

We are so excited that you've chosen this gentle path to detox as part of your personal journey toward healing and health. Once you begin our remote detox program, you can document your daily experience using the chart below choosing one or multiple experiences or write your experience each day.



Item	Choose Possible experiences and symptoms During Remote Detox	Day	Describe your experience each day or choose a number from the list.
1	Tiredness/Fatigue	E.g	3, 7, 9 etc.
2	Brain Fog/Confusion		
3	Headache	1	
4	Nausea	2	
5	Digestive Discomfort (Bloating, Gas)	3	
6	Increased Bowel Movements	4	
7	Constipation	5	
8	Muscle Aches/Joint Pain	6	
9	Skin Breakouts or Rashes	7	
10	Changes in Appetite (Increased/Decreased)	8	
11	Cravings for Sugary/Fatty Foods	9	
12	Mood Swings/Irritability	10	
13	Dizziness	11	
14	Thirst/Increased Hydration Needs	Notes:	Name:
15	Dry Mouth		
16	Cold-Like Symptoms (Sore Throat, Runny Nose)		
17	Improved Energy Levels		
18	Improved Mental Clarity/Focus		
19	Emotional Release/Crying		
20	Sleep Disturbances (Insomnia or Restlessness)		
21	Vivid Dreams		
22	Improved Digestion		
23	Sense of Calm/Relaxation		
24	Tingling or Sensation in the Body		
25	Reduced Cravings		
26	Increased Urination		
27	Increased Sweating		
28	Feeling Lighter/More Energized		
29	Other experience (please describe)		

Disclaimer Notice:

The 11-Day Effortless Detox program is intended solely for wellness purposes and is not designed to diagnose, treat, cure, or prevent any disease. Results may vary based on individual health conditions, and personal experiences may differ. We strongly recommend consulting a healthcare professional before starting any detox program, particularly if you have a pre-existing medical condition. This program is not suitable for individuals with cancer or undergoing cancer treatment, those with severe chronic illnesses, or pregnant individuals. Participation in the program is voluntary, and EarthShack disclaims any liability for any potential adverse effects.