



5 Tips to Improve Detoxification

1. Water Quality: Most of Canada and United States treat their drinking water with chlorine and fluoride which have both been associated with the formation of cancer. However, untreated water can lead to serious illness and even death. Furthermore, depending where you live, the water quality standards are different and have different allowances for contaminants. For a full list of contaminants feel free to read the following report written by the



World Health Organization https://www.who.int/water_sanitation_health/dwq/fulltext.pdf or a shorter version table 2 by the David Suzuki Foundation <http://davidrichardboyd.com/wp-content/uploads/Water-We-Drink-ENG.pdf>. After you read about all the contaminants in your water, you will quickly conclude that you need to improve your water filtration system. In addition, if you think of how many years you have been consuming these contaminants you will immediately want to cleanse your body. Step 1, buy a quality water filter! Spend the money on a filtration system that uses multiple stages (i.e. carbon, "activated" carbon, charcoal, ozonation, and reverse osmosis etc). If cost is not an issue, then invest in a whole house water filtration system. Water filtration distributors will be able to customize a system for your needs. Once you are drinking clean water, we can maximize your organ function and speed up detoxification through your kidney by increasing your water consumption. We believe you should consume 1/2 to a full ounce for each pound you weigh depending on your level of activity and temperatures you are exposed to (closer to the full ounce when extremely active and have excess sweating). For example, if you weigh 150 pounds, that would be 75 to 150 ounces of pure/clean water a day.

2. Rest: Sleep quality is crucial in detoxification. Adults should be sleeping solid for 7-8 hours/night. Some studies even suggest that your brain eliminates toxins when sleeping! (2)

3. BOWELS: Colon hydrotherapy or enemas, bowel massage, and additional "Clean Bowel Formula -Inside Health Brand" (gentle laxative) as needed for DAILY bowel movements.

4. SKIN: Ozone and Infra red saunas are an excellent way to drive impurities out from the skin. Soaking in Epsom salt baths with purified water for 30 minutes can provide additional magnesium and sulfur to support detox and correct deficiencies. You can add daily dry skin brushing to your protocol to remove old cells and activate cell growth.

5. LIVER: Add Castor Oil to your skin plus heating pack over liver (upper right corner of abdomen, next to lower rib cage)+ heat pack. This can also help to decrease stagnation and accelerate lymphatic and blood movement. You can perform this everyday for maximum results.

6. LUNG: Deep "yoga breaths", and daily meditative breathing (minimum 10 minutes, to maximize oxygen/carbon dioxide conversion and to increase relaxation.