



WILD ROSE D-TOX KITS – FAQ’S

Q: When should I use a Wild Rose D-Tox Kit?

A: The best time to do a detox is any time you can fit it into your life! Our recommendation is to detox 2-4 times per year and to time your detox with the change of the season. For example, right after Canadian Thanksgiving and right after Easter. January is also a popular time after the holidays and to kick off your new year’s health goals.

Q: Why should I use a Wild Rose D-Tox Kit?

A: There are many reasons why someone may want to do a detox. Many people look at a detox as a time of reset and use the Kits to get back on track after overconsumption, to reduce the feeling of bloating, or to kick start a nutritional lifestyle change. Others use the kits to help reduce daily toxin intake, to tackle brain fog, and to feel clearer headed and energized.

Q: What are some benefits of cleansing?

A: Cleansing has a wide range of benefits. It helps clear a congested system and supports healthy digestion and elimination. People also often report increased energy, clearer skin, and reduced brain fog. Some people report minor weight loss as well.

Q: Which Wild Rose D-tox Kit is right for me?

A: We offer three different Kits. Our Herbal D-Tox Kit is the #1 herbal detox program sold in Canada, our Gentle D-Tox Kit is formulated for those with extra sensitive stomachs, and our Liver Support Kit is formulated for those who want to support optimal liver function. You can read more about each kit on their [product pages](#).

Q: Why should I choose Wild Rose?

A: Many things set Wild Rose apart from other herbal detoxes. Dr. Terry Willard, one of North America’s leading Clinical Herbalists, formulated the Wild Rose Kits using clinically and traditionally researched ingredients. Each formula is 100% plant based and contains therapeutic levels of ecologically harvested herbal ingredients that are backed by almost 50 years of successful clinical use. When you choose Wild Rose you can rest assured that

you're choosing a Canadian made, professionally formulated program backed by decades of clinical use and user success.

Q: I have a sensitive stomach, can I still use a Wild Rose D-Tox Kit?

A: We formulated our Gentle D-Tox Kit specifically for those that have sensitive stomachs. We recommend this milder kit for those who already have 3 bowel movements a day or experience looser stools.

Q: Who shouldn't use the Wild Rose D-Tox Kits?

A: Certain people should not begin any detox or calorie-restricting regimens without consulting a doctor first. This includes teens, adults over 75, those who are malnourished, those who are pregnant or breastfeeding, those who have blood sugar issues such as diabetes, and those with an eating disorder.

Q: How often can I use the Wild Rose D-Tox Kits?

A: We recommend doing a D-Tox 2-4 times a year. Remember, you have to retox to detox!

Q: Do I have to follow a specific diet when on the Wild Rose D-Tox?

A: The Wild Rose D-Tox Kits include a in depth meal plan to follow, but the general rules of the cleanse include no processed food, no sugar, no flour, and no dairy.

Q: Do the Wild Rose D-Tox Kits cause any side effects?

A: With any cleanse, it is not uncommon to experience some temporary discomfort often known as detox symptoms. This may include headaches, muscle aches, low energy, cravings, nausea, diarrhea, frequent urination, and other flu-like symptoms. While these effects are considered normal and should subside by day 3 of your detox, if you find them too intense you can cut the supplement dose in half.

Q: Are the relaunched formulas the same as before?

A: The formulas underwent some minor changes as per Health Canada recommendations, but you can expect the same results you know and love from Wild Rose. See below:

- CL Liquid: Yarrow was removed, the amount of licorice was lowered, and the amount of Uva Ursi is higher
- Clearaherb: The formula name was changed and Mullein was removed
- Gentle Laxaherb: Now in an easy to digest tablet format
- C-Herbaplex: Mullein was removed
- Biliherb: Wood Betony was removed and replaced with German Chamomile

Q: Is Wild Rose College associated with the Wild Rose D-tox Kits?

A: The Wild Rose D-tox Kits are separate from the Wild Rose College of Herbal Medicine although Dr. Terry Willard Ph.D is behind both of these companies. You can find more information about the college at wildrosecollege.com or contact them directly at info@wildrosecollege.com. You can also download a Detox free course on their website: <https://wildrosecollege.com/product/guided-herbal-d-tox-v2/>