

7 Bonus Ways to Detox Yourself At Home

Bonus # 1 - Oil Pulling

Your mouth is warm and wet... full of bacteria and other unwanted pathogens. Your mouth is also the very beginning of your digestive tract. What's in your mouth, is being cultured, swallowed and sent to your gut. The bacteria brewing in your mouth can also be causing damage to your teeth, gums and contributing to foul smelling breath.

Here's an easy way to clean up your mouth.

Oil Pulling Instructions

- 1-2 teaspoons of organic oil. (I like coconut. Sesame seed oil or sunflower oil will also work)
- 10 minutes of time where you won't be expected to talk (if you are short on time do this for 1-2 minutes)
- Place the oil in your mouth. If you use coconut oil, depending on the room temperature, with an 80 degree melt point, your coconut oil may be solid or liquid. If it's solid, it will quickly melt in your mouth.
- Swish the oil around your mouth for 1-2 minutes, more if you are patient.
- At the end of your oil pulling, spit your oil and saliva into a disposable cup and toss it out. Do not spit it into your sink, as the oil can clog your pipes.

- Rinse your mouth with a salt water solution or an apple cider vinegar solution to remove the rest of the oils.
- Brush your teeth and notice how clean your mouth feels!

You can repeat this process daily.

Bonus # 2 - Detox Baths & Scrubs

What could be more relaxing than taking a bath? You can easily, turn your bath into a full-body detox experience.

A home clay bath is an easy, affordable and luxurious way to detox your body. Perhaps, you've been to a spa and had a clay bath or clay wrap... Maybe you've seen this in movies and wished you could do it too.

Clay baths are done using bentonite clay, which will pull toxins from your body. One molecule of bentonite clay can hold up to eighty times its weight in toxins! Bentonite clay comes from volcanic ash, deep from the center of the Earth. It's a powerful way to balance your body's polarity, subtle energy systems, detox and makes it possible for you to more easily absorb nutrients from your food and supplements.

Here are a couple of brands of bentonite clay that are easy to find in any health food store; Aztec Clay and Redmond Clay.

Clay Bath Instructions

Simply add 1 to 2 cups of bentonite clay to your tub of hot water, mix it around with your hand or wooden spoon and hop in. Soak in your clay bath for 20-30 minutes.

When you're done, simply pull the drain on the tub and allow the muddy water to go down the drain. I've never known this to cause any problems to plumbing. Rinse your body clean under the shower.

After your clay detox bath it is important to eat mineral rich foods or take a mineral supplement.

Apple Cider Vinegar Bath

Apple cider vinegar baths are a powerful way to detox! Here's why...

Apple cider vinegar is rich in minerals, vitamins and enzymes. Supplying these nutrients to your body through your skin during times of detoxing is crucial, as all your body systems are working in overdrive to purge out toxic materials. The acids in apple cider vinegar can bind to toxins and help your body eliminate them with ease.

If you have a subclinical infection; bacteria, fungus or candida; vinegar will also support your body in eliminating these bugs that could be making you feel sick.

This can also help relieve joint pain as well as skin conditions like eczema, acne or bring relief to sunburns.

Apple Cider Vinegar Bath Instructions

Prepare a hot bath with one cup of apple cider vinegar (can be combined with 1 cup of Epsom salts). Soak for 20-30 minutes.

Epsom Salt Bath

Epsom salt baths are great for detoxing. The mineral magnesium that Epsom salts are made from supplies your body with a much needed mineral. Magnesium is sorely lacking in the US; in fact, Magnesium is the second highest nutritional deficiency in the United States.

Your skin is very absorbent and will take in this needed mineral as you soak. Once absorbed by your body this will help your body's pH to be alkaline. The more alkaline you are, the easier it will be for your body to detox.

Epsom salts are also great for muscle and joint aches when you soak in the tub. As I often say Magnesium helps your muscles to relax.

Epsom Bath Instructions

Draw a hot bath and add 1 cup of Epsom Salts. Soak for 20-30 minutes.

Exfoliate & Detox with A Homemade Epsom Salt Scrub

You can also create an exfoliating body scrub from epsom salts. Take a glass jar, filling it halfway with epsom salts, add a healthy oil from your kitchen and a pure essential oil of your choice (I like lavender) and enough water to mix it all together easily. Simply scrub your body in the shower with your Epsom Salt exfoliating scrub.

Bonus # 3 - Clay Poultices for Detox & Healing

A poultice is a soft, moist mass of material, typically of plant material or clay, applied to the body to relieve soreness and inflammation.

You've learned about bentonite clay baths (Bonus # 2) for detoxing, here's another way to use clay to get the toxins out with it's amazing pulling action.

Bentonite Clay Poultice Instructions

Place half a cup of bentonite clay in a non-metallic bowl.

Add just enough Apple Cider Vinegar to make it the consistency of toothpaste.

Mix the clay and vinegar in your fingers or a wooden spoon. No metal spoons as the clay will pull the metals from the spoon.

Apply the "mud" you just made over one or more of your detox organs. The mud can stain clothing and bedding. If you need to move about, you can apply plastic wrap over the mud as a temporary barrier to protect your clothing and furniture from possible staining.

Where your detox organs are located.

- Liver - is located below your right breast
- Kidneys - are located on your back just below your bra strap
- Colon (aka large intestine) is found in your lower abdomen, inside your hip bones to form an upside down U shape. Up the right side of your abdomen, across your abdomen below your rib line and down your left side, inside your hip bone.

At the same time as applying the clay poultice to your detox organs; you can apply clay to the tops and bottoms of your hands and feet for additional detox, as there are reflexes to every organ in your body on

your hands and feet, as well as beginning or end points of energy lines called meridians in Traditional Chinese Medicine.

Allow the clay poultice(s) to remain on your skin for 10-20 minutes. I prefer to leave it on until it dries and I feel my skin pulsing.

Shower it off. It is helpful to use a shower sprayer on your skin or a washcloth.

After the mud packs have been removed it's a good idea to eat mineral rich foods or take a mineral supplement.

Store any unused clay in a glass jar at room temperature until your use it again. You can rehydrate your clay with water or more apple cider vinegar if it dries out.

Clay poultices are a great way to detox and will support speedy healing of many of life's little and large injuries. Simply, apply your "mud" where needed. If there is inflammation, you can pull the swelling from your body with a mud pack. Apply the clay to the area of concern and an area about the size of the palm of your hand, closer to your heart when the area you're applying the clay to your arms, legs, head or neck.

- Sunburns and other kinds of burns
- Scrapes, scratches and surface wounds - yup, put the mud right in your wound. This has been used by the U.S. military for wound healing, and surgical healing.
- Sore Muscles, Bruises, Sprains & Strains

- Bug & Animal Bites - bee stings, mosquito, fire ant, spider, cat, etc.
The clay will pull toxins, bacteria and pathogens from your body in the targeted area.
- Poison Ivy and other forms of contact dermatitis
- Acne, pimples and other skin eruptions

Bonus # 4 - Dry Brushing

Dry Brushing is simply brushing your skin with a natural fiber brush towards your heart. Never away from your heart! A natural bristle brush, is the kind you will find in your local health food store with a wooden handle and fine plant material bristles.

While you are detoxing such as during a liver cleanse, dry brushing is an additional way to help your body eliminate toxins body wide.

Dry brushing also supports your skin which is your largest and most important eliminative organ.

Stroke towards your heart with gentle, feather light strokes with your natural fiber brush. This will support your lymphatic system which has a two fold function in your body; 1) Immune System and 2) Detox. Your lymphatic system can easily become overloaded... think swollen lymph glands when you have a cold or flu... sprained ankle... swollen breasts from your hormonal fluctuations.

The lymph fluids that you will be moving by dry brushing helps your body to clean up the space between all the cells of your body. Before this fluid becomes lymph it's called interstitial fluid, the clear fluid you

may have noticed when you get a blister. This fluid is swimming with the waste products from all the cells of your body and proteins too large to be taken up by your blood vessels. Your lymphatic system is a one way fluid system (towards your heart) that processes toxins and pathogens (with a protein cell wall) in your lymph nodes located in large concentrations in all your the joints of your body, abdomen and trunk. More about your lymphatic system in Bonus # 5.

I prefer to do dry brushing before my shower, standing in the dry shower stall/tub, as this is exfoliates my skin and any skin particles that are brushed loose will go down the drain when I take my shower.

Bonus # 5 - Trampoline Detox

Five minutes a day jogging or jumping on a trampoline (large or small) will help every cell in your body to detox!

In bonus # 4 you learned a bit about your lymphatic system as one way the vascular system helps your body detox and support your immune system. This vascular system contains more fluid than you have blood in your body and it doesn't have a pump to move it like your blood. Your lymphatic system has to rely on your moving your body with exercise to pump the fluids from your feet and hands to be cleaned up. If you can't move your body, you can opt to get a daily, gentle lymphatic massage or do dry brushing (bonus # 4.)

When you jog or jump on trampoline; every bounce creates a small g-force in your body; forcing fluids in your arms and legs to move toward your heart, and through your internal filtration system called lymph nodes.

A few minutes a day of jiggly exercise boosts your immune system, will give you more energy and detox every cell in your body.

If you have very achy muscles or joints, begin with walking on a trampoline with the tiniest of bounce to your step for a minute or two. you can increase the amount of time gradually and the amount of bounce to five or more minutes a day. Over time, your muscles and joints will thank you for moving the fluid that is contributing to the pain by adding a little bounce to your daily routine.