DETOX SUPPORT TOOLS

HANDOUT #3

The following tools encourage detoxification, which leads to better skin, more energy, less belly bloat, fewer wrinkles, and less cellulite.
PLEASE NOTE - You may add any additional detox support tools as available. Which can include getting a massage, cupping, acupuncture, colonics, saunas, juice cleanse, or anything else you enjoy that promotes detoxification.

OIL PULLING

Oil pulling removes unwanted bacteria and yeast from the mouth.

I recommend oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you do the oil pulling first, then tongue scrape, then brush your teeth.

You can use olive, coconut or sesame oil.
Ayurvedic believe Sesame oil is most effective.

Oil pulling routine:

- Put 1-2 tablespoons of a detox-approved oil in your mouth. Add 1-2 drops of lemon, ginger, peppermint or clove essential oil.
- Swish the oil around in mouth for 5-20 minutes.
- Spit the oil into the trash to avoid it hardening and clogging up your sink.
- Rinse your mouth with water and sea salt, then tongue scrape or brush your teeth.

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TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes mucus, bacteria and toxic buildup in your mouth. It can also improve sense of taste and reduce bad breath.

Use a spoon or a tongue scraper to reach to the back of your tongue, pull forward and scrape off the white film - then repeat. This method is 30% more effective than just brushing your tongue with a toothbrush.

SINUS RINSE

A nasal pot is a sinus irrigation device, usually filled with warm water and salt. You insert the tapered end of the pot into one nostril, tilt your head and allow the warm saline solution to enter one side of your nose and leave the other.

This gentle procedure can accelerate detoxification, healing and balance. Also reducing symptoms of recurrent allergies, sinus infections and respiratory congestion.

You can do the basic warm salt water, or soak an herbal tea bag in the salt water mixture prior to enhance the cleansing effects on the nasal passages.

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SKIN BRUSHING

Skin brushing supports your lymphatic system, kidneys, and liver and has been shown to reduce toxins by 25% in the body. It also aids skin in exfoliation and reducing cellulite.

How to skin brush:

- Brush skin with a dry soft brush made for this purpose, before you shower or bathe. Yerba Prima is a good one and available on Amazon or at your local natural food store, or a bath back brush from the Dollar store will even suffice.
- Brush from belly button towards armpits and belly button to hips, with long gentle strokes, to align with the direction of the lymphatic system and to encourage detoxification.
- Wash brush in shower, or spray with alcohol to sanitize.
- You can find many YouTube videos with full details.

EPSON SALT BATH

Epsom salt baths should be a detox tool you take advantage of during this program. Epsom salt (magnesium sulfate) is wonderful for:

Improving nutrient absorption
Improving sleep, easing stress
Soothing sunburn pain & redness
Reducing psoriasis
Relieving arthritis pain and swelling
Reducing stiffness & muscle cramps
Improving cognition & concentration
Promoting healthy bowel movements

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Here's how to make an Epsom salt bath:

- Run bath, the hotter the water, the more you'll sweat, and the better you will detox. Sweating out toxins is crucial to the reduction of cellulite.

- If your bath water is not filtered, add ½ - 1 cup of baking soda to help neutralize the chemicals (primarily chlorine) & increase mineral absorption.

- Add 1 cup of Epson salt and optional, one of the following; ½ cup sea salt, fresh ginger or lemon.

- Lastly add a few drops of essential oils, such as lavender, eucalyptus or another favorite essential oil.

- If the detox bath is making you feel uncomfortably nauseous, lightheaded, or just plain sick (common side effects of intense detox), try cutting back on the detox agents, using cooler water, and/or bathing for a shorter amount of time.

- After bath, apply a natural moisturizer, like coconut oil, jojoba oil, or shea butter. Steer clear of lotions, soaps and shampoos with artificial fragrances, dyes, and toxic chemicals, because your pores are open post bath, and can easily absorb the chemicals found in those products.

- Hydrate yourself with plenty of water before and after to support your body's detox process. A great time to do the detox is before bed – detox baths can leave you feeling

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drowsy, and a great night of sleep post-bath is an amazing way to support your body's rejuvenation process.

BENTONITE CLAY BATH

Bentonite clay, composed of volcanic ash, is known for its ability to absorb and remove toxins.

Dissolve ½ cup of Epsom salts in warm water. Mix ½ cup bentonite clay in ½ cup of warm water and stir until clay is dissolved. Add the clay mix to your bath and optional essential oils of your choice. Then soak for 20 minutes.

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