



HEALING AND AGE REVERSAL

90 DAY PROTOCOL



A GUIDE TO WELLNESS

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AYURVEDIC PRACTITIONER
MICHELLE CAMPBELL

My name is Michelle and this is my 90 Day Healing & Age Reversal Protocol. I am a qualified Ayurvedic Practitioner, Master Herbalist, Gut Health Specialist, Metaphysical Practitioner, Teacher, Healer, and Empath, working deeply with plant-based medicine, energy, light, sound, and vibration. My philosophy is rooted in the understanding that the human being is composed of mind, body, and soul, and that true healing can only occur when all three are addressed simultaneously.



Welcome to my 90-Day Detox, Healing & Age-Reversal Protocol.

Developed over more than two decades of clinical experience in health, wellness, nutrition, fitness, and aesthetics — and refined through personal application as I approach 51 — this programme brings together the most effective, practical, and accessible strategies for optimising health and supporting biological age reversal.

Inside, I share the exact daily routine, evidence-informed practices, and carefully selected products I personally use to maintain metabolic health, reduce inflammation, support gut function, and stay lean, energised, and resilient.

This programme is suitable for both men and women of all ages.

Whether you are navigating weight challenges, autoimmune conditions, gut dysfunction, sleep disturbances, hormonal imbalances, chronic inflammation, pain, perimenopause or menopause — or simply seeking to optimise your health — this 90-day protocol is designed to restore balance at the foundational level. By focusing on gut health, metabolic efficiency, and systemic inflammation, we address the root causes of dysfunction rather than simply managing symptoms.

If you are ready to feel lighter, clearer, stronger, and biologically younger, this is your starting point.

WELCOME



Highly Recommended Natuvera Products:

Designed to support and enhance the 90-Day Healing & Age-Reversal Protocol.



Detox Spray.

Supports the body's natural detoxification process, assisting with the elimination of heavy metals, toxins, moulds, plastics, candida overgrowth, and parasites. It also promotes gut cleansing, liver support, hydration, and improved nutrient absorption.



Lemon Balm Spray.

Lemon balm assists the body with the fat burning process, promoting weight loss by boosting the metabolism. Its calming properties reduce stress, emotional eating, and "food noise,". When combined with a balanced lifestyle, it becomes a powerful ally for weight management and overall wellbeing.



Sea Moss & Moringa Spray.

Combines two nutrient-dense botanicals to support immune health, gut function, and overall vitality. Rich in essential minerals, antioxidants, and vitamins, this blend supports healthy metabolism, sustained energy, collagen production, and protection against oxidative stress.

The Detox Spray, Sea Moss & Moringa Spray, and Lemon Balm Spray are available from Natuvera at www.natuvera.co.za, with collection in Port Elizabeth and nationwide courier delivery.



MONTHLY AGENDA

Month 1: Detox & Foundation (Detox Spray & Lemon Balm Spray)

The first month is dedicated to supporting the body's natural detoxification processes and reducing overall toxic load. During this phase, we focus on clearing accumulated waste, supporting liver and gut function, improving hydration, and calming systemic inflammation.

By strengthening the digestive system and enhancing nutrient absorption, we create a stable internal environment where healing can begin. This foundational reset prepares the body for improved metabolic efficiency, hormonal balance, and sustainable fat utilisation in the months ahead.

Months 2 & 3: Restore, Replenish & Optimise (Lemon Balm Spray & Sea Moss & Moringa Spray)

Once detox pathways are supported and the system is functioning more efficiently, the focus shifts to deeper repair and metabolic optimisation. These months emphasise restoring micronutrient levels, supporting thyroid and hormonal balance, strengthening immune resilience, and enhancing cellular energy production.

With inflammation reduced and digestion improved, the body is better positioned to burn fat efficiently, regulate stress, and rebuild lean tissue. This phase is about replenishment, resilience, and creating long-term vitality — not just short-term results, but sustainable, whole-body renewal.

MEALS

Nutrition Guidelines: Ketogenic & Carnivore Focus

During this protocol, meals should follow a strict ketogenic or carnivore approach. Avoid wheat, gluten, sugar, dairy, processed foods, fruit, cereals, biscuits, sweets, chocolates, and processed supplements (collagen).

Dairy can be reintroduced after the detox phase in Month 2, but I do not recommend cow's milk as it contains hormones that can affect thyroid function, hormone balance, and weight distribution. Almond or coconut milk are safe alternatives, while rice and oat milk should be avoided due to their higher carbohydrate content.

The ketogenic approach allows the body to enter ketosis, a natural state in which it runs on its own fat. This supports self-healing, age-reversal processes, and a balanced, alkaline internal environment. No other dietary approach supports these processes so effectively. Following this way of eating is essential for creating the conditions your body needs for cellular rejuvenation. Later, I will share my daily routine and how I incorporate intermittent and prolonged fasting for deeper healing.

Understanding Your Two Ages

We all have two ages: chronological age and biological age. Chronological age is simply the number on your ID, but your true age is your biological age — the age of your cells. This is what determines how youthful and healthy you appear, and it is the age we can influence and reverse. Your body has the remarkable ability to continually create new cells, but until now, it may not have had the right conditions to produce healthy ones. Over time, unhealthy cells accumulate, which contributes to premature ageing. By giving your body the right support through nutrition, detox, and lifestyle, we can encourage the creation of healthy cells and slow or even reverse the ageing process.

MEAL SHOPPING LIST

PROTEIN OPTIONS

- ☐ Eggs (free-range if possible)
- ☐ Chicken (thighs, breasts, whole)
- ☐ Beef (minced, steak, roasts)
- ☐ Lamb
- ☐ Pork (chops, belly, bacon without sugar)
- ☐ Fish (salmon, mackerel, sardines, tuna)
- ☐ Shellfish (shrimp, mussels, crab)
- ☐ Organ meats (liver, kidney)

HEALTHY FAT OPTIONS

- ☐ Olive oil (extra virgin) or Coconut oil or Avocado oil
- ☐ Ghee or clarified butter
- ☐ Butter (grass-fed if possible)
- ☐ Avocados
- ☐ Olives
- ☐ MCT Oil (MUST HAVE)

LOW CARB VEGETABLE OPTIONS

- ☐ Leafy greens (Spinach, Kale, Bok Choy)
- ☐ Broccoli, Cauliflower, Cabbage
- ☐ Zucchini, Cucumber
- ☐ Asparagus
- ☐ Bell peppers (in moderation)
- ☐ Green beans
- ☐ Mushrooms

NUTS & SEEDS (in moderation)

- ☐ Almonds
- ☐ Walnuts
- ☐ Pecans
- ☐ Macadamia nuts
- ☐ Pumpkin seeds
- ☐ Chia seeds
- ☐ Flaxseeds

VEGAN PROTEIN OPTIONS

- ☐ Soy: Tofu, tempeh, edamame
- ☐ Nuts & Seeds (Almonds, Chia Seeds)
- ☐ Pulses: Lentils, chickpeas, black beans
- ☐ Wholegrains: Quinoa, rice

VEGETARIAN PROTEIN OPTIONS

- ☐ Soy: Tofu, tempeh, edamame
- ☐ Nuts (Almonds, Chia Seeds, Hemp)
- ☐ Pulses: Lentils, chickpeas, black beans
- ☐ Eggs
- ☐ Dairy: Greek Yogurt & Cottage Cheese

BEVERAGES

- ☐ Water (still or sparkling)
- ☐ Herbal teas (peppermint, chamomile)
- ☐ Black coffee (unsweetened)
- ☐ Bone Broth

OPTIONAL EXTRAS

- ☐ Almond or coconut milk (unsweetened)
- ☐ Spices & herbs (turmeric, oregano, garlic)
- ☐ Apple cider vinegar
- ☐ Lemon or lime (for flavour, in moderation)

SEA & FERMENTED FOODS

- ☐ Seaweed (nori, kelp, wakame)
- ☐ Sauerkraut, kimchi, pickles – probiotics

TIPS:

Avoid wheat, sugar, fruit, processed foods, and high-carb vegetables like potatoes or corn.

Stick to whole, unprocessed foods for best results on the ketogenic protocol.

MEAL EXAMPLES

Creamy Garlic Chicken with Zucchini Noodles

Serves 2

Ingredients:

- 2 chicken breasts, sliced
- 1 tbsp olive oil or ghee
- 1 clove garlic, minced
- 1 small zucchini, spiralized
- 2 tbsp coconut cream (optional)
- Salt, pepper, and Italian herbs to taste

Instructions:

1. Heat oil in a skillet and cook chicken until golden and cooked through.
2. Add garlic and sauté for 30 seconds.
3. Stir in zucchini noodles and cook 2-3 minutes until just tender.
4. Add coconut cream, herbs, salt, and pepper, tossing to coat.
5. Serve warm.

Mediterranean Vegetarian Keto Lunch Bowl (Vegetarian)

Serves 1

Ingredients

- 1 cup cauliflower rice
- ½ avocado, sliced
- ¼ cup cucumber, chopped
- ¼ cup cherry tomatoes, halved
- ¼ cup feta cheese, crumbled
- 1 tbsp olives, sliced
- 1 tbsp olive oil
- 1 tsp lemon juice

Instructions:

1. Lightly sauté the cauliflower rice in a pan with a little olive oil for 3–4 minutes until tender.
2. Place the cauliflower rice in a bowl as the base.
3. Top with avocado, cucumber, cherry tomatoes, feta cheese, and olives.
4. Drizzle with olive oil and lemon juice.

Keto Egg & Avocado Breakfast Bowl (Vegetarian Friendly)

Serves 1

Ingredients:

- 2 eggs (boiled, poached, or fried in olive oil)
- ½ avocado, sliced
- Handful of spinach or baby spinach
- 1 tsp olive oil or MCT oil
- Salt, pepper, and smoked paprika (optional)

Instructions:

1. Arrange eggs, avocado, and greens in a bowl.
2. Drizzle with olive or MCT oil.
3. Season with salt, pepper, and paprika if desired.
4. Enjoy immediately.

Creamy Coconut Cauliflower & Spinach Curry (Vegan)

Serves 1

Ingredients

- 1 tbsp coconut oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp fresh grated ginger
- 1 tsp curry powder
- 1 cup cauliflower florets
- 1 cup mushrooms, sliced
- 1 cup full-fat coconut milk
- 1–2 cups fresh spinach

Instructions:

1. Heat coconut oil in a pan and sauté the onion, garlic, and ginger until fragrant.
2. Add curry powder and cook for another minute to release the flavors.
3. Add the cauliflower and mushrooms and cook for 4–5 minutes until slightly softened.
4. Pour in the coconut milk and allow the curry to simmer for 8–10 minutes until the vegetables are tender.
5. Stir in the spinach and cook until wilted.

SHOPPING LIST

This is everything you will need for your new routine to keep every part of your body healthy and to promote age reversal. Most products can be bought from Dischem or from any co-op.

- | | |
|--|--|
| ☐ Castor oil - glass bottle hexane free | ☐ Bottle of horse shampoo |
| ☐ Glycerine - small bottle | ☐ Bottle of sulphur free conditioner |
| ☐ Jo-joba oil | ☐ Bottle of MCT oil |
| ☐ Blackseed oil | ☐ Small bags of cinnamon, turmeric, |
| ☐ Rosehip oil | cayenne pepper, ginger powder |
| ☐ Small bottle of clove oil | ☐ Baking soda |
| ☐ Frankincense essential oil | ☐ Small bottle of hydrogen peroxide 10% |
| ☐ Rosemary essential oil | ☐ Small bag of rice |
| ☐ Tub of unscented coconut oil | ☐ Bottle of Stevia sweetener - Do not use |
| ☐ Bottle of Rosewater | Xylitol or any other sweeteners, Stevia is |
| ☐ Cottonwool | plant based. |
| ☐ Bar of glycerine soap | ☐ Bottle of German Sauerkraut. |
| ☐ Gua-sha or face roller | 1 tbsp per day for your probiotic intake |
| ☐ Fluoride free toothpaste - Himalayan | ☐ Silk sleep mask |
| ☐ Tub of Borax | |
| ☐ Tub of Epsom Salts | |
| ☐ Bottle of Bentonite Clay | |
| ☐ Bottle of Activated Charcoal | |



AGE REVERSAL

The following things age our cells even quicker

- Stress
- Sugar and processed foods
- Alcohol
- Face products, collagen supplements, heavy metals, and toxins
- Being sickly and overweight
- Smoking
- Lack of exercise

How does this happen?

Our bodies are made up of millions of cells, each tightly packed and ideally composed of about 70% fluid and 30% oxygen. This is what a healthy cell looks like. The more healthy cells we have, the younger our biological age and the more vibrant our health.

The body has a remarkable ability to continually eliminate old, unhealthy cells and create new, healthy ones — the very process of age reversal. Unfortunately, most of us have never been shown how to support this natural process. Over the next 90 days, everything you do will be aimed at facilitating it.

When we expose our bodies to toxins, processed foods, chemicals, or excess sugars, they aren't just removed — they are often stored in cells as fat. Fat cells created under these conditions are unhealthy and contribute to inflammation, sluggishness, and premature ageing.

This 90-day protocol is designed to change that. By supporting detoxification, metabolic balance, and cellular renewal, we help the body stop creating toxic fat cells, release stored toxins, and generate new, healthy cells. This is the essence of AGE REVERSAL, and the foundation for long-term health and vitality.

COLLAGEN

Collagen is essential for the health of every system in the body.

We are made up of roughly 35% collagen, and when production declines, the body's systems begin to compete for this vital protein. Many are led to believe that collagen simply diminishes as we age, but what's often overlooked is that the body has its own built-in collagen factory. To produce collagen efficiently, it requires a combination of vitamins and minerals — including A, C, D, zinc, and copper — along with healthy fats, water, and sunlight. These elements come together, particularly during deep sleep, to stimulate collagen production naturally.

This is why sunlight is so important. While sunscreen may protect against UV rays, many SPF products contain chemicals that can accelerate skin ageing and may block the sun's natural role in activating collagen in the skin.

Fortunately, our Sea Moss & Moringa spray provides all the essential vitamins and minerals your body needs daily to support collagen production. All you need to add is 3–4 tablespoons of MCT oil for fat and adequate hydration.

By combining these nutrients with quality sleep and a little daily sun, you can maintain healthy collagen production throughout your life — a key factor in staying youthful. Collagen supports the skin, hair, nails, teeth, bones, muscles, and joints, and these are the systems that are first affected when collagen levels decline.

FAT

FAT IS THE MOST IMPORTANT COMPONENT OF OUR DIET

- FAT feeds the brain
- FAT feeds the liver & puts body in fat-burning mode or KETOSIS
- FAT is used in bile production
- FAT is used in collagen production
- FAT is used in hormone production
- FAT is required in age reversal and anti-aging

Fat is the body's most efficient source of energy, yet many modern diets are too high in sugar and too low in healthy fats. This is where MCT oil comes in. Derived from fractionated coconut oil, it has been specially processed to provide rapid, clean energy and is ideal for a ketogenic lifestyle.

MCT oil not only supplies your daily fat requirement but also offers additional benefits:

- Speeds up fat burning in the body
- Keeps you full between meals
- Gives you energy
- Assists in collagen and hormone production
- Gets rid of brain fog
- Reduces inflammation in the body
- Keeps the gut healthy

HAIR HEALTH

Healthy hair begins with a healthy scalp. The scalp relies on adequate collagen to maintain its condition, and collagen delivery throughout the body depends on good circulation. Supporting both collagen production and healthy circulation helps promote strong, healthy hair.

It is recommended to wash the hair twice a week using horse shampoo, followed by conditioner. While conditioning, gently massage the scalp and neck to help stimulate circulation to the scalp.

Once a week, a hair mask can be applied using Bentonite clay and a few drops of rosemary essential oil. Mix a small amount of the clay with water to form a paste and add the oil drops. Leave the mask on for approximately one hour before washing with shampoo and conditioner. This treatment helps provide the hair with beneficial minerals.

Castor oil, glycerine, jojoba oil, black seed oil, frankincense oil, and rosemary essential oil can be combined in a bottle to create a nourishing oil blend. This mixture may be used on the hair, body, and face. For hair care, massage a small amount into the scalp and brush it through to the ends after washing. It acts as a deeply penetrating treatment and may be left on overnight before wash days.

Leave-In Spray

Boil a pot of rice on the stove, then remove the rice and retain only the rice water. Pour the water into a spray bottle and add a few drops of rosemary essential oil. This mixture can be used as a leave-in conditioner. It helps make the hair softer, stronger, and more manageable while also supporting healthy growth.

To help reduce breakage and hair loss, it is beneficial to develop the habit of sleeping with a silk bonnet or using a silk pillowcase.

SKIN HEALTH

Skin health is influenced by collagen and elastin levels, proper hydration, healthy circulation, and the condition of the gut and liver. Diet also plays an important role. The healthier the body's cells, the more youthful, clear, and radiant the skin will appear.

How to Support Healthy Skin

- Maintain good gut health
- Include cayenne pepper and turmeric in the daily diet to support circulation and promote a natural glow
- Follow a ketogenic-style diet that is higher in healthy fats
- Prioritize quality sleep to support collagen production
- Maintain good hydration and support kidney health for proper fluid distribution
- Support collagen production daily (Natuvera sprays, MCT oil, and adequate water intake)
- Reduce stress levels
- Avoid sugar, as it can contribute to skin inflammation

Skincare Routine

- Wash the face twice daily using plain glycerine soap.
- Use rosewater as a toner by applying it to a cotton pad after cleansing.
 - Rosewater helps to gently tighten pores, calm redness, cleanse the skin, and support a brighter complexion.
- After applying rosewater, Natuvera's Nature's Botox & Retinol Serum can be applied to the face and neck to nourish the skin and support a smoother, more youthful appearance.

SKIN HEALTH

For additional support, Natuvera Skin Rescue Serum may be used to help manage skin conditions such as eczema, psoriasis, vitiligo, acne, and other irritated skin. It contains Aloe Vera - which heals and regenerates skin cells - as well as Fulvic Acid, Vitamins A & C, Zinc and Copper, which assist in healing and feeding the skin.

A gua-sha tool or face roller can be used morning and evening when applying serum. Just 2–3 minutes helps stimulate circulation, support lymphatic drainage, reduce puffiness, and promote a more sculpted appearance.

For body care, mix a 50ml bottle of Natuvera's Nature's Botox & Retinol Serum into a 1kg tub of unscented coconut oil and apply after bathing or showering.

For a weekly skin treatment, add 2 cups of Epsom salts, $\frac{1}{4}$ cup of Borax, $\frac{1}{4}$ cup of Bentonite clay, and a small amount of activated charcoal to a warm bath and soak for at least an hour. These mineral baths help soften the water, nourish the skin with minerals, support relaxation, and may assist with insomnia and restless legs. Regular soaks nourish the skin externally, while proper hydration and healthy collagen production support it from within.

TEETH HEALTH

Teeth also rely on collagen for strength and structure. When collagen production declines, dental health is often one of the first areas affected.

Choose a fluoride-free toothpaste, such as those found in the Himalayan range at Dis-Chem. Many people prefer fluoride-free products as part of a more natural oral care routine.

Brush and floss twice daily. Flossing is essential, as brushing alone cannot remove all food particles between the teeth. The tongue should also be brushed or gently scraped to help maintain fresh breath and good oral hygiene.

Three times per week, lightly dip the toothbrush into a small amount of hydrogen peroxide before brushing. As teeth are porous, this may help reduce surface stains over time.

Twice a week, a simple paste can be made using turmeric, baking soda, bentonite clay, and a few drops of clove oil. Brush with the mixture and leave it on the teeth for a few minutes before rinsing.

This will do the following

- Mineralize the teeth and get rid of small cavities before they form
- Get rid of stains and discoloration
- Return the teeth to white
- Keep the breath and mouth fresh and bacteria-free
- Feed and treat the gums keeping them healthy.
- Treat gingivitis

HORMONE HEALTH

Hormone health plays a vital role in maintaining overall wellbeing, energy levels, metabolism, and body weight. Hormones act as the body's chemical messengers, helping regulate important functions such as appetite, sleep, mood, blood sugar, and fat storage.

When the body experiences ongoing stress, it produces higher levels of cortisol (stress hormone). Elevated cortisol over time can disrupt the balance of other hormones, which may slow metabolism, increase cravings, encourage fat storage—particularly around the abdomen—and contribute to fatigue and difficulty maintaining a healthy weight.

Supporting hormone balance through stress management, proper nutrition, quality sleep, and healthy lifestyle habits is therefore essential not only for weight management but also for long-term health and optimal body function.

We carry two Hormone Sprays in our range:

- Hormone Balancing & Support Spray (Women)
- Testosterone Booster (Men)

EXERCISE

The most powerful and important time to move your body is the first 15 minutes of the day.

During sleep, the lymphatic system—the body's waste removal network—works to collect fats, toxins, and waste from the body's tissues. These substances are moved into the lymph nodes for elimination. Major lymph node areas include the face, under the chin, armpits, back, abdomen, inner and outer thighs, knees, and ankles.

Gentle movement in the morning helps stimulate lymphatic flow and encourages the body's natural detoxification processes. We also carry a Spleen Tea on our range. This is our own blend of carefully selected herbs designed to remove excess moisture from the body, boost energy levels, support digestion and weight management.

It is beneficial to move the body for about 15 minutes after waking using activities such as:

- Rebounding (bouncing on a mini-trampoline)
- Jumping jacks
- Skipping
- Using a vibration plate

Up-and-down movement is particularly effective for stimulating lymphatic circulation because the lymphatic system relies on body movement to function efficiently.

Starting the day with this type of activity can support circulation, metabolism, and overall energy levels. Morning movement may also help stimulate natural hormone activity in the body, which plays a role in recovery, cellular repair, and healthy aging.

ADDITIONAL TREATMENTS

In my monthly routine, I incorporate a range of non-invasive body treatments that support circulation, lymphatic drainage, collagen production, and overall skin and body health.

- Red Light Therapy helps stimulate collagen production, improve skin texture, reduce inflammation, and support cellular repair and rejuvenation.
- Vibration Therapy activates muscles, improves circulation, stimulates lymphatic drainage, and helps support fat metabolism and body toning.
- G8 Body Sculpting combines heat, vibration, and suction to improve circulation, support lymphatic drainage, reduce the appearance of cellulite, and assist with body contouring.
- Radio Frequency (RF) treatments deliver gentle heat into the deeper layers of the skin to stimulate collagen and elastin, helping to tighten skin and improve firmness.
- Fascia Release Therapy helps loosen tight connective tissue, improve circulation, reduce fluid retention, and support smoother skin texture.
- Omega Light Therapy uses LED light wavelengths to promote healing, reduce inflammation, and support skin regeneration and overall skin health.
- Radio Frequency Facial Cavitation helps contour the face, stimulate collagen production, improve skin firmness, and reduce the appearance of fine lines.

I recommend incorporating some of these treatments on a monthly basis to maintain circulation, support detoxification, stimulate collagen production, and help maintain long-term skin and body results.

To learn more about these treatments, visit: www.bodyliteco.co.za

STRESS

Chronic stress and consistently high cortisol levels can negatively affect overall health and make it difficult to maintain a healthy body weight.

The body's fight-or-flight response is designed to protect you during short-term emergencies. However, when the body remains in this state for long periods, several systems can be affected.

- Nervous system strain: The central nervous system and adrenal glands remain on high alert, which can eventually lead to fatigue and stress-related health issues.
- Increased fat storage: During prolonged stress, the body may shift into energy-conservation mode, encouraging fat storage.
- Hormonal disruption: Ongoing stress can interfere with normal hormone balance, which may affect fertility and reproductive health.
- Elevated blood pressure: Stress hormones keep the heart and circulatory system in a heightened state of readiness.
- Poor sleep: When the body perceives stress or danger, it becomes harder to enter the deeper stages of restorative sleep.

One of the most effective ways to help calm the nervous system is through deep belly breathing. Slow, controlled breathing signals to the brain that the body is safe, helping to reduce stress hormones and encourage a relaxed state.

We carry a Stress & Anxiety Spray in our range - which is designed to reduce cortisol levels and promote clarity and relaxation.

SLEEP

Quality sleep is essential for overall health. During sleep, the body repairs tissues, produces collagen and hormones, supports metabolism, and carries out many important restorative processes.

As evening approaches, the body naturally begins releasing melatonin, the hormone that signals it is time to rest. Adequate magnesium levels can support relaxation and help the body fall asleep and remain in deeper stages of sleep. We carry a Magnesium Oil Spray in our range, which is sprayed onto the soles of the feet before bed.

Establishing a consistent evening routine can improve sleep quality. Begin dimming lights and reducing noise around 7pm, and aim to be in bed between 8pm and 9pm where possible. Avoid background noise or screens while sleeping, as these can stimulate the brain and disrupt rest.

Darkness is important for melatonin production, so creating a blackout sleeping environment can be helpful. A sleep mask may assist by blocking light and encouraging the brain to associate darkness with sleep. We also carry a Sleep Spray in our range, which is designed to aid the brain in releasing melatonin.

Relying on sleeping tablets may not always support natural, restorative sleep cycles. Natural sleep allows the body to enter deeper stages of rest where the most important repair and recovery processes occur.

It is also beneficial to avoid food or alcohol close to bedtime. Finishing meals at least four hours before sleep allows the body to focus on rest and recovery rather than digestion during the night.

FASTING

Fasting is widely recognized as a powerful tool for supporting cellular repair, metabolic health, and overall wellbeing. It is generally practiced in two main forms:

1. Intermittent Fasting

Intermittent fasting involves extending the time between meals to give the body an opportunity to rest from digestion, burn stored fat, and support natural repair processes. Many people practice this by delaying their first meal until around midday.

2. Prolonged Fasting

Prolonged fasting typically refers to fasting periods of 24 hours or longer while maintaining adequate water intake. These longer fasts are often used periodically to support deeper cellular cleansing and metabolic reset.

Around 16 hours into a fast, the body may enter a process known as autophagy, a natural cellular recycling system where the body begins breaking down and removing damaged or unnecessary cells. This process plays an important role in cellular renewal and healthy aging.

When practiced safely and appropriately, fasting can support metabolic balance, fat burning, and overall health. Longer fasts should always be approached gradually and with proper hydration and guidance when needed.

Our Lemon Balm Spray and Skinny Gel both contain natural ingredients that aid in reducing cravings and appetite as well as boost energy levels.

ROUTINE

A well-structured daily routine supports energy, health, and longevity. Here's an example framework:

Morning (5am – 7am)

- 15 minutes of rebounding or other up-and-down movement
- Prayer, journaling, or meditation
- Light weights, stick work, or mat exercises
- Optional vibration plate or sunbed session
- Cup of Spleen Tea

Supplements

- 3 tablespoons of MCT oil daily
- 1 tablespoon of sauerkraut daily
- 2 heaped teaspoons of cayenne pepper, ginger, cinnamon, and turmeric powder daily ("magic mix" for skin, brain, fat burning, inflammation, immunity, circulation, detox, and metabolism) OR purchase our Natuvera Miracle Mix Spray.
- Sublingual sprays (available at www.natuvera.co.za)
- CLA Capsules to switch the body from storing fat to burning fat.

Nutrition

- Two ketogenic or carnivore meals per day
- First/main meal at 12pm, last meal between 5pm–6pm
- No snacking
- 6–8 cups of water daily (herbal or iced teas allowed)
- NO SUGAR

This routine balances movement, nutrition, supplementation, and mindfulness for optimal daily performance and long-term health.

ROUTINE

Skin

- Wash the face twice daily with plain glycerine soap.
- Tone with rosewater after cleansing.
- Apply Nature's Botox & Retinol Serum to the face and neck.
- Add the Botox Serum mixture to your body lotion or mix with a tub of coconut oil for full-body application.
- Sleep with a silk face mask to protect the skin and reduce wrinkles.

Hair

- Wash hair twice weekly using horse shampoo and a sulphur-free conditioner.
- Apply the castor oil blend to the ends regularly, and once a week, use it on the entire scalp and hair overnight for deep hydration and nourishment.
- Sleep with a silk hair bonnet to prevent breakage.

Sleep

- Aim to go to bed between 8pm–9pm, reducing light and screen exposure before sleep.
- Use calming methods such as lighting a candle, burning lavender essential oil, or placing a few drops on your pillow.

ROUTINE

Once a week

Bath soak

- 2 cups Epsom salts
- 1/4 cup borax
- 1/4 cup bentonite clay
- Soak for at least 2 hours

Activated charcoal face mask. Leave on for 2 hours for deep cleansing.

Once a month

Do a 3-day water fast where you consume nothing but water and the Natuvera sprays for 36 hours. Best to do it from a Friday from 5pm to Monday 5pm. This is when the body will do the deep healing and age reversal (Autophagy).

Teeth

Himalayan range

Dip toothbrush in 10% volume hydrogen peroxide.

Toothpaste on top.

Once a week make a paste:

- Activated charcoal (1 teaspoon)
- Bentonite Clay (1 teaspoon)
- Turmeric (1 teaspoon)

Mix with water and store in an airtight container in the fridge.

Brush for 3-5 minutes, twice a week for bright, white teeth.



MY PROMISE

If you stick to this routine, I can guarantee you that you will very quickly start to see things shift in your body. I suggest sticking to it for the 90 days and I am sure you will want to incorporate it permanently once you see how easy it is. To see results, the most important part of a healthy regime is consistency! If you are consistent with this, you will see the results.

I am a qualified Ayurvedic healthcare practitioner and throughout my +20 years of experience, I have created these protocols.

Please feel free to share them far and wide!

Yours in natural health
Michelle Campbell ND
Ayurvedic Health Care Practitioner

WE LOOK FORWARD TO GOING ON THIS WELLNESS JOURNEY WITH YOU.



Please visit www.natuvera.co.za to view our range of products and find your nearest agent, and visit www.bodyliteco.co.za to view treatments and find your nearest branch.

The following products were mentioned in this protocol. All oral sprays come in 30ml bottles (micro-dosage) and 50ml bottles (full-dosage).

- Detox Spray
- Lemon Balm Spray
- Sea Moss & Moringa Spray
- Sleep Spray
- Magnesium Oil Spray
- Stress & Anxiety Spray
- Nature's Botox & Retinol Serum
- Skin Rescue Serum
- Skinny Gel
- CLA Capsules
- Spleen Tea