

Alternating Hot & Cold Water Detox

As you're trying to detox you may wish to focus your attention on detox organs like your liver, kidneys or colon. Or perhaps you have an area you know that needs detoxing because of chronic symptoms, like a sore throat, lung congestion, elbow pain, swollen ankles etc.

This is a very simple way to help a targeted area of your body detox by alternating hot and cold water. This is how it works. Hot water will increase your blood flow, expanding your blood vessels, open up your lymphatic vessels and bring nutrients, oxygen and white blood cells to a targeted area of your body. Cold water will shrink your blood vessels and lymphatic vessels, squeezing toxins from the area.

In the shower, direct your shower head on an area you wish to help detox with the hottest water you can tolerate safely for one minute. Now turn your water to the coldest you can get and focus the cold water on your targeted area for thirty seconds.

Continue to alternate hot and cold water seven times. If you are beginning your day, end the cycle with cold water. If you are going to bed, end the cycle with hot water. Always apply the hot water for twice as long as the cold.

This is going to strengthen your immune system by waking it up and telling it to work in this targeted area of your body.

You can repeat this process daily. This is especially effective when combined with other healthy lifestyle factors like juicing.

I had a client once with an infected wound on her back about the size of a silver dollar. The painful infected area was not responding to traditional medical or herbal therapies after a month of combined treatments. She began alternating hot and cold water on the infected area. After two days of hot-cold therapy, the infection calmed down and began healing.

Alternating hot and cold water is contraindicated if you are at risk of having blood clots.

Lazy Hot Cold Water Detox

Here's a lazy way of getting the benefit of hot and cold therapy to a targeted area of your body. Take a hot bath, immersing your target area in the hot water for 20-30 minutes. When you get out of the bath, dry off quickly and put on an article of cotton clothing that has been soaking in a basin of ice water that will cover your target area. Wring it out quickly and put it on. If you have a chest cold, use a t-shirt. A sore throat use a scarf. Swollen ankles, use tall socks, etc. Place a wooly layer of clothing on top of the icy cold and wet cotton item of clothing. Go to bed immediately under a pile of warm blankets.

The hot bath will have a similar effect of bringing blood and nutrients to the targeted area. The cold will wring out toxins. The interesting thing is, you will quickly become very hot wearing your icy cold, wet clothing as you activate your immune system. While you sleep, your body will be working to help heal the targeted area. By morning your cold wet clothing will be completely dry.

I have done the cold sock therapy, t-shirt therapy and once a whole cold sheet treatment on myself, wrapped up like a burrito. Occasionally, a slight fever may result. This is a good thing! For every one degree your body temperature rises, your immune system is working eight times harder. A mild fever is very healing and detoxing.

Clear Sinus Congestion & Allergies with a Neti Pot

When you have a head cold, flu or seasonal allergies, you can feel miserable trying to breathe.

A neti pot is a way of rinsing your sinus cavities out, removing mucus and inhaled irritants like pollen or other allergens.

What you'll need.

- A neti pot (Looks like a tiny tea pot with a spout from your health food store.)
- Warm distilled water (Check the water temp on your wrist like a baby bottle. Distilled water will protect you from infectious agents and water additives like chlorine in tap water.)
- Neti pot salts (Be sure to get pure, non-iodized salt without caking agents or additives. *Himalayan Institute* is a good brand.)
- Tissues
- Coconut oil or triphala oil

Warm the distilled water and check it for the right temperature. If the water is cool, it can be painful. Add 1/4 teaspoon neti pot salt and mix until dissolved.

Stand over your sink and insert the spout of your neti pot into one side of your nose. Open your mouth to breathe. Tip the neti pot up and your head to the side to allow the water to go up one side of your nose and out

the other nostril into the sink. You may notice you're rinsing out mucus and infectious materials. Repeat on your other nostril. Blow any remaining water out of your nose. You may apply a small amount of coconut oil inside your nostrils to soothe the delicate skin inside your nose.

You can repeat a couple of times a day as needed. Or make it part of your daily routine.

Detox While You Sleep with Caster Oil Packs

Caster oil packs are an easy way to detox.

Supplies Needed

- Pure, organic castor oil
- Cotton wool
- A hot water bottle or electric heating pad

Apply enough castor oil to your cotton wool to dampen the cloth, but not dripping with oil.

Place the castor oil pack over your liver, colon, kidneys or other area you wish to detox... thyroid, breasts, cyst, tumor etc. Place a layer of plastic wrap over the oil saturated cotton wool. Apply your hot water bottle or heating pad over the castor oil pack and go to sleep.

When you're done with the castor oil pack you can reuse it. Store it in a zip lock bag until tomorrow night.

Letting Go of Painful Emotions to Support Healing Physically & Emotionally

You may have heard yourself use body language at times. Like...

- That situation makes me so disgusted, I feel sick to my stomach.
- This chore is a pain in the butt (or neck).
- I could feel my heart breaking.
- That took some gall.
- I can feel it in my bones.
- I was totally unnerved by what happened.
- I was speechless. I couldn't say a thing. I lost my voice.
- I was so sad, it brought tears to my eyes.
- I had the weight of the world on my shoulders.
- I really stuck my neck out there.
- I have to cough it up but, it's so hard to get the words out.
- My feet felt so heavy; I didn't want to go face ____.
- Oh crap! I have to go to the bathroom again.

Ok, you get the idea. What's interesting is that in ancient healing traditions world wide a person is considered to be made up of a physical body, (flesh, bone, etc.) emotions and energy. Today, we hear phrases like, mind, body and spirit that encompass the whole person.

When a health challenge is stubbornly refusing to heal, there is always a subconscious emotional component that needs to be brought to your awareness, and lovingly released.

There are no bad emotions. There doesn't need to be any judgement about an emotion. Every emotion is appropriate in it's place. When emotions are felt and expressed fully, even extremely painful emotions pass through, casting a shadow temporarily and move on like a cloud in the sky and disappear. Yet, many times your emotions may go unexpressed consciously. You may stuff them down inside of you and where they simmer and become expressed as an allergy, symptom, stress or pain.

Here's an easy way to detox emotions that may be keeping your from feeling healthy physically and emotionally. Simply bring up the problem you wish to let go of whether it's a physical problem, or a situation, like a job loss... injustice... shoulder pain... overwhelm... etc. This can bring strong emotions to your awareness, but they will subside as you hold these acupressure points.

This exercise will take from 15-30 minutes.

Find a place to sit or lie comfortably where you will not be interrupted.

With one hand, hold the thumb of your other hand gently in any way that is comfortable for you. Hold your thumb for 3-5 minutes while you allow yourself to feel, see, hear, or smell anything that comes to your awareness around this physical or emotional problem. Emotions may

rise up strongly. Continue to gently hold your thumb and take slow, deep breaths.

You may begin to notice a pulsing sensation in your thumb, a sense of something lifting off your body, shivers and chills as energy systems open to flowing, a feeling of warmth, peacefulness or something unique to you that lets you know the subtle energy systems are balanced. Usually this takes from 3-5 minutes to feel complete.

Now hold your index finger and each of your other fingers one at a time, in the same way, waiting for the release to be complete before you let go.

With what came to your awareness while holding your fingers, you may choose to take an action in your life that frees you from having these feelings return to haunt you as a pain, stress or symptom.

Here's a picture that shows probable emotions connected to each finger hold. It's not as important to know what each finger means as what you notice as you hold each finger.

I find this to be a great way to relax before falling asleep at night.

Lack of
Self-Esteem

Anxiety
Worry

Anger
Rage

Fear
Terror

Grief
Tears

