



Nourishing Foods Cleanse

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

eatwellenjoylife.com

Summer - Restore Your Liver 2013

Body Care for Detoxification

These are simple ways to aid the process of detoxification by taking extra care of your body. You don't have to do them all. Listen to your body and choose the ones you like.

Castor Oil Pack

A castor oil pack is a great thing to add to your daily protocol. It's nice to do it before going to sleep at the end of the day.

Simple Castor Oil pack preparation:

- Put on an old t-shirt or tank top that you don't care about.
- Start to heat water for a hot water bottle. (or you could use an heating pad)
- Lift your shirt and locate the placement of your liver by hooking your fingertips under the bottom right rib on your ribcage.
- Pour some castor oil (sticky stuff!) into the palm of your hand and rub it directly on the skin at this location.
- Drape an old washcloth (one you don't care much about) or small towel over the oil.
- Fill your water bottle with the hot water and lay that over the towel on your right side.
- Pull your shirt down over the water bottle and lie down to relax.

This is best done before bed, while reading and in a restorative position.

I like to climb into bed and let the pack sit there until it loses heat. Sometimes I just fall asleep with it, laying on my right side.

Despite being a really simple procedure, the castor oil pack can produce great results. Physiologically, the castor oil will help to stimulate the liver, increasing eliminations, relieving pain, improving gastrointestinal function, increasing relaxation and reducing inflammation. It's a hugely supportive tool for getting more of those toxins moving out and really loving your liver.

Be sure to use old towels and wear old t-shirts. Castor oil is as sticky as it is supportive.

Oil Pulling

Oil pulling is said to be a powerful means of maintaining good health as well as an effective cure for a variety of ills. This is an ancient technique, first described in 5,000-year-old Ayurvedic texts. The practice is simple. Soon after waking, before eating or brushing your teeth, swish your mouth with a spoonful of high quality oil* in order to "pull" bacteria, parasites and other toxins from your teeth and mucus membranes. Swish the oil vigorously, pulling "through" the teeth, and side to side for 15-20 minutes. Deepak Chopra promotes the practice in his 2001 book, Perfect Health. Deepak notes that oil pulling is one of many Ayurvedic techniques valuable for purifying and strengthening the body. According to Ayurveda, organ meridians are present in the tongue just as they are in key points such as the hands, feet and ears. That makes the tongue integral for diagnosis, and care of the tongue important in preventing and treating illness.

How to do Oil Pulling:

- First thing in the morning, before eating or drinking, swish your mouth with 1-3 tsp of high quality oil in order to "pull" bacteria, parasites and other toxins from your teeth and mucus membranes. (I keep the bottle next to my bed and put it into my mouth the second I wake up)
- Swish the oil vigorously, pulling "through" the teeth, and side to side for 15-20 minutes. (set a timer). If you swish for less than 15 minutes it won't work. If you swish for more than 20 minutes you run the risk of reabsorbing the bacteria and toxins back into your body.
- You want to swish the oil back and forth between all of your teeth and side to side across all of your gums. You want to hit the cheeks and soft palate.
- Don't gargle or swallow any oil.
- Spit into the garbage so you don't clog your pipes.
- Rinse mouth a few times with water and use a tongue scraper to remove the coating from your tongue.

*I use **Coconut Oil** for this. It is very pleasant and melts quickly in your mouth.

The practice can:

- Improve oral hygiene significantly by removing bacteria, plaque and gingivitis
- Brighter, whiter teeth
- Improve joint pain and arthritis

- Improve/eliminate migraines
- Improve sinus infections
- Improve skin conditions, such as eczema, rashes and acnes
- Improve allergies
- Improve digestive issues
- Highly detoxifying
- Improve eyesight
- Improve mental clarity
- Increase hair growth

For more information check out [Oil Pulling for a Brighter Smile and Better Health](#)

Squatting

Your pelvic floor holds in all your organs. Did you know the #1 reason women are put into nursing homes is urinary incontinence. About one in four women suffers from urinary incontinence, the involuntary loss of urine when sneezing, coughing, or laughing. There is something you can do to prevent this from happening, SQUATTING. You need to get in touch with your pelvic floor and develop strong buttocks muscles to prevent this kind of urinary problem.

Squatting stretches the muscles in the pelvic floor to make it more functional, it will also loosen up your hips.

Dr Christaine Northrup recommends squatting in the shower to pee. That in and of itself will, over time, make a difference in your pelvic floor and your whole lower back will open up too. She says "When you squat to urinate as opposed to sitting up straight on the toilet, you automatically engage your butt muscles. And your pelvic floor naturally stretches and tones. Moreover, because your urethra is now pointed straight *down* all you have to do is relax for urine to flow out easily—as opposed to sitting up straight and having to strain to empty your bladder. The same thing is true with moving your bowels."

I have adding squatting to my daily yoga practice. Just a minute or squatting will go a long way toward strengthening your pelvic floor.

Another practice to help your elimination... When you sit on the toilet, put your elbows on your knees so that you are in a squatting position. Notice how much easier it is to empty your bladder or bowels. Better yet, get a stool and put it under your feet so that your body is comfortably seated in a squatting position. (Check out [the squatty potty video](#) to see what the proper position is.)

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. It can help move out the toxins that are being dumped into your colon during the cleanse. It also provides 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's salts
- ✓ 1 tsp sea salt
- ✓ 1 tsp sea salt plus 1 tsp baking soda
- ✓ cold pressed coffee (about 2 Tb grounds)

First make peace with the fact you are going to put a helpful little hose up your behind.

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

Begin:

- *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 or bag on a towel rack or doorknob, making sure that the bag is higher than you but not higher than the doorknob. Any higher and it will flow into quickly putting 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

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](#) if necessary. You may also

brush your back if you like. You should feel energized after body brushing. It is best to do this before showering.

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

Epsom Salt Baths

Detoxification of your body through bathing is an ancient remedy that anyone can perform in the comfort of their own home. Your skin is your largest organ of elimination and toxins are excreted through sweating. A detox bath will assist your body in eliminating toxins, as well as absorbing the minerals and nutrients that are in the water.

Prepare your bath on a day that you have at least 40 minutes available, as the first 20 minutes are said to help your body remove the toxins, while the second 20 minutes are for absorbing the minerals in the water.

Fill your tub with comfortably hot water, using a chlorine filter if possible.

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 to 2 cups or more 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 the detoxification. Around 20 drops is good.

Swish all of the ingredients into the tub, and soak for as long as you can, preferably 20 minutes. You should start sweating within the first few minutes, and the longer the better, up to 20 minutes. If you feel too hot, start adding cold water into the tub until you cool off. Sit in the water as it cools for another 20 minutes, if you can. When you get out of the tub, move slowly and carefully, as your body has been working hard and you may get lightheaded or feel weak. This is part of the detox process, don't be alarmed.

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. Try yoga especially restorative. Do some walking or rebounding, all of these will support your lymph system which is the pump to move out the toxins.