

# DETOX TECHNIQUES

Acupuncture

Cryotherapy

Adequate  
hydration

Cupping

Air/water purifier

Deep breathing

Castor oil packs

Dietary changes

Celery juice

Donate blood

Chiropractic  
adjustments

Epsom salt bath



# DETOX TECHNIQUES

Essential oils

Optimal sleep

Exercise

Red light therapy

Infrared sauna

Regular bowel movements

Magnesium chloride flakes

Supplements

Nature/  
Grounding

Sweating

Oil pulling

Vinegar bath



# ESSENTIAL OILS FOR DETOXING

Bergamot

Myrrh

Frankincense

Oregano

Ginger

Peppermint/  
Spearmint

Grapefruit

Rose/Rosemary

Lemon/  
Lemongrass

Sandalwood



# ESSENTIAL OILS FOR FOR PREVENTING PATHOGENS AND TOXINS FROM ENTERING BODY

Grapefruit

Red Mandarin

Lemongrass

Sandalwood

Lime

Tangerine

Litsea

Ylang Ylang

Always, always, always dilute essential oils into a carrier oil  
(coconut oil, almond oil, jojoba oil, etc.)

Test essential oils on a small area and monitor for  
reactions before using on larger, more sensitive areas.



# TIPS ON GETTING OPTIMAL SLEEP

Avoid caffeine after  
12pm

Reduce screen time at  
least an hour before  
bed

Avoid naps throughout  
the day

Refrain from stressful  
situations later in the day  
(if you can)

Consistent bedtime  
routine

Room darkening curtains  
or wear a sleep eye mask

Eat adequate,  
balanced meals  
throughout the day

Sleep in a cooler room  
( $<70$  degrees)

Find comfortable  
pillows and sheets!

Wind down an hour or  
so before bed



## EPSOM SALT BATH

Pour 1 cup of epsom salt into the tub. Combine 1 tablespoon carrier oil or liquid castile soap + 2 drops lemon + 5 drops total of lavender and/or frankincense, and pour into tub. Slowly pour 1/4 cup bragg organic apple cider into running water, and soak in tub for 20-30 minutes. Slowly and carefully get out of the tub once you're done.

## ESSENTIAL OILS

You can add essential oils to detox baths, oil pulling, diffuser, and in DIY products. For detox baths - add essential oils to a carrier oil before putting in tub. For diffusing - diffuse any of the detox oils from above for detoxing purposes. For DIY products - Flexible Wellness' Essential Oil Guide has a ton of good ideas with safety tips on using essential oils.

## OIL PULLING

When you swish 1-2 tablespoons of unrefined, organic coconut oil in your mouth and optional essential oils (clove, orange, peppermint, cinnamon) for up to 20 minutes as soon as you get out of bed, the fat-soluble toxins in your mouth stick to the oil, and are removed from your mouth when you **spit it out in the trash**. Rinse mouth & brush as usual.

## SUPPLEMENTS FOR DETOXING

We never want to rely on supplements, but sometimes they can be beneficial in supporting our detox organs.

Triphala for detoxing, activated charcoal for detoxing alcohol, digestive enzymes for digesting and absorbing, detox sea moss for detoxing, shilajit for inflammation.

(links are in the lesson)

## INFRARED SAUNA

Removes toxins from the body, relieves muscle and joint pain, eases joint stiffness, reduces stress and fatigue, improves physical endurance, boosts immune system, increases circulation, and penetrates deep into the body to release fat-soluble toxins and enhance internal detox pathways.