

A smiling woman with curly hair, wearing a white t-shirt, holding a fork with a slice of tomato. The background is bright and out of focus.

**Let's all make  
better choices  
together**

**K-DTOX30 CHALLENGE**  
**INSTRUCTIONS**

**K** DTOX30  
**CHALLENGE**

# K DETOX30 CHALLENGE

## HOW TO USE

### Hemp Therapeutic K-DETOX30 Soak

#### Directions (Weekly):

Use 8 oz of **DETOX Soak** in a warm bath for at least 30 minutes once a week , preferably before sleep. Pat skin dry lightly with towel after bath. Do not rinse or wipe off.

*If you can not take a bath, the following protocol can be done using a foot soaking basin:*

Allow feet to soak in a basin of warm water with 4 oz of **DETOX Soak** for at least 30 minutes.

According to Eastern Medicine, the foot is a microcosm of the entire body. Each foot has more than 50 acupressure points that directly connect to the body's organ systems.

By soaking the feet, the powerful properties of the formula will take effect for the entire body.

Use the remaining 4 oz of the **DETOX Soak** formula by adding 4 oz of clean warm water to the bottle, mix well, and then apply to the body with a washcloth. Do not rinse off. Let dry on skin.



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# K DETOX30 CHALLENGE

## HOW TO USE

### K-DETOX30 Supplements

#### Directions (Daily):

##### **AM (*with breakfast*)**

- Take at least 50 mg. CBD (Premium Hemp oil oral applicator)
- Take 1 capsule of each Turmeric and Ginger
- Take one dropperful of Muscadine

##### **MIDDAY**

- Take 1 capsule of each Turmeric and Ginger
- Take one dropperful of Muscadine

##### **PM (*with dinner*)**

- Take 1 capsule of each of Turmeric and Ginger
- Take one dropperful of Muscadine



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# K DTOX30 CHALLENGE

## CHALLENGE TIPS

Additional enhancements to support your body's natural detoxification processes:

- Drink plenty of water.
- Add fruit to your diet to replace electrolytes.
- Walk regularly to stimulate your lymphatic system.
- Prioritize sleep (*recommend using **Kannaway CBN***).
- Soak up some sun for no less than 30 minutes per day to stimulate melatonin and glutathione production, your body's natural chelators.
- Incorporate intermittent fasting into your routine to give your digestive system a much-needed break (*no food between the hours of 6:00pm to 12:00pm, except black coffee and water*).
- Eat meals that include healthy fats (*like avocados*) to better digest the cannabinoids from hemp and the other plant nutrients into your system.
- Take care of your skin as your body detoxes. If breakouts occur, apply **Kannaway Salve** to reduce any inflammation.
- Recommend using **Cannabis Beauty Defined** daily on your face to keep your skin clear and healthy.
- Reduce any stress factors (*recommend using **Kannaway CBG***).
- If you can, treat yourself with a sauna to increase the removal of toxins from pores through your sweat glands.



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# K DTOX30 CHALLENGE

## AFTER THE DETOX

Congratulations! You completed the **K-DTOX30 CHALLENGE**. *Now what?*

Here is a **DETOX SUPPORT PROGRAM** you can use throughout the year to maintain and improve your results:

- Use Kannaway's **CBD** every day to keep your ECS activated and to support your body's balance.
- Take **Turmeric** and **Ginger** to help reduce inflammation and oxidative stress at the recommended amount on the bottle.
- Take **Muscadine Oil** to help reduce the creation of new fat cells at the recommended amount on the bottle.
- Do a monthly **DETOX Soak** (*bath or foot soak*) for at least 30 minutes.
- At least once a year (*preferably once every 6 months*), repeat the **K-DETOX30 CHALLENGE** to continue your path to optimal health, performance, and balance.
- Continue to incorporate our **Challenge Tips** like sunshine, quality sleep, walking, eating healthy whole foods like fruits and vegetables, and drinking plenty of water. And most importantly, enjoy your new you!



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# K DTOX30 CHALLENGE Calendar

<b>DAY 1</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM <input type="checkbox"/> SOAK	<b>DAY 2</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 3</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 4</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 5</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM
<b>DAY 6</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 7</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 8</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM <input type="checkbox"/> SOAK	<b>DAY 9</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 10</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM
<b>DAY 11</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 12</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 13</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 14</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 15</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM <input type="checkbox"/> SOAK
<b>DAY 16</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 17</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 18</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 19</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 20</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM
<b>DAY 21</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 22</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM <input type="checkbox"/> SOAK	<b>DAY 23</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 24</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 25</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM
<b>DAY 26</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 27</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 28</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 29</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM	<b>DAY 30</b> <input type="checkbox"/> AM <input type="checkbox"/> MID <input type="checkbox"/> PM

## DAILY:

### AM (with breakfast)

- Take at least 50 mg. CBD (Premium Hemp oil oral applicator).
- Take 1 capsule of each Turmeric and Ginger.
- Take one dropperful of Muscadine.

### MIDDAY

- Take 1 capsule of each Turmeric and Ginger.
- Take one dropperful of Muscadine.

### PM (with dinner)

- Take 1 capsule of each of Turmeric and Ginger.
- Take one dropperful of Muscadine.

## WEEKLY:

- Pour 8oz DETOX SOAK bottle in a bathtub or 4oz in a foot soaking basin.
- Soak for a minimum of 30 minutes or more as tolerated and sip on water.

LEARN MORE



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