



# HOME THERAPY

## ***TECHNIQUES TO ASSIST DETOXIFICATION***

Your body may experience flu-like symptoms during detoxification because your body is ridding itself of poisons. You can get some relief from these symptoms by utilizing the following techniques:

### ◆ **SKIN BRUSHING**

This can be very beneficial because the skin is a primary avenue for detoxification - along with the lungs, kidneys, liver and colon. Use a vegetable brush (you can purchase this at a health food store). You will need to brush all parts of the body towards the heart. Follow this with a sesame oil massage which will bring relief. This oil can be purchased from our dispensary, or alternatively from a health food store. Massage the whole body for five minutes before bathing or showering.

### ◆ **BATHS**

Salt baths can be taken two or three times a week. On "days off", use the vinegar bath below. Soak for 20 to 30 minutes (as any more than this may fatigue you).

*Epsom Salts and Ginger Bath:* This bath opens pores and eliminates toxins and pain. Add one cup of Epsom salts and two tablespoons of fresh grated ginger (place in a nylon or tea steeper) to your bath.

*Salt and Soda Bath:* This bath counteracts the effects of radiation, whether from x-rays, cancer treatment radiation, fallout from the atmosphere, or television radiation, as well as assisting detoxification in general. Add one cup of baking soda and one to two cups of ordinary course salt, Epsom salts, or sea salt to a tub of water.

*Vinegar Bath:* This is used when the body is too acidic and is a quick way of restoring the acid-alkaline balance. Use one cup to two quarts of 100% apple cider vinegar to a bathtub of warm water. This is excellent for excess uric acid in the body and especially in the joints (particularly helpful for arthritis, bursitis, tendinitis, gout and heavy metal toxicity).

### ◆ **LYMPHATIC DRAINAGE**

This can be accomplished by daily walks, bouncing (not jumping) on a mini-trampoline, or bouncing on the edge of the bed for twenty minutes each day.

