

## BASIC TREATMENT GUIDELINES FOR DETOXIFICATION

Each of the following suggestions are an attempt to enhance your body's natural eliminative processes through the kidney, GI, skin and lungs. All are essential to help you optimize elimination, and limit aggravation, while undergoing your detoxification.

### WATER

Drink at least the equivalent of one-half your body weight in ounces of filtered (or spring) water everyday. I suggest you drink mostly water during your cleanse. You can include green drinks such as chlorophyll, chlorella, spirulina, barley greens, alfalfa leaves, green cabbage, kale, parsley, mustard greens, or other green beverages (except green tea).

### DIET

Follow your recommended dietary changes. Chew your food well and do not drink while eating. Drink up to 15 minutes before eating or wait until 1 hour after eating to drink large amounts of fluid. Sips of water are okay.

Include 2 tablespoons of fresh ground organic flaxseeds daily. Grind the flaxseeds in a coffee grinder. You can also buy organic flaxseed meal. Keep the flaxseeds refrigerated. Add to cereals, shakes, stir-fries, rice or anything else you are eating.

### PROBIOTICS

To help support your digestive system and immune system, include 1 cap of ProBioMed 50. This is a shelf stable probiotic.

### PALEO FIBER

1 scoop per day with at least 8 ounces of water. You may need to start with 1/8 tsp and build gradually up to 1 scoop as this may increase gas and bloating. If you feel better at a smaller dose, stick with that dose.

### MAGNESIUM (MALATE, GLYCINATE OR CITRATE)

Take 300-500mg of magnesium in the correct form for you. I suggest you take all or some of your dose before bed, as it is calming and can help you sleep. You need magnesium to help your liver detoxify.

**Magnesium Malate** is the most bio-available form of magnesium. It does not usually have a strong effect on your bowel movements.

**Magnesium Glycinate** is also well absorbed and aids calming. It does not usually have a strong effect on your bowel movements.

**Magnesium Citrate** is best if you need help with constipation.

## **DAILY DETOX TEA**

Drink 1 cup of tea per day. I suggest you drink the tea first thing in the morning. Let the tea bag steep in hot water for 5 to 10 minutes before drinking it. You may drink this tea hot or cold. Pick up a detox tea from your local store.

## **CASTOR OIL PACKS**

Refer to the castor oil pack handout for detailed instructions. Use your castor oil pack for 45 to 60 minutes each day. You will be placing the pack over your liver.

## **DRY SKIN BRUSHING**

To help stimulate circulation, thoroughly brush all of your skin, using short, very light frequent strokes toward the heart for 45 – 60 seconds. It is best to do this just prior to taking a shower. Use either a vegetable fiber brush, natural sponge, or a loofah sponge. End your shower with a cool water spray to the lower back for 15 – 30 seconds.

## **RELAXATION TECHNIQUES**

### **Deep Breathing**

Do this in conjunction with the castor oil pack. Lying on your back, place one hand on your upper chest and one hand on your abdomen.

Inhale deeply through your nose, while pushing outward with the stomach so that the hand can feel the abdomen rise.

Attempt not to move the hand on your chest while inhaling. In other words, breathe in with your stomach muscles, not with your chest.

Purse your lips and exhale slowly, pushing the abdomen inward and upward toward the ribs with the hand that is on your abdomen as you do so. Exhale as long as you can, before inhaling again the same way as before. Once you have mastered this breathing technique, the breathing may be done at other times throughout the day. Do at least 100 of these breaths (about 10 minutes worth of deep breathing) each day.



## **Healing Visualization**

While in a relaxed environment, breathe in healing energy and direct it to the area of concern and exhale the waste or tension. Take a few moments to picture your body in its optimal state of health and realize only YOU can achieve that level of self-satisfaction.

## **Meditation Music**

Turn on your favorite calming music while breathing.

## **Any Relaxing Activity You Enjoy**

### **Movement**

As another aid to circulation, I recommend that you move your muscles daily. Walking, yoga, and qi gong are all excellent ideas. It is not necessary to focus on aerobic activity, but this can also be an important part of your health program.

### **Play**

Do something FUN every day!