

Preparation Tips: What should I do prior to receiving my package? The most important thing to remember is that you are your own healer! The alkaline fruit diet and herbal packages only put the body in an optimal functioning state so that the body can heal itself.

1. Know and believe you have the ability to heal yourself!

2. Watch, study, and take notes on Yahki's Health videos about healing on the Yahki Awakened YouTube Channel.

3. Yahki strongly suggests that you do your own research about your healing process. Compare your research to the information given by Yahki Awakened LLC.

4. Download and study The Kidney Filtration Char. Use it to check if your kidneys are filtering properly.

5. Download and study Food Combination Chart.

6. Make a grocery list and go purchase suggested organic alkaline foods.

7. Prepare your body to efficiently accept the herbs by starting your all fruit and or alkaline diet prior to receiving your herbs.

8. Detach yourself from anything that creates a stressful or toxic environment.

9. Read and study the "what to expect while detoxing sheet" so you know and understand all possible detoxing symptoms and how to cope.

10. Be sure to document your healing journey by using a journal, taking pictures & etc.

