

ADDITIONAL PREPARATION

WITHOUT A JUICER

Blend the prepared ingredients with $\frac{1}{4}$ – $\frac{1}{2}$ cup cold water, then strain through a fine-mesh sieve or nut-milk bag.

PREPARATION TIP

Yields vary with produce size and juicer type. No added sugar is needed.



Juice Recipes

Love Beet

Makes 1 large glass



INGREDIENTS

- 1½ cups peeled pineapple chunks
- 1 small beetroot, trimmed and peeled
- ½-inch piece fresh ginger

INSTRUCTIONS

1. Wash the beetroot and ginger, then cut to fit your juicer.
2. Juice all ingredients, alternating pineapple with beetroot.
3. Stir and serve immediately.

ADDITIONAL PREPARATION

WITHOUT A JUICER

Blend the prepared ingredients with ¼–½ cup cold water, then strain through a fine-mesh sieve or nut-milk bag.

PREPARATION TIP

Yields vary with produce size and juicer type. No added sugar is needed.



Juice Recipes

Hi C

Makes 1 large glass



INGREDIENTS

- 3 medium carrots
- 2 medium oranges, peeled and seeds removed
- ½-inch piece fresh ginger

INSTRUCTIONS

1. Wash the carrots and ginger.
2. Cut everything into pieces that fit your juicer.
3. Juice all ingredients, stir, and serve immediately.

ADDITIONAL PREPARATION

WITHOUT A JUICER

Blend the prepared ingredients with ¼–½ cup cold water, then strain through a fine-mesh sieve or nut-milk bag.

PREPARATION TIP

Yields vary with produce size and juicer type. No added sugar is needed.



Soup Recipes

Corn Soup

Serves 4 | Approximately 30 minutes

Adapted from **Soup: The Ultimate Cookbook** by **Derek Bissonnette**. These simplified versions include only the soups, with bread, breaded accompaniments, and side dishes removed.



INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 3 cups corn kernels, fresh or frozen
- 1 ripe yellow plantain, peeled and sliced
- 2 plum tomatoes, chopped
- 4 cups vegetable broth
- $\frac{1}{8}$ teaspoon ground nutmeg
- Salt and pepper, to taste

INSTRUCTIONS

1. Warm the olive oil in a saucepan over medium heat. Add the onion and cook for 5 minutes. Stir in the garlic.
2. Add the corn, plantain, and tomatoes. Cook for another 3 minutes.
3. Pour in the broth and add the nutmeg. Bring to a gentle boil, then reduce the heat.
4. Simmer for 15–20 minutes, until the plantain is tender.
5. Blend until smooth, or leave slightly chunky. Season to taste.



Soup Recipes

Tomato Soup

Serves 4 | Approximately 35 minutes



INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 pounds ripe tomatoes, chopped
- 2 tablespoons tomato paste
- 3 cups vegetable broth
- ¼ cup fresh basil leaves
- ¼ cup heavy cream, optional
- Salt and pepper, to taste

INSTRUCTIONS

1. Warm the olive oil in a saucepan over medium heat. Cook the onion for 5 minutes.
2. Add the garlic, tomatoes, and tomato paste. Stir for 2 minutes.
3. Add the broth, bring to a gentle boil, and reduce the heat. Simmer for 20 minutes.
4. Add the basil and blend until smooth.
5. Stir in the cream, if using, and warm gently. Season to taste.



Soup Recipes

Pumpkin Soup

Serves 4 | Approximately 55 minutes



INGREDIENTS

- 1 small pie pumpkin, approximately 3 pounds, halved and seeded
- 1 tablespoon olive oil, divided
- 1 small onion, chopped
- 2 garlic cloves, minced
- 3 cups vegetable broth, plus more as needed
- ¼ teaspoon ground cumin
- Salt and pepper, to taste

INSTRUCTIONS

1. Heat the oven to 400°F. Rub the pumpkin's cut surfaces with half the olive oil and place cut-side down on a baking tray.
2. Roast for 35–45 minutes, until tender. Allow to cool slightly, then scoop out the flesh.
3. Heat the remaining oil in a saucepan. Cook the onion for 5 minutes, then add the garlic and cumin.
4. Add the pumpkin flesh and broth. Simmer for 10 minutes.
5. Blend until smooth. Add more broth if needed for a lighter consistency, and season to taste.



Soup Recipes

Mixed Vegetable Soup

Serves 4–6 | Approximately 35 minutes



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 large carrot, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 1 zucchini, diced
- 1 cup green beans, cut into small pieces
- 1 can diced tomatoes, approximately 14 ounces
- 5 cups vegetable broth
- $\frac{1}{4}$ teaspoon ground cumin
- 2 tablespoons chopped parsley or cilantro
- Salt and pepper, to taste

INSTRUCTIONS

1. Warm the olive oil in a large saucepan. Cook the onion, carrot, and celery over medium heat for 5 minutes.
2. Add the garlic and cumin, and stir for 30 seconds.
3. Add the zucchini, green beans, tomatoes, and broth.
4. Bring to a gentle boil, reduce the heat, and simmer for 20 minutes, until the vegetables are tender.
5. Stir in the parsley or cilantro and season to taste. Serve chunky or blend for a smoother soup.



Soup Recipes

Miso Broth Soup

Serves 4 | Approximately 20 minutes



INGREDIENTS

- 4 cups vegetable broth or kombu dashi
- 1-inch piece fresh ginger, sliced
- 4 scallions, whites and greens separated and sliced
- 2 small bok choy, thinly sliced
- 3–4 tablespoons miso paste, to taste
- 1–2 teaspoons soy sauce, optional

INSTRUCTIONS

1. Place the broth, ginger, and scallion greens in a saucepan. Bring to a gentle simmer and cook for 10 minutes.
2. Strain the broth and return it to the saucepan.
3. Add the bok choy and scallion whites. Simmer for 3–5 minutes, until tender.
4. Remove from the heat. In a small bowl, mix the miso with a little warm broth until smooth.
5. Stir the dissolved miso into the soup. Taste before adding soy sauce. Serve warm without boiling again.

Recipe credit: Inspired by Derek Bissonnette's Corn and Plantain Soup, Tomato and Basil Soup, Roasted Pumpkin Mole Soup, Vegetable Soup with Israeli Couscous, and Miso Broth with Fried Tofu in ***Soup: The Ultimate Cookbook***. Ingredients and methods have been adapted for these soup-only versions.



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Nourishing Your Liver, Naturally

Earlier versions of this program included an intensive liver flush protocol. We've left it out of this guide; while popular in some detox circles, an aggressive liver flush isn't necessary for a safe, effective juice fast, and it carries real risk for some people.

A GENTLER WAY TO SUPPORT YOUR LIVER

Instead, here's how to support your liver gently throughout your 10 days:

- **Beets:** a natural ally for your liver's detoxification pathways. Try them in the Love Beet or ABC Detox Cleanse juice.
- **Leafy greens** (kale, spinach, dandelion greens): rich in chlorophyll and antioxidants that support liver function.
- **Lemon water:** a glass of warm water with fresh lemon first thing in the morning supports digestion and hydration.

WHY GENTLE WORKS

Your liver already does the heavy lifting of filtering and processing every day. Many people find that the kindest thing they can do for it during a fast is simply to stay well hydrated, rest, and give it plenty of colorful vegetables to work with, rather than forcing anything. In the spirit of Wellness That Fits™, pay attention to how you feel and let the process be steady, not dramatic.



BEFORE YOU BEGIN

Please consult your doctor before beginning this or any detox program, especially if you have gallbladder or liver conditions, are pregnant or nursing, or take medication.



BONUS: GROUNDING & PALO SANTO

As a token of our appreciation for your commitment to wellness, we'd like to share two simple practices that pair beautifully with your 10 days: grounding and Palo Santo.

Grounding: Reconnecting with Nature

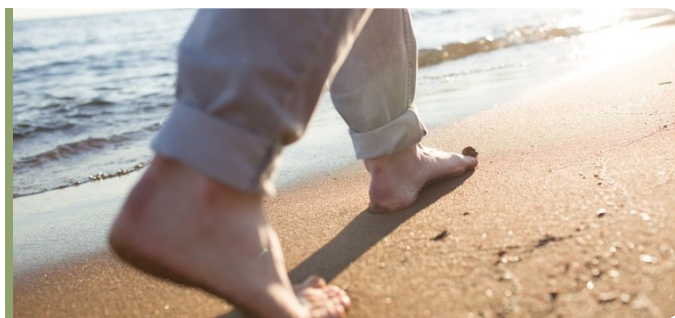
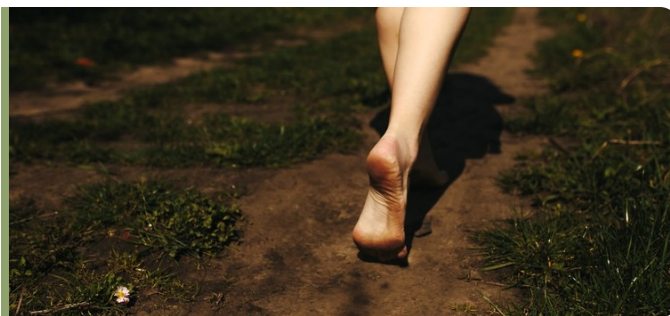
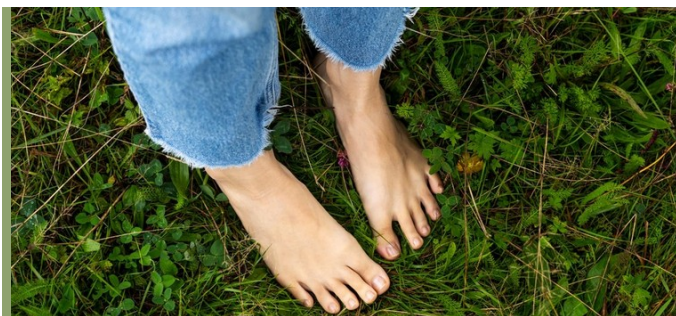
WHAT IS GROUNDING?

Walking barefoot on the earth (also known as grounding or earthing) allows us to reconnect with the natural world. By stepping away from concrete and shoes, we tap into the earth's rhythms and foster a sense of peace and harmony.

Early research and many people's experience associate grounding with better sleep, less stress and tension, and an overall sense of calm. Some also notice improvements in circulation, balance, and posture.

A SIMPLE GROUNDING ROUTINE

- **Start small:** Begin with 10–15 minutes a day, barefoot outdoors.
- **Build up:** Gradually extend to 30 minutes or longer as you're comfortable.
- **Frequency:** Aim for at least three times a week, or daily if your schedule allows.
- **Make it routine:** Pair grounding with a morning or evening walk, or meditation in nature.
- **Listen to your body:** Adjust duration and frequency based on how you feel.



BEFORE YOU BEGIN

Choose clean, safe ground free of glass, sharp objects, and lawn chemicals. If you have diabetes, neuropathy, or any foot wounds, check with your doctor first.



Palo Santo

Enhancing Your Meditation Practice

Palo Santo, meaning “holy wood” in Spanish, comes from the *Bursera graveolens* tree native to South America. It has been used for centuries in spiritual rituals, and when burned, releases a sweet, woody fragrance that supports relaxation and focus.



USING PALO SANTO FOR MEDITATION

1. **Choose sustainably sourced Palo Santo** from a trusted, ethical supplier.
2. **Set an intention** for your practice before you begin.
3. **Light one end** with a flame, let it burn about 30 seconds, then gently blow it out so it smolders.
4. **Cleanse your space** by moving the smoke around your meditation area, using a feather or your hand to direct it.
5. **Sit and meditate**, allowing the scent to support focus and calm.
6. **Close with gratitude**, and extinguish the Palo Santo completely on a fireproof surface before leaving it unattended.

A MOMENT FOR YOURSELF

Meditation doesn't need to be long or perfect. Even five quiet minutes with slow, steady breathing can help many people feel more centered during a fast. In the spirit of Wellness That Fits™, find the time of day, setting, and length that feels right for you.

BEFORE YOU BEGIN

Always ensure proper ventilation when burning Palo Santo, and never leave it burning unattended.



Ingredient Spotlight

Psyllium Husk

Psyllium husk is a natural dietary fiber derived from the seeds of the *Plantago ovata* plant.

KEY FACTS

Dietary fiber: Primarily soluble fiber, which absorbs water and forms a gel-like substance that supports digestive health.

Calories: About 20–30 calories per tablespoon (roughly 9 grams).

Carbohydrates: About 8 grams per tablespoon, mostly fiber.

Also: No cholesterol, very low sodium, no added sugar.

PSYLLIUM HUSK

Psyllium is a bulk-forming fiber. When mixed with water, its outer husk absorbs liquid and forms a soft gel that adds moisture and volume to stool, helping support comfortable regularity.

Because soluble fiber moves through the digestive system more slowly, psyllium may also support feelings of fullness. Research suggests that regular use may help maintain healthy cholesterol and blood-sugar levels when combined with an appropriate diet and overall wellness routine.

Psyllium works best with consistent hydration. Begin with the amount directed on the product label and allow your digestive system time to adjust.

Psyllium can be included as part of a daily fiber routine, but it should complement, not replace, a varied diet that includes vegetables, fruit, legumes, and other whole-food sources of fiber.

SHOP & LEARN

[Suggested product: NOW Foods Psyllium Husk, 500 mg capsules, 200 count](#)

[Learn more: GetTwentyAgain.com/education/psyllium-husk](https://www.gettwentyagain.com/education/psyllium-husk)

BEFORE YOU BEGIN

Always take psyllium husk with plenty of filtered water, as it can absorb a significant amount of liquid. Take it separately from medications when directed, since fiber may affect absorption. Consult a healthcare professional before adding any new supplement, especially if you have difficulty swallowing, a bowel condition, specific health concerns, or take medication.



Ingredient Spotlight

Apple Cider Vinegar

Apple cider vinegar is a fermented apple product commonly used as part of digestive and wellness routines. Its acetic acid content is one of the primary reasons it has been studied for potential metabolic and digestive benefits.

KEY FACTS

Active compound: Acetic acid is the primary active compound in apple cider vinegar.

How to use it: A common serving is 1 tablespoon diluted in 8–10 ounces of water.

Digestive support: Apple cider vinegar may help support digestion when used as part of a balanced diet.

Blood sugar response: Some research suggests vinegar consumed with meals may help support a healthy blood sugar response.

Raw & unfiltered: Raw, unfiltered varieties may contain “the mother,” a mixture of naturally occurring proteins, enzymes, and bacteria produced during fermentation.

Apple cider vinegar is simple to incorporate into a daily routine. During this program, dilute 1 tablespoon in 8–10 ounces of water and drink it as directed in the Daily Rhythm. Never drink apple cider vinegar undiluted.

SHOP & LEARN

[Suggested product: Bragg Organic Apple Cider Vinegar, Raw & Unfiltered, 16 oz](#)

[Learn more: GetTwentyAgain.com/education/apple-cider-vinegar](https://www.gettwentyagain.com/education/apple-cider-vinegar)

BEFORE YOU BEGIN

Apple cider vinegar is highly acidic and may irritate the throat, stomach, or tooth enamel if taken undiluted. Always dilute it with water. Consult a healthcare professional before adding apple cider vinegar to your routine if you take diabetes medication, insulin, diuretics, or medications that affect potassium levels, or if you have reflux or other digestive concerns.



Ingredient Spotlight

Turmeric

Turmeric is a golden spice widely used in traditional wellness practices. Its primary active compound, curcumin, is known for its antioxidant and anti-inflammatory properties.

KEY FACTS

Active compound: Curcumin is the primary compound associated with turmeric's wellness benefits.

Heart health: Turmeric may help support healthy cholesterol levels and overall cardiovascular well-being.

Brain support: Some studies suggest curcumin may have neuroprotective properties.

Antioxidant & anti-inflammatory support: Curcumin is widely studied for its antioxidant and anti-inflammatory effects.

Joint support: Turmeric may help support joint comfort and mobility.

TURMERIC

Turmeric comes from the underground stem, or rhizome, of a plant in the ginger family. Its warm color comes from a family of natural compounds called curcuminoids, with curcumin being the most widely studied.

Turmeric used as a culinary spice is different from a concentrated curcumin supplement. Products can vary widely in curcumin content and absorption. Some formulas include black pepper extract, or piperine, while others use specialized delivery systems intended to increase absorption, so the full ingredient label matters.

Turmeric has a long history in South Asian cooking and traditional wellness practices. Its flavor is earthy and slightly bitter, and it is often paired with food rather than taken alone.

Turmeric can be included in meals or used as a supplement as part of an overall wellness routine. Choose a form that fits your goals, follow its label, and remember that a concentrated extract is not equivalent to ordinary culinary use.

SHOP & LEARN

[Suggested product: Turmeric Curcumin, 1,000 mg with BioPerine](#)

[Learn more: TwentyAgain Education Center: Turmeric](#)

BEFORE YOU BEGIN

Turmeric is widely used, but concentrated supplements are not appropriate for everyone. Consult a healthcare professional before adding turmeric or curcumin to your routine, especially if you take blood-thinning medication, have gallbladder concerns, are preparing for surgery, or are pregnant or nursing.



Ingredient Spotlight

Spirulina / Moringa

Spirulina and moringa are nutrient-dense foods that provide vitamins, minerals, antioxidants, and plant-based nutrients that can complement a balanced diet.

KEY FACTS

Spirulina: A blue-green algae containing protein, B vitamins, iron, antioxidants, and other nutrients.

Moringa: A leafy green plant providing vitamins A, C, and E, calcium, potassium, and essential amino acids.

Immune support: Both provide nutrients that help support normal immune function.

Energy & vitality: Their nutrient-rich profiles can help support overall nutritional wellness.

Antioxidant support: Both contain naturally occurring compounds that help protect cells from oxidative stress.

SPIRULINA

Spirulina is a naturally occurring blue-green microorganism commonly dried into powder or tablets. It is known for concentrated protein, iron, and the blue pigment phycocyanin. Nutrient levels can vary by product, so choose a reputable brand and follow its label directions.

MORINGA

Moringa comes from the leaves of the *Moringa oleifera* tree, which are used as food in many parts of Africa and Asia. The dried leaves provide plant protein, vitamins, minerals, and naturally occurring polyphenols. Processing and serving size affect the amounts provided.

SHOP & LEARN

[Suggested product \(Spirulina\): Nutrex Hawaii Spirulina, 500 mg tablets](#)

[Suggested product \(Moringa\): 12,000 mg strength, 60 capsules](#)

[Learn more: TwentyAgain Education Center: Spirulina / Moringa](#)

BEFORE YOU BEGIN

Spirulina and moringa supplements may not be appropriate for everyone. Consult a healthcare professional before adding them to your routine if you have a medical condition, take prescription medication, or are pregnant or nursing.



Ingredient Spotlight

Probiotics

Probiotics are beneficial microorganisms commonly used to support a healthy gut microbiome. During this program, they are part of the daily gut-support routine whether or not a doctor-approved coema is performed.

KEY FACTS

Friendly bacteria: Probiotics help support a balanced population of beneficial bacteria in the digestive tract.

Digestive comfort: They may help support normal digestion and regularity.

Immune support: A healthy gut microbiome plays an important role in normal immune function.

Daily gut support: Probiotics are part of the daily routine whether or not a doctor-approved coema is performed.

PROBIOTICS

Probiotics are identified by genus, species, and strain, and different strains may have different effects. A product's benefits depend more on the specific strain and intended use than on simply having the highest number of organisms.

The number of colony-forming units, or CFUs, describes the amount present. Look for a label that identifies the organisms clearly and indicates how many CFUs are expected through the expiration date, not only when the product was manufactured.

Storage needs vary. Some products are shelf-stable, while others require refrigeration. Moisture and heat can affect live cultures, so follow the package directions and keep the container tightly closed.

The probiotic is part of the daily gut-support routine whether or not a doctor-approved coema is performed. If a coema is performed, take the probiotic afterward according to the Daily Rhythm. Consistency matters, and digestive changes can take time, so follow the product directions rather than increasing the serving on your own.

SHOP & LEARN

[Suggested product: SFI Health / Klaire Labs Pro-Biotic Complex, 500 mg blend providing 5 billion CFU](#)

[Learn more: TwentyAgain Education Center: Probiotics](#)

BEFORE YOU BEGIN

Some people may experience temporary gas, bloating, or other digestive changes when starting probiotics. Consult a healthcare professional before adding a probiotic supplement if you have specific health concerns, take medication, are seriously ill, or have a compromised immune system.



Ingredient Spotlight

Detox Cleanse Blend

The herbal detox blend used in this program is based on a combination of traditional Chinese and Ayurvedic herbs selected to complement the cleansing portion of the 10-day routine.

KEY FACTS

Traditional herbal blend: The original formula includes a combination of herbs traditionally used in cleansing preparations.

12-herb formula: The original Koh Samui blend contains ginger root, fennel, licorice root, fenugreek, rhubarb root, plantain, cassia seed, Yan Shi Mi, senna leaf, wormwood, black walnut hull, and clove.

U.S. product availability: No single U.S. product identified for this guide contains all 12 herbs in one formula.

Complementary blends: Two products can be used together to provide broader coverage of the original herbal profile.

DETOX CLEANSE BLENDS

Herbal cleanse formulas vary in both ingredients and strength. Some contain botanicals traditionally used to support bowel regularity, while others emphasize digestive comfort. Review each label carefully, avoid combining additional laxative products, stay hydrated, and use only for the duration directed.

The detox cleanse blend is taken according to the Daily Rhythm whether or not a doctor-approved colesma is performed. If a colesma is performed, follow the scheduled timing shown in the Daily Rhythm and each product label.

SHOP & LEARN

[Suggested product #1: DEDICAD 11-in-1, 180 capsules](#)

[Suggested product #2: Herbal Colon Cleanse, 120 capsules](#)

[Learn more: TwentyAgain Education Center: Detox Cleanse Blend](#)

BEFORE YOU BEGIN

Herbal cleanse products can contain concentrated botanical ingredients and may not be appropriate for everyone. Consult a healthcare professional before using a detox cleanse blend, especially if you take prescription medication, have an underlying health condition, or are pregnant or nursing.



TwentyAgain

Your path to feeling TwentyAgain

Wishing You Continued Wellness

Grounding, Palo Santo, and the days ahead are all personal practices. Feel free to tailor them to what resonates with you. There is no one-size-fits-all approach to feeling well. This is what we call Wellness That Fits™, a personal approach that honors your body, your needs, your lifestyle, and the practices that help you feel your best.

Over these 10 days, you've taken time to slow down, become more intentional, and give your body a different kind of attention. You've focused on hydration, nourishment, movement, rest, mindfulness, and creating space for yourself. The goal was never perfection. It was to give you an opportunity to reset, reconnect, and become more aware of how the choices you make each day can affect the way you feel.

As you move forward, take the parts of this experience that worked for you and make them your own. Maybe that means continuing a morning walk, spending a few minutes outside in the sunlight, practicing gratitude, drinking more filtered water, eating more intentionally, allowing more time between meals, or simply giving yourself permission to slow down once in a while.

Carry It Forward

Wellness does not have to be complicated or all-or-nothing. Often, the habits that make the biggest difference are the simple ones we can actually continue. Small choices, repeated consistently, can become part of a healthier rhythm that fits naturally into everyday life.

Listen to your body. Pay attention to what gives you energy, what helps you feel balanced, and what makes you feel more like yourself. Keep what serves you, adjust what doesn't, and remember that taking care of yourself is not something you finish; it is something you continue to build over time.

Thank you for spending these 10 days with us. We hope this guide leaves you with renewed energy, greater awareness, a deeper connection with yourself, and a few practices you'll want to carry with you long after the program is complete.

Wishing you continued health, happiness, and wellness,
The TwentyAgain Team



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