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*Optimal Health Redefined*

## *Natural Detoxification/Digestion Support*

**LEMON WATER** promotes healthy digestion by supporting your stomach's natural acid and enzyme production.

**Instructions:** In the morning before eating, squeeze ¼ to ½ lemon into a glass of room temperature or warm water. Drink the whole glass before eating breakfast.

**BONE BROTH** is a highly absorbable source of minerals and amino acids, necessary for cell generation and repair. Doing a bone broth fast is a great way to rest the digestion system, make the skin glow and increase production of glutathione, a powerful antioxidant heavily involved in the detoxification process. Not everyone is a candidate for a bone broth fast so check with your practitioner before starting.

### **Ingredients:**

bones from grass-fed, pastured animals or the carcass of a free-range chicken  
onions, garlic, celery, carrots, leafy green (kale, collards, Swiss chard),  
water  
salt, pepper and other seasonings  
drizzle of vinegar (*Bragg's Apple Cider Vinegar*)

### **Preparation:**

1. Roughly chop the vegetables. Purée leafy greens.
2. Place all the vegetables, greens, and bones in a crock-pot.
3. Cover with water, add about 2 tbsp. of vinegar (to help leach the minerals from the bones) and add seasonings to taste.
4. Cook at low temperature ideally overnight and up to 24 hours.
5. Let cool down a couple of hours and drain.
6. Portion out and keep in the fridge. If a solid white layer of fat forms on the top, it can be removed to use for cooking. Fat from grass fed animals is especially nutrient dense. The gelatin in the broth should be kept and eaten with the broth. This is very healing for the digestive system.

Plan to fast for about 3 days and drink 12 oz of broth about 5 times per day during the fast. Cooked or raw veggies can also be consumed during the fast if needed. If you can't do a fast, you can still get the benefits of bone broth by drinking 8 oz of broth one to two times per day.

**PALEO CLEANSE** is a gentle 2-week detoxification program that supports the body's natural two-phase detoxification process. Supplements and dietary instructions are included in the program kit.

**DRY SKIN BRUSHING** increases blood and lymphatic circulation as well as exfoliating the skin.

**Instructions:**

1. Select a natural bristle brush. You can usually find these in the bath section. A long handle will help you reach your back.
2. Before showering or bathing, begin brushing from your feet in long sweeping motions toward your heart.
3. Brush several times in each area, overlapping as you go.
4. After showering or bathing, moisturize with a natural moisturizer.
5. Continue twice daily throughout detox or work it into your regular routine.

**DETOX BATHS\*\*** are a relaxing and natural way to remove toxic substances through the skin.

**Salt Detox Bath**

¼ cup Sea Salt or Himalayan Salt

¼ cup Epsom Salt (*San Francisco Bath Salt Company is really affordable on Amazon*)

¼ cup Baking Soda

1/3 cup Apple Cider Vinegar (*Bragg's apple cider vinegar*)

Favorite essential oil if desired (10 drops of peppermint or lavender is suggested)

1. Dissolve Salt, Epsom salt, and baking soda in boiling water in a quart size jar and set aside. Fill tub with warm/hot water and add apple cider vinegar. Pour salt mixture in and add essential oils if using.
2. Soak in bath for 30 minutes or as long as desired. Note that with any detox bath, you may feel tired or lightheaded when you get out. I don't recommend doing this while home alone or before going somewhere in case you are tired or need help.
3. This bath is great for soothing skin irritation, boosting magnesium levels and overall detoxing.

**Clay Detox Bath**

½ cup bentonite clay (*Aztec Secrets or Great Plains*)

½ cup Epsom salts (*San Francisco Bath Salt Company is really affordable on Amazon*)

Essential oils if desired

Dissolve the Epsom salts in a warm/hot bath and add essential oils if desired. For the clay there are two options:

1. Vigorously mix the clay in to a small amount of water until the clumps are mostly dissolved. Do not use metal for this! I mix with a plastic spoon in a glass jar. Add the clay mix to the bath and soak for at least 20 minutes.
2. Mix that clay with a small amount of water to make a paste. Stand in the tub full of water and rub the clay mix all over your body to create a skin mask and let dry for 5 minutes before sitting down. This provides direct contact with the skin and effectively pulls toxins from the skin. Soak in bath at least 20 minutes or as long as desired. While soaking, use a washcloth to scrub any remaining clay off the skin.

This bath is great for removing a lot of toxins as the clay binds to heavy metals and the Epsom salts help pull a variety of toxins from the body while replenishing magnesium levels.

**INFRARED SAUNAS** are a safe and natural way to detoxify, lower blood pressure, improve circulation, and ease pain. The lower temperatures make it accessible to people who cannot tolerate the heat of a conventional sauna while producing the same physiological effects. Infrared saunas range in price from affordable portable options to more solid structures.

Recommended sources:

<http://hightechhealth.com/products/thermal-life-saunas>

<http://www.heavenlyheatsaunas.com/>

## **APPLE CIDER VINEGAR DETOX ELIXIR ++**

1 Tbsp raw apple cider vinegar  
1 Tbsp fresh lemon juice (about 1-2 wedges)  
1 Tbsp raw honey  
¼ tsp ginger  
Dash cayenne pepper (seriously just a dash!)

### **Instructions**

1. Mix ingredients in a glass or small jar and add about an ounce of warm water. Drink all at once before eating in the morning. Can also drink this 15 minutes before meals to stimulate stomach acid production for better digestion.

## **VITAMIN C FLUSH**

Vitamin C has been well researched for its ability to help detoxify bacterial toxins, drugs, environmental toxins, and heavy metals from our bodies. Its gentle and potent detoxification counteracts and neutralizes the harmful effects of manufactured poisons.

High levels of Vitamin C help detoxify the body, rebalance intestinal flora, and strengthen the immune system. The vitamin C flush can be used between metabolic cleansing therapies or at the first sign of cold or infection.

Doing a Vitamin C flush requires you to take enough Vitamin C to saturate the tissues. You will know you have done this when you have watery diarrhea. Powdered Vitamin C in a high quality supplement is the form best tolerated by the body. We recommend Designs for Health C +Biofizz. Take ½ tsp of the Biofizz, mix with water, and drink. Repeat in 15 minutes. Keep taking ½ tsp every 15 minutes until you have watery diarrhea. It will have a brown, green, or yellow color. As soon as you see this, stop taking the supplement. Do not stop with just gas. Rapidly adding the vitamin C helps prevent bloating and cramping. Stop once you get the diarrhea. Keep track of how much Vitamin C it took to produce the diarrhea. Your optimal daily dose will be about one half that amount in divided doses.

\*The flush should not be done without the approval of a healthcare practitioner. It will cause GI discomfort and requires restroom access.

## OIL PULLING

Oil Pulling has been deemed one of the best ways to remove bacteria and promote healthy teeth and gums.

In the morning before breakfast, on an empty stomach, take 1 tablespoon of cold-pressed oil (such as

Sesame or coconut) in the mouth, but do not swallow. Swish the oil around the mouth, chew it, and mix it with your saliva for 10 – 20 minutes. Then, spit it into the toilet bowl. Chewing activates the enzymes which draw toxins out of the blood. And, in 10 – 15 minutes, the blood from the entire body has had the opportunity to circulate through and around the mouth. After 10 – 20 minutes, the oil should be thinner and white. If it is still yellow, you have not held it in your mouth long enough. (Note that 10 minutes the first week is usually sufficient. Then, increase to 15 – 20 minutes as you get clearer).

Immediately brush your gums, teeth, and tongue with warm salt/soda water (1 cup water to ½ teaspoon salt and ½ teaspoon baking soda). Then, gargle and spit with the remaining salt/baking soda water. Repeat this procedure two to three times per week on an empty stomach. You can also purchase an oil pulling rinse with essential oils for enhanced detoxification from [liferootbotanicals.com](http://liferootbotanicals.com).