

## Techniques to Assist Detoxification

### Skin Cleansing

Detoxification should include some type of skin cleansing, because our skin is one of our best eliminative organs. Heavy metals are actually released through the skin's pores when we sweat. Sauna baths and steam rooms are great for removing toxins from the skin and regenerating one's health and energy. It is very important to support our skin for detoxification to be maximal. If our kidneys are damaged, then helping the skin will help the kidneys ...indirectly, but effectively.

Good skin care is in order, if one's health is to benefit, also. Using chemicalized skin care products is not wise, even though they are cheaper. These chemicals may be absorbed into our circulation and provide more "toxins" for our liver to deal with. We are not made out of cast iron, and even the chemicals in our soaps and shampoos will make a difference with our health. Most people do not "see" the ill effects of these subtle chemicals, because their liver is able to metabolize them. But, individuals who are environmentally toxic will see a great change in their health when using natural soaps and shampoos.

Cleansing our skin is rather simple. First, we need to bathe daily using natural soaps. Then we need to care for the skin by using only natural oils and products of natural origin. Even the clothes we wear can make a big difference in our health. Synthetic fibers do not absorb sweat (toxins), while natural fibers, like cotton, will absorb toxins.

Good skin care also requires good nutrition. Since our skin is mainly fat, we need high quality fats and oil from natural sources to give our skin health. Butter and olive oil are two excellent natural oils, which keep the skin in good condition. As always, the fats/oils should be natural... only.

#### Baths to Assist the Detoxification Process:

You may experience flu-like symptoms during the detoxification because your body is ridding itself of poisons. These baths can be taken 2 (two) to 3 (three) times per week. Soak for 20 to 30 minutes (more than this may fatigue you). Baths should be taken on a daily basis during detox and rotated, switching to a different type of bath each day. After detoxing, use whichever bath seems appropriate to meet your current needs.

#### Epsom Salts and Ginger Bath:

This bath opens pores, eliminates toxins and pain. Boil freshly sliced or grated ginger root, and then let steep for 10 minutes. (You can also dilute the ginger water in a cup, mix it with 1/2 squeezed lemon juice, and a touch of raw honey to soothe aches and calm the digestive system.) Mix ginger water with one cup of Epsom salts, and add to a tub of water. This bath works really well to relieve the aches that accompany the flu or exercise.

#### Salt and Soda Bath:

This bath counteracts the effects of radiation, whether from x-rays, cancer treatment radiation, fallout from the atmosphere, or television/computer screen radiation, as well as detoxification in general. Add one cup of baking soda and 1-2 cups of Epsom salts to a tub of water.

#### Epsom Salts, Sea Salt, and Sesame Oil:

This bath helps with dry skin and stress. Take 1 cup of Epsom salt, 1 cup of sea salt (from the health food store), and 1 cup of sesame oil and put into a warm to hot tub of water and soak for 20 minutes. Pat yourself dry.

#### Vinegar Bath:

This bath is used when the body is too acid. This is a quick way of restoring the acid-alkaline balance. Use 1 cup to 2 quarts of 100% apple cider vinegar to a bathtub of warm water. This is excellent for excess uric acid in the body and especially in the joints: arthritis, bursitis, tendonitis, gout, and heavy metal toxicity.

### **Skin Brushing**

Skin brushing can be very beneficial, because the skin is a primary avenue for detoxification - along with the lungs, kidneys, liver, and colon. Use a vegetable brush. You can purchase this at a health food store. You need to brush all parts of the body toward the heart. Then follow with a sesame oil massage. Massaging with sesame oil brings relief. This oil can be purchased from the health food store. Massage the whole body for 5 minutes before bathing or showering. Another good method of skin brushing is with vigorous toweling off after bathing. Towel roughly until the skin is slightly red. Change towels often because they will contain toxins.

### **Lymphatic Drainage:**

This can be accompanied by daily walks, bouncing (not jumping) on a mini trampoline or bouncing on the edge of the bed for twenty minutes daily.

Detoxification may produce symptoms of headaches, nausea, malaise and vomiting due to the toxins being released (Herxheimer Reaction). If this occurs, one should back off the program and proceed slowly. Proceeding too fast with detoxification can have disastrous results when toxins are released into the circulation. Our body should be primed and ready to eliminate toxins before they are released. We do this by getting the bowels working, keeping the skin clean and getting the kidneys and lungs operating. Only by having all organs of elimination in proper operating order can our body begin to dump toxins efficiently and maximally. Keeping the skin clean and healthy is of prime importance also.

Detoxification is essential for good health to exist. Our body must eliminate toxins daily or we would die immediately. Since our environment is more toxic today, our livers are over stressed with environmental toxins to deal with daily. Processing other toxins, when the liver is stressed, may be delayed.

Detoxification is also a lifestyle change. For it is by the way we live that determines our health and how our liver processes toxins. Detoxification is easy if we eat a wholesome natural organic diet and live life in a natural way. But for those who want their cake and eat it too, detoxification may be compromised. A change your lifestyle may be needed and detoxification will be forthcoming. Nature has afforded us the chance to live in a toxic environment and not be affected by it. Of course, we have to live right to get that chance. Without detoxification we may not get a second chance.

Good health is within our reach, but first we must cleanse this "temple" and eat a wholesome natural diet that provides us with maximal nutrients and fiber. Herbs can help us stimulate the liver, lungs, kidneys and bowels when needed, but diet is the first priority in any detoxification program. Don't become overly dependent on herbal laxatives. When toxins are released one may feel bad for a day or two, but when our good health is restored we will have renewed energy. Many people living today have never known what good health "feels" like. They survive with an abundance of toxins and an existence less than healthy.