

How do you know you are toxic?

- Constipation
- skin problems
- eczema
- psoriasis
- dandruff
- bad breath
- acne
- hard to lose weight
- hard to gain weight
- tired all of the time
- Fatigue
- anemic
- inflammation
- sensitive to smells
- boils
- body odor
- smelly vagina
- BV HPV Yeast Infections
- bad digestion
- foggy thinking
- congestion
- insomnia
- mood swings
- hormonal imbalance
- sugar cravings
- angry and bitter
- fibroids
- PCOS
- Endometriosis
- ovarian cysts
- infertility
- blocked tubes
- depression

- anxiety
- panic attacks
- low libido

Add **detox** methods to your regimen to **detox** those fibroids away.

- Enema's - Water and Coffee
- Sauna Therapy
- **Detox** Baths - helps **detox** the vagina - gets rid of old semen
- colon hydrotherapy
- Vaginal steaming
- castor oil packs
- **detox** foot pads
- lymph massage
- exercising
- ion foot baths
- sleeping
- sweating
- dry skin brushing
- drinking alkaline oxygenated water or add lemon or ACV
- eating fruits and vegetables
- Liver Cleanse
- Kidney Cleanse
- Parasite Cleanse
- **My Favorite **Detox** Methods and Why**
 - **Detox** bath
 - Enemas especially coffee
 - Sauna therapy

Benefits of Detoxing

- clears sinuses
- promotes weight loss if needed
- weight gain if necessary
- increases energy
- regular bowel movements

- promotes emotional stability
- eliminates depression
- soothes anxiety
- clears skin
- improves sleep
- balances hormones
- cleanses tissues
- clears toxins from the reproductive system
- cleanses organs and glands
- moves lymph fluid
- clears mucus
- clears yeast, mold, fungus, and parasites
- improves cognitive function
- heals diseases and disorders

Action Steps

- Introduce a new detox method into your life this week
- Try to build up to 3 different types of detox methods each week to assist you on your healing journey

My Favorite Products

- Enema Bag - <https://amzn.to/2FFbcxJ>
- Enema Coffee - <https://www.purelifeenema.com/enema-coffee/> I use the Ultra Light Air Roast Ground
- Rocky Mountain Sauna - <https://rockymountainsaunas.com/> - If you happen to buy this sauna tell them I referred you. I have the Colorado Home 2 Person Sauna
- Vaginal Steam Herbs and equipment - <https://amzn.to/2ZVVUwm> and <https://www.empressbody.com/homeus>
- Castor Oil - <https://amzn.to/2XzYN8j>
- Cotton Flour Sacks for Castor Oil Pack - <https://amzn.to/2XjKiqc>
- Ion Food Pads - <https://amzn.to/2RG5i4g>
- Ion Foot Bath - <https://amzn.to/2FCWKGq>
- Dry Skin Brushes - <https://amzn.to/2Lta8AH>

- Epsom Salt - <https://amzn.to/2FFQEVN>
- Pink Salt - <https://amzn.to/2FDZeV4>