



# Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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## Winter - Recover Your Health

### Body Care for Detoxification

These are simple ways to aid the process of detoxification by taking extra care of your body.

#### Alkalizing Bath

Sweat glands allow strong acids to be removed from the body. Your skin is your largest organ of elimination and toxins are excreted through sweating. There are around 140-240 of these glands per square inch of skin, which adds up to around 2 million of these glands in the body. The sweat glands filter out acids and toxins carried by the blood, sending them toward the body's surface, diluted with water; this is sweat. The heat of the bath stimulates a large amount of perspiration and therefore a significant elimination of toxins and acids. This alkalizing bath actually trains your skin. If you have poor perspiration you will perspire more freely after several baths.

Detoxification of your body through bathing is an ancient remedy that anyone can perform in the comfort of their own home..

**Prepare your bath on a day that you have at least 40 minutes** available, as the first 20 minutes will heat up your body while the second 20 minutes are for releasing the toxins.

**Fill your tub with comfortably hot water around 98.6.**

**Add 2 cups or more of Epsom Salts**, aka magnesium sulphate. This can be purchased in 3 lb bags or 1 lb cartons at Walmart or Rite Aid it is not expensive.

**Add 1 cups of Baking Soda**, aka sodium bicarbonate. This is said to help eliminate the chlorine in the water, as well as soften the water, and help the body to absorb the magnesium.

**You can add aromatherapy oils** to have a more relaxing and pleasant experience. I like lavender or ylang, ylang. Tea tree oil or eucalyptus will help in your breathing if you like that scent. Around 20 drops is good.

**Swish all of the ingredients into the tub and get in.** Gradually raise the water temperature by adding hot water just up to your comfort threshold; it should not be so hot that you are uncomfortable, between 102-108. You should remain able to remain in the tub for 20 minutes. It is crucial that you allow the body to get used to the hot baths gradually, increasing the temperature gradually. It is not advisable to right into a steaming hot bath because when confronted by this sudden thermal assault, the body's defenses close the pores of the skin. They are then very slow to reopen, defeating the purpose of the bath, so warm up the tub slowly after you get in.

When the bath is done, wrap yourself in a towel and a blanket and rest for 20 minutes to allow your body to finish perspiring and recover its equilibrium. I like to rub coconut all over me before getting dressed, it makes my skin so soft.

## Body Brushing

Natural body brushing is a tool used for supporting the cleansing process by stimulating and releasing lymphatic waste. 2-5 pounds of toxins are removed through our skin every day. The skin is largest eliminative organ in the body. Use a natural bristle body brush or loofah on dry skin. Brush the body starting from the tops of the feet in upward strokes toward the heart and lymphatic drainage centers in the body: the knees (backs and around the caps) the groin and the armpits.

It goes like this. Brush your legs, stroke each area as though you are shaving in upward strokes toward the knees, then on the thighs in upward strokes toward the groin. The backs of the legs and buttocks do not need to go toward the groin, just brush. Just brushing them will give them a little stimulation providing a lift. Make circular strokes around any areas of your hips that have cellulite. For the arms, start by stroking the palms of the hands to stimulate the reflexology points, then move to the tops of the hands. Continue up the arm making long strokes toward the armpits.

The face, neck and breast do not need to be brushed, this brush is too coarse for them. Brushing the midsection is good for digestive health. Follow the natural movement of the colon, up the right side (ascending colon) across to the left (transverse colon) and then downward strokes along the left side (descending colon). Check out the colon anatomy in the reference section. You may also brush your back if you like. You should feel energized after body brushing. You can do this before showering or before bed.

## Tongue Scraping



A tongue scraper is an important tool for your detox program as it has many health benefits. While you sleep at night your body is busy clearing out toxins. Some of those toxins are deposited on your tongue as a coating. During your detox, your tongue might develop a thicker coating or taste strange when you wake up. By gently scraping this coating off first thing in the morning you avoid reabsorbing these toxins and help your breath smell better.

### The Benefits of a Tongue Scraper

The ancient Ayurvedic healing philosophy of India has recommended tongue scraping for centuries as an aid to digestion and for the health of the teeth and the sinuses. When the salivary glands are cleaned, it activates them and enhances digestion (yes, digestion begins in the mouth as saliva mixes with food and begins to break it down). Your taste will also be improved with a clean tongue surface that allows the taste buds optimal functioning. This is essential to creating healthy dietary habits. When your taste buds are clogged up by film and bacteria your body won't receive the proper signals from its food. Satiety is signaled by flavors. That means if you can't truly taste your food you'll want to eat more than you need because you'll never feel fully satisfied. Tongue cleaning revitalizes the throat and keeps the sinuses cleaner by reducing bacteria that can travel into the respiratory system. Many people who have struggled with sinus infections, sore throats, throat infections, and chronic bad breath, may find added relief through regular tongue scraping.

### How to Use a Tongue Scraper

- Hold each end with your hands and reach the arch to the back of your tongue as far as possible.
- Scrape forward several times, rinsing the white film off of the scraper between each scraping. It's important to get the back of the tongue which may create a gag reflex, but this will lessen with practice. Be gentle but firm as you scrape.
- Rinse your mouth with water.
- Clean and dry your scraper with water – you may want to occasionally use toothpaste or baking soda to disinfect

## Enema Instructions

It is highly recommended to do at least 1 enema or schedule a colonic midway through this cleanse.

Enemas help get the lower part of the colon, called the descending colon moving. They can move out the toxins that are being dumped into your colon during the cleanse. They also provide much relief from constipation.

An enema uses one quart of water at body temperature plain or mixed with your choice of coffee or mineral salts. This helps to accomplish the cleansing of the colon. The enema solution can be any one of the following depending upon what you are trying to accomplish

- ✓ plain, body temperature, pure, filtered water
- ✓ 1 Tb of Epsom salts
- ✓ 1 tsp sea salt
- ✓ 1 tsp sea salt plus 1 tsp baking soda

First, make peace with the fact you are choosing to actively remove waste from your body by putting a hose up your behind.

Second, deck out your bathroom like a detox ashram. Roll out your yoga mat and then place a big comfy towel on top. Turn down the lights, play some music, light a candle and relax.

### Lets Start

- \*Fill the enema bag with lukewarm filtered water.
- \*Before inserting the tube in your behind let a little water out of the enema into the sink this removes air bubbles.
- \*Next, hang the enema bucket on a towel rack or doorknob, making sure that that the bag is higher than you but not higher than the doorknob. Any higher will put too much pressure on you.
- \*Lie on our left side with your right knee bent close to you chest, left leg straight. Lubricate the tube tip with a bit of coconut oil and then gently insert the tube into your rectum. 2-3 inches will do.
- \*Release the clamp and let the water begin to fill you slowly. If you let too much water in too fast you may get an urge to evacuate prematurely.
- \*For the best results you will want to fill for a bit, then clamp off and relax allowing the water to create a soaking cycle. When you feel ready, let more water in. If you want roll slowly onto your back with your knees bent and begin to massage your belly moving clockwise.

\*Next roll slowly onto your right side, allowing the water to hit other areas. Try to hold the water for 5-15 minutes then let it all go into the toilet. If you can't hold it that is ok just let it go when you are ready. Feel free to do another round if you didn't release much the first time.

Sometimes gas is the main thing once that is removed you'll have a better round two. Bring in a book so you don't get bored

Options for Enema Use:

- ✓ You may perform an enema each day of your cleanse, if you'd like. First thing in the morning, or just before bed both work fine. It's a fantastic tool for healing and aiding elimination.
- ✓ You may also just choose to do an enema on the final morning of your cleanse

## Self Massage

Self massage as part of the daily routine is to assist in balancing your body and to lubricate and promote flexibility of the muscles, tissues and joint. In the Ayurveda text it is said daily self massage promotes softness and luster of the skin as well as youthfulness. The following are some simple instructions to assist you in learning the Ayurvedic daily oil massage. At the end it is recommended to finish by placing oil in your ears and nose with your finger to help prevent colds, flus, sour throats, sinus congestion and allergies.

**TYPE OF OIL** – I like to use coconut oil, I love the texture. The brand I use is Spectrum, Organic Coconut Oil for skin and hair. The oil tends to get away so you should put a towel on the floor below you. You can do the massage sitting or lying down.

Begin by running some hot water over the container to gently warm the oil.

**HEAD** Pour a tablespoon of warm oil onto your scalp and vigorously work in the oil. Since the head is said to be one of the most important parts to be emphasized during Ayurvedic Daily Massage, spend proportionately more time on the head than you do on other parts of the body Using your fingertips, vigorously massage your head and scalp with small circular strokes, as if you are shampooing.

**FACE** Move to your face and ears, massaging more gently with the open part of your hands.

**NECK** Using an open hand to create friction. massage both the front and back of the neck, and the upper part of the spine.

**ARMS** Vigorously massage your arms, using a circular motion at the shoulders and elbows, and up and down motions on the upper arms and forearms.

**CHEST & ABDOMEN** A very gentle circular motion should be used over your heart. Over the abdomen a gently circular motion should be used, following the bowel pattern from the right lower part of the abdomen, moving clockwise towards the left lower part of the abdomen.

**BACK & SPINE** After applying a bit of oil to both hands, gently reach around to the back and spine and massage them as well as you can without straining.

**LEGS** Vigorously massage your legs as you did your arms, using circular motions at the ankles and knees, back-and-forth motions on the long parts.

**FEET** After massaging your legs, spend extra time on your feet. Using the the open part of your hand, massage vigorously back and forth over the soles of the feet.

Keeping a thin, almost imperceptible film of oil on the body is considered very beneficial for toning the skin and warming the muscles throughout the day. Ideally, about 10-20 minutes should be spent each morning on the massage. However, if this time is not available on a particular day, it is better to do a very brief massage than to skip it altogether. Once you have added this Daily Oil Massage into your daily routine, the benefits will naturally inspire you to continue it on a permanent basis.

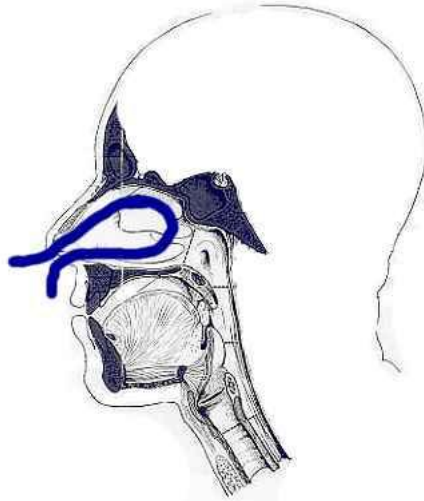
## Neti Pot



A Neti Pot is used for Jala Neti, a very old cleansing technique of the Hatha Yoga tradition of India. The literal translation of the Sanskrit term means "water cleansing". The newly established modern word for Jala Neti is nasal irrigation.

The Neti pot is filled with a body-warm saline solution of the same concentration as the body fluids. With this solution the nasal cavities are rinsed so that the salty water goes in through one nostril and comes out to the other.

### Technique – How To Use A Neti Pot [Video](#)



- Use body temperature water mixed with salt using the spoon that comes with the pot. It is about 16 oz water to 1 tsp salt.
- Fill your Neti pot and stand in front of the sink.
- Bend over the sink and breathe naturally through your mouth. By opening your mouth wide enough, the passage from the nose to the mouth is closed. No water can get into your mouth or your throat. Don't talk or laugh, no air should come into your nose now. There won't be a feeling of having water in the airways if you pay attention to this.
- Now put the nose cone into your right nostril and seal it with some gentle moves so that no water is coming out of this nostril.
- Then gently bend your head forward and roll it to the left side. The left nostril should be the lowest point. Forehead and chin should be about the same level.
- You need to experiment with the posture of your head. Once the water is coming out of your left nostril, hold your head and only move the Neti pot to keep the water pouring in.
- You should start with half a pot per side. For this wait about 20 seconds and remove the nose cone out of your right nostril. If you practiced with half a pot for some time, you can use one pot per side.
- Bring your head to the middle and let all the water flow out. Blow gently with both nostrils. You should not close one nostril now and you should

not blow hardly. This can bring the water up in your ears where it cannot dry correctly.



- Repeat the procedure with the left nostril, doing everything in the opposite direction.
- When you finished let all the water flow out again and gently blow the water out of both nostrils. You can roll your head in every direction and let it hang and move it then to get all the water out. Drying up the nose is very important and should not be neglected!
- If you have a mucus blockage you can go back and forth for some times. Make sure that the water which has entered the nose does not flow back in the Neti pot. Therefore put the cone in your nose, pour some water in, remove the pot and let it flow out again.
- If you have problems doing this alone, you can ask people who practice yoga or give yoga classes to show you. Most yoga practitioners will know this technique.
- If you try it for some time and the water does not come out of the other nostril, you should ask a doctor for advice. There could be some type of anatomical blockage.

## Sauna

The sauna is a powerful tool for cleansing heavy metals and toxins out of your body check out your gym, they often have them.

## Light Exercise

On the Nourishing Foods Cleanse your cells are going to become healthier and tighter which will improve your skin and muscle tone. It is important to move but be gentle during this program. It is a time to renew and restore so don't push yourself. Do what is fun and feels good. Do some yoga, walking or rebounding. All of these will support your lymph system which it the pump to move out the toxins.