



## Toxin reduction tips and tools

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**Water** – Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the autumn and winter, it can be especially helpful and cleansing to drink warm water.

**Lemon Water** – This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and help alkalize the body. It assists in breaking up mucus and provides energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice. Make lemon water simply by squeezing the juice of ½ a lemon into a glass of water. This is a great way to wake up some of your taste buds that may not get utilised that often.

**Body Brushing** – This is one of best ways to stimulate the lymphatic system. This is beneficial because it assists the lymph nodes in keeping blood and other vital tissues detoxified. It is energizing, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in long strokes towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2–3 minutes prior to your shower when the skin is still dry is fine.

**Toxin Elimination Bath** – Each evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels, go under the covers, and sweat some more. You should feel very relaxed and sleep soundly.

**Exercise** – Moving will be a key component to your cleanse. Tune into to what kind of exercise feels appropriate, rather than just doing what you usually do or what you think you should do. Walking, yoga, swimming, tai chi, hiking, biking, and strength training are all great ways to get moving. A powerful exercise for removing toxins is using a mini-trampoline or rebounder to help enhance you

lymphatic system. This is called Lymphasizing, see the end of this document for more details.

**Fiber** – Getting additional fiber as we cleanse is vital to supporting the colon in its role of toxin elimination. In addition to lots of fresh vegetables, ground flax seeds and chia seeds are recommended. You should be eliminating at least 2 times per day.

**Castor oil packs\*** – This can be a self-administered and inexpensive way to nurture and support the liver while you cleanse. It is incredibly healing and relaxing. Castor oil is said to be able to penetrate deeply – as much as 4 inches – into the body. These packs can be used to stimulate and detox the liver and gall bladder.

*\*Note: castor oil packs aren't recommended if you are menstruating, pregnant, or trying to conceive.*

#### Directions:

You will need 100% pure, cold-pressed castor oil, a medium or large organic flannel approximately 40cm x 32cm, cling film is handy, and a hot water bottle (or heating pad), and an old towel.

1. Fold flannel into 2 layers
2. Thoroughly moisten the flannel with castor oil and place over the area of the liver, (upper right hand side of abdomen at the bottom of the ribs),
3. Wrap cling film right around your body to hold it in place and to ensure that no leaking of the oil can happen.
4. Place the hot water bottle on top and then wrap the towel around you to enhance the effect, (ensure the hot water bottle isn't boiling hot and if it is, place 1 layer of the towel between it and the cling film).
5. Lie down on your back or your left side for one hour.

If you need more details, just contact me.

More information on next page:

This is a safe regimen to continue throughout the spring season, especially if you suffer from liver-based symptoms like eye problems, PMS, pre-menopausal symptoms and menopausal irritability, mood swings, bloating, tender breasts, hot flashes, anxiety, migraines, skin rashes and breakouts, angry outbursts, or tension between the shoulders.

Many people report a remarkable sense of well-being and tranquility while applying the castor oil pack. Because the emotion of anger is closely tied to the liver, you may experience angry feelings resurfacing. Stay with your feelings and try to channel them constructively. You could try to transform this anger into forgiveness - first for yourself and then for others, a lot of people feel that forgiving someone who has wronged them is like wiping the slate clean, the person who will be benefiting from this is you so do think about it.

### Power of Lymphasizing - The Benefits of Rebounding

1. The vertical use of acceleration, deceleration, and gravity provide the ideal conditions for cleansing cells.
2. Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.
3. It leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.
4. By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.
5. Rebounding will let you improve the working of your heart muscle by improving the tone and quality of the muscle itself and by increasing the coordination of the fibers as they wring blood out of the heart during each beat.

6. It provides the stimulus for a free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria viruses, and other waste the cells cast off.

7. When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen. Further, it may be possible to train your body (through consistent lymphasizing) to store this glycogen and have it released when you need it for a sudden burst of energy.

**Something To Think About** - The G-force (gravity) at the top of the bounce is eliminated and the body becomes weightless for a fraction of a second. At the bottom of the bounce, the G-force suddenly doubles over what is ordinary gravity on earth, and internal organs are put under pressure. Their cellular stimulation is increased accordingly so waste materials within cells get squeezed out. The lymphatics carry the waste away to be disposed of through the urinary tract and other excretory mechanism.

I have found the power of vital breathing and lymphasizing to be a master principle of a vital life.