

BONUS!!

Savvy Self-Care Guide to Detoxing Deeply

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 detoxifying to drink warm water. [To calculate your unique water needs, follow this link.](#)

Lemon Water – This is a gentle yet effective way to support and detox the liver, kidneys, and colon, and will help to alkalize the body. It will assist in breaking up mucus and will provide energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice. Add the fresh lemon juice to hot water and drink first thing in the morning.

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. Next brush from your fingertips toward 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 is fine. Doing this standing in the shower, before you shower, reduces any mess as any dead skin cells will be contained to the shower and rinsed away.

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

Early Bedtime – Going to bed early each night will help you detox. For each additional hour of sleep you get before midnight your body will thank you with its ability to release more toxins.

Fiber – Getting additional fiber as we detox 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. You may also choose to take powdered psyllium seeds (not psyllium husks/hulls) or another fiber that agrees with your body.

Castor oil packs – This can be a self-administered and inexpensive way to nurture and support the intestine while you detox. 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 large intestine, liver, gallbladder.

Directions - You will need 100% pure, cold-pressed castor oil, wool (not cotton) flannel, and a hot water bottle (or heating pad).

1. Fold the wool flannel into three or four layers, and soak it with castor oil.
2. Put the flannel in a baking dish and heat slowly in the oven until it becomes hot, but not hot enough to scald or injure your skin.
3. Rub castor oil on your belly, lie down, and place the hot flannel on top of your stomach.
4. Seal off the flannel with plastic wrap.
5. Cover with a hot water bottle or heating pad for one hour, keeping the flannel as hot as safely and comfortably possible.

After you are done, wash the oil from your abdomen. The oil-soaked flannel can be kept sealed in a glass container until further use, as castor oil does not become rancid as quickly as other oils. It is recommended that you use the pack once a day for 3 days, then take 3 days off, and then use it for another 3 days.

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.

Neti Pot Directions - If you're wincing at the memory of getting water up your nose while swimming as a kid, don't worry—jala neti uses a warm saline solution that's the same temperature and salt concentration as your bodily fluids and is soothing to the sinuses. Neti pots vary in shape and size, so here's a basic recipe: Mix one-half heaping teaspoon of pure non-iodized salt with two cups of warm water until the salt dissolves completely. Adjust the mixture to your own salinity—it should taste like warm tears.

Fill your neti pot and lean over a sink, face downward. Keeping your nose slightly higher than your lips, twist your head to the left. As you breathe through the mouth, insert the spout into the upper nostril until it forms a tight (but comfortable) seal. Raise the handle of the neti pot and let the water flow through the nose and out the lower nostril. When you've emptied the pot, exhale through both nostrils into the sink or a tissue. (Do not close off one nostril while blowing, because this could force the water back into the ear.) Then repeat on the other side.

To clear loose mucus and water from the nose after the practice, exhale forcefully into the sink 5 to 10 times with both nostrils open and the face relaxed. Next, do a simple forward bend, turning the head from side to side as you do another round of vigorous exhalations. Remember, one of the goals of the nasal wash is to reduce excess mucus—so don't be squeamish about blowing it out. You'll feel better if you do.

The yogis have numerous variations of jala neti. In addition to the beginner's nostril-to-nostril version described above, for the advanced user...you can also learn how to pull water from your nose into your mouth, or push it from your mouth to your nose—which is especially useful if you're away from home without your neti pot. To try the mouth-to-nose practice, fill your mouth three-quarters full with warm saline solution. Lean over the sink, facedown. To expel the water, tuck your chin toward your neck and press your entire tongue against the roof of the mouth, forcefully exhaling the saline into the sink. Keep the throat relaxed through the entire process. Repeat several times. This nasal

wash reverses the natural motion of the cilia and cleans them in a different way. It also reduces postnasal drip.

Neti Pot Trouble Shooting - The water trickles into my mouth and throat. Lower your head slightly so that it flows out of your bottom nostril.

- My nostrils are stinging. Check your salt concentration; adding more salt will usually do the trick. Use the purest salt you can find non-iodized, without caking agents, and, ideally, pharmaceutical grade—and make sure the salt is completely dissolved. I don't feel congested, but the water isn't flowing out of my other nostril. Try raising your head or twisting further at the neck.
- I'm so congested that the water won't move. Hold the position for 30 to 60 seconds to see if you can get a weak trickle, then blow your nose and repeat on the other side. You should feel less congested for 30 to 40 minutes. If nothing happens, don't overdo it—wait for a few hours and try again.
- After the nasal wash, I got a headache. This could mean that your forehead was too far down while you were doing the nasal wash, and you may have gotten water in your frontal sinus. Your nose should always be higher than your chin. But don't worry; the water drains out after an hour or two without causing any harm.
- My ears are plugged. Your head was turned too far to one side, with your nose up toward the ceiling, and you may have gotten water into your Eustachian tube. The water should safely drain out after a while; chewing gum or yawning may also help.

Abhyanga: The Daily Practice of Self-Massage and Self-Love - Of all the lifestyle recommendations of Ayurveda, Abhyanga, (ah-be-yong'-ah) the practice of a warm oil daily self massage, is one of the most beneficial and blissful to keep you feeling young, healthy and beautiful. It truly harmonizes the body and mind!

The practice of moving warm oil into the body is grounding and comforting. It is said that the effects of abhyanga are similar to the effects of being intensely and deeply loved. Abhyanga is an opportunity to love and feel affection and gratitude for your own body, and when you appreciate it and pay loving attention to it, it just functions better. Remember the aphorism "Where attention goes, energy flows?" Wherever attention goes, some change occurs.

Benefits of daily Abhyanga include:

- * Stimulates and strengthens the immune system
- * Flushes toxins from the lymphatic system
- * Promotes the flow of prana (life force) in the body/mind
- * Promotes flexibility
- * Tones muscles
- * Rejuvenates and softens skin
- * Reduces fear, nervousness and soothes the emotions
- * Benefits sleep patterns
- * Stimulates circulation and color to the body

Decreases the effects of aging and increases longevity

Abhyanga is suggested as a daily preventative therapy throughout the year but is especially important during Autumn, as this is when the quality of dryness is most pervasive in nature. The practice takes about 10- 15 minutes and is typically done in the morning before your daily shower. If you find this is not a convenient time of day, then try it before bed. It's a sublime segue to sleep! If you are short on time and can't get a full body massage in, then just do the clockwise massage on your belly to help move the intestinal contents in the desired direction, to support elimination, aka out!

Here are some suggestions to get the most from this life-giving ritual:

1. Choose an unrefined, organic sesame (or olive) oil is recommended in cooler months. Feel free to add in a few drops of a pure essential oil if you like. We love lavender.
2. Take a deep breath and rub your palms together, pour a tablespoon of oil into the palm of your hand. Begin with the top of your head (Skip the head if going to work), using the palm of your hand and massage circular strokes as if you were washing your hair. (On days you don't wash your hair, begin with your face and neck.) Move to your face and continue with circular strokes around the eyes and temples. Massage your ears, neck and shoulders.
3. Move down to your arms, hands and fingers. Apply the oil liberally in straight strokes over the long bones and clockwise circular strokes at the elbows and wrists. Work in the direction of the heart. Massage the chest, stomach and lower abdomen. Next, move to your legs, feet and toes applying the oil in the same manner. Work using straight back and forth

strokes that create friction over the long bones and clockwise circular strokes over the knees and ankles. Reach around with your arms and massage your back side with up and down strokes.

4. There is no real healing without awareness, so remember to bring a quality of self love and self nurturing to the practice. Give yourself affirmations like, “I love myself, I’m beautiful, I’m blissful, I’m healthy, I appreciate my body, I’m grateful for my arms, my legs, my fingers, toes, etc.”
5. After the massage, shower using a light, gentle soap. Or you could skip the soap altogether, except for your special parts :). Be mindful of the excess oil that will be present & take care not to slip. (A good bathmat is wise.). If doing this before shower is not practical, it can be done during your shower (that's what I prefer to do), or you could oil immediately after the shower. (however, not recommended if you are going to work and putting on fancy clothing).

How to Give Yourself an Enema An enema uses one quart of water at body temperature mixed with your choice of water, coffee or mineral salts. This helps to accomplish the cleansing of the colon.

The enema solution can be any one of the following depending upon what you are trying to accomplish.

- plain, body temperature, pure, filtered water
- 1 Tbsp of Epsoms salts
- 1 tsp sea salt
- 1 tsp sea salt plus 1 tsp baking soda
- cold pressed coffee (about 2 Tbsp grounds)

Instructions for Giving Yourself an Enema -

- 1) Put a towel on the ground to lie on.
- 2) Fill the enema bucket and hang it no higher than door knob height. (Any higher may cause too much pressure on the colon.)
- 3) Open the tube and let all the air escape, then re-clamp it.
- 4) Lubricate the tip of the enema tube with coconut oil.
- 5) You may lie down on your back, right side or kneel with your chest to the floor. Find the position that you find most comfortable and insert the enema tip into your rectum.

6) The Enema bag has a control valve to allow water to flow into the body or to stop the

flow when you feel full.

7) Once you feel full you can stop the flow and see if the urge to eliminate goes away.

The more water allowed in, the further into the colon you are able to reach, the better.

8) If your urge to eliminate is strong then shut off the value and remove the tip and sit on

the toilet and eliminate.

9) Once elimination is finished you can return to performing the rest of the enema.

10) Repeat this process until you have used all the water in the enema bucket.

Notes:

- You may perform an enema each day of your cleanse, if you'd like – especially if you are having trouble eliminating.
- First thing in the morning, or just before bed both work fine. It's a fantastic tool for healing and aiding elimination. (If using coffee, do only in the morning.)
- If choosing coffee, organic coffee is your best choice.

Cleansing Meditations

Letting Go Meditation

Decide what you want to let go of... physically or emotionally. Create a positive affirmation of what you want instead. If you want to release grief.

1. Create a phrase like, "I easily find joy in my day. There is much to celebrate in my life."
2. Once you have created a positive, present tense statement, cross one ankle over the other.
3. Hold your hands out in front of you and cross one wrist over the other and intertwine your fingers.
4. Allow your hands to rest in your lap.
5. Repeat your positive phrase over and over while taking slow deep breaths.

6. During this time, strong emotions may arise. Continue to hold the posture anyway. The emotions will pass like emotional weather.
7. Usually in 3-5 minutes you will notice a shift physically, emotionally or energetically.
8. When the shift is complete, untangle all your limbs. Now hold your hands in prayer position for 10 seconds.

This will re-wire your brain to allow you to let go and move forward to what you want more of in your life or in your body. Repeat as needed as a personal peace procedure.

Chewing Meditation

As you enjoy a meal, take the time to chew each bite fully, 30-50 chews per bite. The objective is to liquefy your food. Focus on the taste and texture and how they might change and sweeten the longer you chew. Go slowly and really savor the experience. The added benefit of this meditation is improved digestion. Don't forget to chew your soups and smoothies!

Savoring Simplicity

This is a bit more general, but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods. Spend at least a full five minutes with each simple food.

Breathing Meditation

This is a wonderful one that will calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10-20 breaths.

To practice: Close your eyes, place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to deepen the breath, taking 10-20 slow deep conscious breaths deeply into and out of the belly. Do this meditation often.

Visualization

Now is a wonderful time to put attention on what you would like to bring into your life and one of the most powerful tools you can use is images. By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want. If creating images in your mind is difficult, cut pictures out of magazines or other media

that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want. When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes.

Gratitude Meditation

So simple yet immensely powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Sit quietly with your eyes closed and meditate on all that is good in your life. If you are having trouble finding something good, simply feel gratitude for the gift of breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items after or before meditating on them. Do this for as long as you want. You can also do this while walking in nature.

Walking Meditation

With walking meditation, the intention is on fully taking in the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This can be a great meditation if you have trouble sitting still.

Breathing

Two wonderful breathing techniques for detoxifying:

Sounding Breath is done lying on the ground in the corpse pose, letting all your limbs relax. Exhale completely and then slowly draw in your breath through the nose. As you inhale, feel how your lungs and abdomen fill up. As you exhale, contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow.

Sitting Breath is done while sitting, so it can be done at any point. Exhale with a deep sigh in order to reset your diaphragm. Then breathe slowly through your nose for a count of 7, and hold your breath for a count of 7. Then for another count of 7 you exhale through your nose. Repeat this three times, and this will help calm your spirit and relax your nerves.

The benefits of doing Pranayama (breathing exercises) every morning (or evening) for 20 to 25 minutes include:

- Increases lung capacity and improves breathing efficiency
- Improves circulation, normalizes blood pressure and improves cardiovascular efficiency
- Boosts the immune system and enhances immunity
- Increases energy levels and gives lots of positive energy
- Strengthens and tones the nervous system
- Combats anxiety and depression and improves sleep
- Improves digestion and excretory functions
- Provides massage to the internal organs, stimulates the glands and enhances endocrine functions,
- Normalizes body weight and provides great conditioning for weight loss

Power of Breathing

Undoubtedly, the most important component to human health and vitality is oxygen. In fact, human life would not be possible without it: Oxygen produces ATP (adenosine triphosphate) and without ATP our bodies would immediately shut down. When a person breathes, there is an exchange of carbon dioxide and oxygen. The oxygen, which is taken in by the body from the atmosphere around us, is picked up by the hemoglobin in the blood and distributed to all of the body's trillions of cells where it is then used to fuel the cells and release energy (ATP).

In addition, the makeup of the human body is largely composed of the element oxygen, especially factoring in that water is composed of 33% oxygen.

It's clear, then that optimal oxygenation of your cells through proper nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health and create a vital life.

"Improper breathing is a common cause of ill health. If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There is no single more powerful - or more simple - daily practice to further your health and well being than breath work." Andrew Weil, M.D.

■ ■ ■ Power of Lymphasizing - The Benefits of Rebounding

1. The vertical use of acceleration, deceleration, and gravity provide the ideal conditions for detoxifying 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 time 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 that 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.

The above information on Lymphasizing was from an article post by Eric Morgan. I have confirmed this information with other sources and his article is consistent with what I have found.