

CLEANSING THERAPIES

Additional therapies to make your cleanse more successful.

Magnesium Baths

Relaxing and getting good sleep is essential for cleansing and healing the body. One of the best ways to do this is by soaking in a magnesium bath. A magnesium bath relaxes the nerves, removes everyday stress, relieves tension, "jump starts" enzymes important for protein and carbohydrate metabolism, helps you fall asleep at night, and more. It also aids to relieve back pain, muscle pain, arthritic pain and stiffness. Try to relax in a hot bath for 20 minutes with 1/4 cup of Magnesium Chloride (Health & Wisdom Bath Crystals) each day of the cleanse. If you can't do this, take a hot shower in the evenings and then do a foot soak with Magnesium Chloride and water for 20 minutes right before bed.

Sunshine

Sunshine will pull toxins out of your body. Morning sun is best, so laying in the sun for a couple hours in the morning is ideal. Children born jaundiced were healed by putting them in the sun not many decades ago. Going out in the sunshine daily will speed up your healing process. If you burn easily, we recommend taking Astaxanthin which is an antioxidant that supports skin health during sun exposure. After an hour or two of sun exposure, you can apply a natural coconut oil based sunscreen to protect from burning, if you need it. Never use sunscreens made from chemicals or other toxic ingredients, this is why we are cleansing!

Exercise

Movement is critical to keep the blood moving and to release stagnation from the organs of the body. 30+ minutes of walking or a high-intensity workout would be ideal. Jumping on a rebounder or jumping jacks are some of the best exercises for increasing blood flow and moving congestion in the body. Far Infrared saunas or other ways to sweat is also beneficial.

Dry Skin Brushing:

Dry skin brushing stimulates lymphatic drainage, which is one of the most important elements of detoxifying your body effectively. It is performed just before taking a hot bath or shower in the evenings of each day of a cleanse.

Directions: Use quick, firm, but gentle strokes towards the heart. Start with the feet, up calves, knees, upper thighs, lower back and buttocks. Then move to hands, arm, neck and upper back wherever you can reach easily, ending at your torso. Spend a little extra time brushing the feet, as there are many lymph nodes located there. After skin brushing, this is a great time to do self-massage using oils like Ashwagandha Bala Oil.

Lymphatic Massage with Ashwagandha Bala Oil:

This massage helps lymphatic drainage while also nourishing the nervous system and helping your body metabolize old stored fatty tissues in the body. The oils also increase the production of sebum in your skin which in turn feeds the good bacteria that live on it, as well as strengthens your immune system.

Directions: You can perform your massage before or just after getting out of the bath. You do not need a huge amount of oil for this, you'll only need about 2-3 TBS of oil for your whole body. Simply massage this oil into your entire body, with a special focus on the bottom of feet and lymph areas such as the neck, under armpits, stomach and groin areas. But it is good for anywhere on your body to make your skin healthy!

Essential Oils

Essential oils are some of the most healing things on the planet, and they can add additional benefits to your cleanse. Essential oils can be used daily by adding a few drops on the bottom of feet, in a diffuser, on a dry skin brush, in baths or with massages.

Colon - fennel, ginger, peppermint

Kidney - juniper, lemon, helichrysum,

Lymph - Bay laurel, cedarwood, ginger, peppermint

Liver - Carrot seed, lemon, orange

Anti-microbial - Mountain Bandits Blend, oregano, tea tree

For more tips and resources, sign up for our free online cleanse: www.spiritofhealthkc.com/cleanse or email customerservice@spiritofhealthkc.com