

Ways to Actively Detox

Detox Supplements:

One way to detox is to take supplements that support your body's ability to naturally detox. These supplements generally support the liver and provide critical cofactors that the body may need to properly detox.

This can be done with something like the **Clear Change 10 day detox**. I recommend doing this type of concentrated detox once to twice a year, especially if you have slipped in eating habits and need a "reboot".

We can also do a daily support with some of the following options:

- ClearVite GL (berry and vanilla). This is in a shake form - and can be a great way to simplify your morning routine. It can be mixed with water, fruits and vegetables, collagen, etc. in the morning. It contains many minerals and vitamins and can be your overall vitamin of the day.
- Other supplements that can be taken daily for gentle detoxification
 - Activated charcoal
 - Ultimate Binder (Quicksilver)
 - ALA, Ca-D Glucarate, Tudca, Pectasol-C
 - Clear Way Cofactors, Detox Phase I,II, GI Detox, Toxin Pul

Castor Oil Packs

Castor Oil topically can help with detoxification as well as decrease inflammation and much more. Here is a great article on the benefits and how-to's.

<https://drmarisol.com/castor-oil-packs/> (This link has a place to buy supplies as well).

DIY links and more information:

<https://wellnessmama.com/35671/castor-oil-packs/>

<https://www.edgarcayce.org/the-readings/health-and-wellness/holistic-health-database/herapies-castor-oil-packs/>

Coffee Enemas

Coffee enemas are a great tool for detoxing. They also help heal the vagus nerve, the gut-brain connection, and have many other benefits.

A great article on coffee enemas. <https://drknews.com/coffee-enema/>

A link for a coffee enema kit:

https://www.amazon.com/Non-Toxic-Stainless-Phthalates-BPA-Free-Cleansing/dp/B01LXJ79DU/ref=sr_1_6?dchild=1&keywords=coffee+enema+kit&qid=1633232427&sr=8-6

A link for light roast coffee for those sensitive to caffeine:

https://www.amazon.com/Premium-EnemaTM-Organic-Enema-Coffee/dp/B06Y2T4GDR/ref=sr_1_3?crid=1XN48I7ANTHSK&keywords=light+roast+organic+enema+coffee&qid=1566152711&sr=8-3

Video about coffee enemas:

https://www.youtube.com/watch?v=q-lAp5eMq-Y&feature=youtu.be&fbclid=IwAR3xgGQucwXkqLR_4HA0EKtllLsr1r2YITqya4Jk4DQUN-RB9FOejM3_QGQ

Dry Brushing

Dry brushing is another wonderful tool to help the body detox as it helps to move the lymphatic system.

<https://www.mountaintrek.com/the-benefits-of-brushing-your-skin/>

Saunas

A great link on saunas in general:

<https://chriskresser.com/how-sauna-therapy-can-prevent-reverse-chronic-disease-with-brian-richards/>

A great portable, affordable sauna that many patients like:

<https://therasage.com/products/thera360-portable-sauna?variant=36294711244>

Therasage has a biomat as well.

Saunaspace - <https://sauna.space/>

Higher dose - <https://higherdose.com/> (Blanket)

Sweating

Sweating is a great way to get rid of toxins. This can be done with exercise, sauna, or a hot bath.

Epsom salt Bath: (You can add essential oils as well and it can be good for relaxation).

<https://health.clevelandclinic.org/7-things-you-probably-didnt-know-about-epsom-salt/>

Work on the Gut/Brain Connection

Brain spotting - <https://www.goodtherapy.org/learn-about-therapy/types/brainspotting-therapy>

Gupta - <https://www.guptaprogram.com/aff/294/>

DNRS - https://www.dnrsonline.com/?wpam_id=61

Open windows, get fresh air (sunshine), and consider air purifiers

https://www.airdoctorpro.com/?src=affiliate&aid=14626&subid=60001&gclid=EA1aIQobChMIzJ2CrcSI5QIVkgDsCh04MwozEAAYASAAEgLutfD_BwE

<https://moldairpurifiers.com/product/air-oasis-iadapt-air/>

Other tips (focused in the toxin lectures)

- Drink plenty of water
- Get adequate sleep (we detox while sleeping)
- Limit alcohol and other toxic foods/drinks/medicines
- Get into the relaxation state (parasympathetic nervous system) often
 - Meditation, prayer, relaxation
- Limit toxins in your environment