

QUANTUM MORNING

Liver Cleanse Starter Package

BY JAYDEE AZAVARI





Welcome

TO YOUR MORNING LIVER CLEANSE!

Your liver is the powerhouse of detoxification, and how you start your morning can either support or hinder its ability to cleanse your body. This guide will help you establish simple, yet powerful habits to naturally support your liver every morning.

Enjoy!

xo, Jaydee

Benefits of a **LIVER RESET**



THE POWERFUL BENEFITS:

- Supports natural detoxification
- Promotes digestion and gut health
- Enhances energy levels and mental clarity
- Strengthens the immune system
- Balances hormones and reduces inflammation

Your liver works hard every day to filter toxins, support digestion, and regulate your body's natural detoxification processes.

By incorporating powerful healing herbs and mindful morning rituals, you can give your liver the love it deserves—helping to boost energy, improve digestion, and support overall well-being.

Step 1

GREET THE MORNING LIGHT

The first step in your Quantum Morning Liver Reset is to connect with natural sunlight as soon as you wake up. This simple practice resets your body's internal clock, balancing hormones and setting you up for optimal health throughout the day.

- **Why it matters:** Natural light exposure first thing in the morning signals your body to produce cortisol, which helps wake you up and boosts energy. It also sets the stage for melatonin production in the evening, leading to better sleep at night.
- **How to do it:** Step outside for at least 5 minutes or sit by a window where natural light can hit your eyes. If it's before sunrise, that's okay—just be sure to keep your blue light blocking glasses on to protect your melatonin levels.

TIP: Try grounding by walking barefoot on the earth if possible—this helps with further alignment and can ground you in a peaceful, energetic way.

Step 2

PROTECT YOUR LIGHT (BLUE LIGHT BLOCKERS)

If you're up before sunrise or using digital devices, protect your melatonin levels with blue light blocking glasses. These glasses prevent the blue light from screens or artificial light from interfering with your body's circadian rhythm. This allows your liver to begin its detox process naturally, supporting your health from the very start of the day.

- **Why it matters:** Exposure to blue light, especially in the morning, disrupts melatonin production and can interfere with your body's natural detox processes. By wearing blue light blocking glasses, you can keep your hormones and detox pathways in check.
- **How to do it:** Wear the glasses as soon as you wake up if you plan on using your phone, computer, or if you're exposed to artificial light. If possible, try to avoid screens for the first 30 minutes of your morning.

Step 3

NOURISH & DETOX WITH A LIVER-LOVING TEA

This liver-loving tea blend is crafted to help cleanse and detoxify the liver, reduce stress, and promote overall gut health.

Ingredients:

- Dandelion Root (supports liver detox)
- Ashwagandha (balances stress and supports adrenal health)
- Crio Bru (a nourishing and delicious cacao alternative)
- Local raw milk
- Local raw honey
- Protein boost from Taylor Dukes Wellness

Instructions:

- Blend Dandelion Root, Ashwagandha & Crio Bru (all organic) for a nourishing tea.
- Add local raw milk and raw honey for added benefits.
- Stir in a protein boost for sustained energy.
- Cover while steeping to preserve nutrients.
- Sip and enjoy as you set your intentions for the day.

Step 4

HYDRATE & BOOST WITH ELECTROLYTES

Your body needs electrolytes to stay hydrated, and morning is the perfect time to start replenishing them. Add QuintEssential Hypertonic Elixir or BEAM Minerals Electrolyze & Micro-BOOST to your morning routine for a natural boost of minerals.

- **Why it matters:** Electrolytes are essential for hydration, energy metabolism, and supporting the function of your liver and mitochondria. Magnesium, in particular, plays a vital role in hundreds of biochemical processes, including detoxification and protein synthesis. This helps support your liver's detox pathways right from the start of the day.
- **How to do it:** Mix your chosen electrolyte solution with water, juice, or tea for an extra boost. Drink it first thing in the morning or during your tea session.

TIP: Staying hydrated helps your liver flush out toxins more effectively, so make sure you're drinking throughout the day. You can also sip on filtered water throughout the morning to keep things flowing.

Step 5

COFFEE ENEMA FOR LIVER DETOX

If you're looking to take your liver detox to the next level, consider a morning coffee enema. While this may seem intense, it's a powerful tool for flushing out toxins, supporting liver function, and boosting energy levels. Coffee enemas stimulate bile production and help your body detoxify at a deeper level.

- **Why it matters:** Coffee is known for its liver-supporting properties, as it helps increase glutathione production—a critical antioxidant for detox. This detox method helps cleanse the liver, remove toxins, and support mitochondrial function, leading to increased energy and vitality.
- **How to do it:** Use a high-quality, organic coffee, such as Fabu Coffee (mold-free and PUFA-free) to prepare your enema. Make sure to follow instructions for preparation and cleansing. Coffee enemas are typically done for about 10-15 minutes, allowing the coffee to be absorbed by the liver through the colon.

TIP: Make sure to hydrate and rest after your enema, as it can be detoxifying. Drink plenty of water to rehydrate and support your body's elimination process.

Bonus step

EMBRACE QUANTUM BIOLOGY & NOURISH WITH LOCAL FOODS

As you continue on your SOURCE CAUSE healing journey, nourish your body with foods that resonate with your natural light frequency. Choose locally grown, nutrient-dense foods to align your body's frequency with the Earth's natural rhythms.

- **Why it matters:** Quantum Biology connects the light signatures your body resonates with and the foods that best nourish your cells. Eating local, fresh, and organic foods ensures that your body receives the highest quality nutrients, supporting cellular health and detox.
- **How to do it:** Opt for local produce, grass-fed meats, and organic, high-frequency foods. Supporting local farmers not only helps your health but also supports sustainable farming practices.



YOUR GO-TO

Resource List

TOPQUAFOCUS LARGE ENEMA BUCKET KIT

supports liver detox by flushing out toxins, reducing its workload, and promoting better digestion. It's a simple, natural way to boost energy, improve gut health, and enhance overall well-being.



BLUE BLOCKING AMBER GLASSES

Wearing blue light blocking glasses in the morning helps protect melatonin levels, keeping your body's detox and hormone cycles on track. Pair them with natural sunlight to reset your rhythm and start the day feeling balanced and energized.



QUICKSILVER SCIENTIFIC ORIGINAL HYPERTONIC SOLUTION

QuintEssential Hypertonic Elixir boosts hydration, energy, and recovery with natural seawater electrolytes. Packed with magnesium, it supports muscle function, reduces fatigue, and keeps you energized on the go!



BEAM MINERALS MICRO-BOOST HUMIC MINERAL BLEND

delivers advanced electrolyte and micronutrient support with 100% bioavailable, plant-based minerals. This powerful duo enhances nutrient absorption, supports cellular detox, and optimizes hydration—all in a tasteless liquid that fits seamlessly into your daily routine.





CRIO BRU BREWED CACAO

Brewed from 100% pure ground cacao. It's caffeine-free, packed with theobromine, and full of nutrients like flavonoids and magnesium for a smooth, lasting energy boost.



STARWEST BOTANICALS ORGANIC ASHWAGANDHA

Supports detox by helping to reduce inflammation and balance stress hormones, which can enhance the body's natural detox processes.



STARWEST BOTANICALS ORGANIC RAW DANDELION ROOT

A natural detoxifier, supporting liver function and aiding in the elimination of toxins. It also helps to improve digestion and promote healthy skin by reducing inflammation and supporting kidney health.

The links:

[**CLICK HERE**](#) to shop my Amazon List (items above)

[**CLICK HERE**](#) to shop Taylor Duke Wellness

[**CLICK HERE**](#) to shop Fabula Coffee (for enema)

[**CLICK HERE**](#) to shop PUFA-free eggs

About JAYDEE

QUANTUM BIOLOGY PRACTITIONER


Jaydee has worked in the realms of childbirth for over 20 years as an Independent Holistic Midwife and Midwifery instructor, providing authentic, instinctual, and spiritual perinatal support and education across North America.



She is the mom to five bio kids and one step-child. Beyond birth, Jaydee has spent time working and playing as a Special Education & Homeschool Teacher, Certified Intuitive Eating Counselor, Registered Yoga Teacher, Perinatal Brainspotting Therapist, and Board Member to Non-Profits such as Sacred Birthing, The Matrona Foundation, and The Global Leadership Network.

Jaydee is now a quantum biology practitioner, specializing in cutting-edge health and spiritual training, education, and coaching. She helps women, particularly mothers, find their true inner voice to guide them in health, family, and motherhood. Her approach focuses on Source Cause Healing, which goes beyond root cause by merging God and physicality, with an emphasis on light and circadian biology, nature, frequency, and neuro-physiology.

DO YOU NEED
MORE HELP?

 [@jaydee_azavari](https://www.instagram.com/jaydee_azavari)
www.jaydeeazavari.org

Thank you!

