

Daily Detox Habits

It's exciting to discover simple but effective personal detoxification practices that can develop into regular Daily Detox Habits. These practices are virtually free, take little time, can be done without supervision, and will pay large dividends over many years to come. We hope that by the time the cleanse is over, you will have tried them all and incorporated many of them into your daily hygiene routine all year round. They will help keep your eliminative channels open. During the Preparation Week, begin experimenting by trying one each day and adding it to your daily routine.

Water

All of your organs need plenty of clean water to do their jobs effectively. The liver in particular requires huge amounts of water to convert toxic substances into benign waste. So when you are exposed to toxins, drink even more water. Water protects your brain and kidneys, which are easily damaged by inadequately diluted waste. The bowel also suffers when we skimp on water, resulting in constipation and stool stagnation.

Mild to Moderate Exercise

Did you know that whenever you exercise you are automatically detoxifying your body? That's because exercise gets all of our channels of elimination moving. When you exercise:

- your skin releases toxins through sweat
- your bowel movement increases
- your heart pumps more blood to clean out all your cells
- you stimulate lymph drainage to remove waste from every part of your body
- you release tension and stress from your muscles, your mind and your emotions

Phytonutrient Rich Diet

Vegetables contain phytonutrients, as do fruits, grains and to a lesser extent, legumes. Phytonutrients are not vitamins, minerals, or amino acids. They are protective substances produced by plants to:

- repel pesky bugs
- guard against cold and heat exposure
- resist funguses
- help them thrive against the odds

Organic foods contain more phytonutrients because they live in a more stressful environment which means they have a greater need for self-protection. In humans, these less talked about nutrients are vital in cell communication. They form complexes with proteins on the cell surface and send signals that impact cell function. They are also critical to healthy gene expression. Phytonutrients have been shown to decrease the risk of heart disease, cancer, arthritis and diabetes. The take-home message is, when plants are forced to protect themselves they produce nutrients that protect humans. **Eat at least 7-9 one half cup servings daily.**

Mind-Body Healing

Mental Imagery—Use your Future Self and Inner Healer to invoke the imagery master skill of imagining success in advance. Imagine what you want today and feel what it would feel like if it were to come about. If it triggers unwelcome emotions, use the Emotional Healing Technique.

Emotional Healing Technique—Whenever you experience unwelcome emotions, pause to be with them. Breathe into them and embrace them non-judgmentally until you feel a shift.

Social Support—Cultivate social support every day. Reach out to the people who support you. Share your feelings and your life and don't bottle them up. Offer support to those around you.

Deep Breathing Exercises

The secret of eternal life is to keep breathing! Seriously, oxygen is one nutrient you should never take for granted. Getting sufficient oxygen insures that every cell in your body has enough energy for optimized activity. Today our oxygen levels are suppressed because of:

- poor air quality
- sedentary lifestyle
- poor breathing habits

Most of us could use some coaching on how to breathe more deeply and also to avoid shallow breathing when we are under stress. All it takes is a few minutes every day of focusing on your breath to retrain your body to get the oxygen it thrives on.

Dry Skin Brushing:

Skin brushing feels great and is both invigorating and stimulating for your skin and lymph system. You can use a loofa brush or exfoliating mitts to give your whole body (except your face) a thorough but brief scrubbing before you shower. It only takes about 2-3 minutes to brush the entire body.

Oil Skin Rub:

Nurture and moisten your skin with an application of organic sesame oil just before you shower. The warmth of the shower opens the pores of your skin, inviting the oil in to draw out fat-soluble toxins stored in the skin. You could also apply the oil before your morning exercise and shower afterward.

Contrast Showers:

Start with a comfortably warm shower. After washing, adjust the water to as hot as is comfortable. Count to 30, then cool the water and enjoy that for another 30 count. There is no need to shock yourself with freezing water, cool water works just fine. Slowly rotate your body to expose all surfaces to the hot, then cool water three times, getting hotter and colder each time. End with the cold, to close your pores.

Daily Bowel Movements:

Any day without at least one bowel movement is a day when toxins aren't being removed. This means that they will be reabsorbed instead and contribute to stagnating intestines. Daily Detox Habits that will assist in regular bowel movements include:

- lots of water
- lots of fiber rich foods
- time to relax and de-stress
- regular mild to moderate exercise

If these measures are not enough, you may be magnesium deficient, in which case staying on 600-1200mg of magnesium a day can help. To balance the magnesium, also take a multi-mineral or calcium supplement (max dose calcium = 1200mg).

Daily Detox Supplements

In an ideal world with fabulous fresh organic foods and no man made chemicals, supplements would not be necessary. However, the quality of our food decreased at the same time as our toxic exposure increased dramatically. One way to compensate for this is to add some basic supplements to boost your ability to live well in a toxic world.

- Probiotics have billions of healthy bacteria to assist your innate immunity.
- Antioxidants (such as vitamin C, vitamin E, CoQ10 and alpha lipoic acid) reverse the oxidative damage caused by toxins.
- Rice bran fiber binds and eliminates fat soluble persistent pollutants.
- A whole foods multivitamin fills in the gaps.