



I AM ALCHEMY

Reset & Flow Elixir

When emotions aren't fully processed, they don't disappear, they settle into the body. You may feel it as irritability, heaviness, digestive discomfort, or a sense of being stuck. Reset & Flow Elixir is crafted to support the body's natural ability to process, clear, and move what's been building beneath the surface. Rooted in Ayurvedic principles, this formula supports the liver and digestive system. The key pathways for emotional and physical release so you can feel lighter, clearer, and more balanced.

This is your daily reset. A way to move forward without carrying it all.

Ways to use Reset & Flow Elixir

- Use when digestion is sluggish, energy feels low, mental fog, emotionally stuck, feeling stagnate or constipation is present.
- Use daily in the morning on an empty stomach to rekindle agni (digestive fire)
- After meals to settle discomfort

Step-by-Step Use

1. Shake bottle gently
2. Take 1-2 tablespoons
3. Place directly into a cup of warm water
4. Sip slowly
5. Take 1-2x daily depending on stagnation



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Ritual to Deepen

- Before taking:
- Place hand on lower belly
- Take 3 slow breaths

After taking, say:

"I allow movement. I release what is ready to go."

Storage:

- Store in the refrigerator for the best results, lasts up to 1 year or 6 months without refrigeration
- Always use a clean, dry spoon to maintain quality.

Ingredients:

- Raw Apple Cider Vinegar, Raw Local Honey, Organic Burdock Root, Organic Fresh Ginger, Organic Cinnamon, Organic Rose Petals, Organic Mugwort, Organic Tulsi, Organic Hibiscus, Organic Triphala, Whole Organic Blue Lotus Flowers

**Move gently with your rhythm and trust the process.
For questions, contact camilla@iamalchemyco.com.**