



Detox
ADVANCED
Guide

What Exactly Does It Mean to Detox?

Or maybe you're asking, why would I want to do that?

If anything, the goal of any detox is to increase energy, mood, balance hormones and the bodies systems so it can work at its optimal capacity. Therefore, eye on the prize!

A good detox or cleanse will support your body in eliminating toxins and maximizing essential nutrients absorption.

Let's talk about what exactly detox means...

Detoxing is not only the reduction of incoming toxins, but also assisting the body's basic physiological process of metabolizing chemicals, hormones, toxicants, and other environmental compounds to a less toxic or harmful form.

The basic premise is to support your organs of elimination, those organs which detox and remove waste from the body — liver, kidneys, gut, lymphatic system, lungs, skin, and sweat glands.

The definition of detox according to the Cambridge Dictionary is: “a period when you stop taking unhealthy or harmful foods, drinks, or drugs into your body for a period of time, in order to improve your health.”

This definition focuses a lot on what we are consuming, but doing a holistic detox involves more than just food — it also must account for reducing environmental exposures, reducing stress and enhancing your body's natural pathways of elimination.





On this “*Advanced*” Guide I will include practices that require a little bit more effort than those laid out on the *Basic* guide.

You will find a practice or practices that resonate better with you and your style. Learn to incorporate them into your life and with time and practice you will know which one to choose and when to do it.

The frequency will depend on your symptoms and on your body toxic burden.

As we detoxify, or clean the body, debris need to be escorted out. You have probably heard of Herxheimer reaction, or “*Herx*” which are basically the side effect of detox. Although common, we would like to minimize those side effects. As we clean the body toxins that were lodged deep inside of us come to circulation. If the organs of detoxification are not opened or if the rate by which toxins build up is faster than the body’s capacity to remove them, we feel side effect.

The practices laid out here help minimize those side effects as they aid the body’s natural detoxification systems. So, we can clean in a gentle and easy way.

1. Getting Toxin Out Through the Skin
2. Sauna
3. Sweat
4. Castor Oil Packs
5. Coffee Enemas

Enjoy, Relax and Have Fun!
To a healthier you.

Namaste,

Isabela Fortes



GETTING TOXINS OUT THROUGH THE SKIN:

There are practices that one can do to aid in the discharge of toxins and bad fats through the skin. Choose one or two of the following:

“THE BODY RUB”:

This is a macrobiotic practice that activates the circulation and meridians, opens the pores to promote elimination of excess fats and toxins, discharges fat accumulated under the skin, and refreshes the mind and body. If done in the morning, it energizes, and if done at night, it relaxes.

How to do it:

- 1) Do 1 to 2 times a day, morning and/or night.
- 2) Do body rub BEFORE or AFTER a shower or bath, but SEPARATE FROM IT.
- 3) Fill sink with very hot water.
- 4) Dip a cotton washcloth into very hot water and wring it out well.
- 5) Fold the cloth over to make 2 to 4 layers.
- 6) Rub your entire body in an orderly manner including face, ears, hands, each finger, arms, armpits, back, buttock, chest, abdomen, groins, legs, feet, and each toe.
- 7) Rub in a back and forth motion using a light pressure (the weight of your hand only.). Strong pressure makes the body rub less effective. Make sure to rub in a vertical direction, along the flow of the meridians, not horizontally.
- 8) Frequently re-dip the cloth.
- 9) It takes 10 to 15 minutes to do it well.
- 10) Eventually your skin will turn pinkish red. If your skin does not get red in the beginning, it will more and more over time as your skin condition improves.

Areas of Importance:

- 1) Hands, wrists and fingers; feet, ankles and toes, including the bottoms of feet.
- 2) Face, (ears), and neck.
- 3) Armpits and groin.
- 4) Centerline from base of neck to pubic bone in front and chest and abdominal areas.
- 5) Back including coccyx (tailbone) and sacrum.
- 6) All other areas of body.
- 7) *IF TIME IS SHORT, DO STEPS 1 AND 2, OR 1, 2 AND 3.*



EPSOM SALT BATHS:

This is a great way to relax and bring down those evening cortisol levels!

In addition, the magnesium sulfate helps pull out toxins, and over a longer bath period, can aid in replenishment of body magnesium and sulfate levels, as well as soften the skin. Plan time to take a bath in the evening before bedtime. Buy a bag of “Epsom salt” at your local pharmacy. Fill the tub with hot water and add 1-2 cups Epsom salt. Soak luxuriously for 20 minutes, or longer. Do not use soap while in the tub. You can shower afterwards.

For more serious detoxification and to ameliorate unpleasant detox symptoms:

- Epsom salt (plain, no perfumes or other ingredients): 4 cups into bath water as warm as can be tolerated (to make skin red but not burn).
- Start out soaking for 5 minutes and work upwards gradually to 20 minutes.
- Do 7 nights in a row, then 3 nights per week.
- If sensitive, start with ½ cup and titrate upwards over time.

SAUNA:

Taking a regular sauna at the gym is a great adjunct to detoxification. For example, it has been shown that arsenic, cadmium, lead and mercury can be excreted in considerable quantities through the skin. Either the old-fashioned Swedish type or infrared saunas are effective.

The maximal discharge of toxins appears to occur after 8 minutes of sweating.

After the sauna, make sure to take a warm shower with soap to remove the fat-soluble toxins off of the skin, so they do not become reabsorbed. Then follow this with a cool shower to close the pores.



EXERCISE WITH SWEATING:

It goes without saying that breaking a sweat with exercise is a great way to detox regularly, and it also helps you relax and sleep better. Pick the form of exercise that works for you. And yes, apparently, you do sweat when you swim. Also, exercise promotes toxin release via increased urine flow. And exercise is really good for every physiologic, biochemical, and psychological process in the body, and even affects how our DNA is expressed.

CASTOR OIL PACKS

Castor oil works as a counter irritant to increase circulation of blood and lymphocytes (immune cells) to vital organs. It is especially beneficial during a liver detoxification program

How to Do a Castor Oil Pack:

Use a piece of organic flannel folded 3 layers thick which covers most of your abdomen. Slowly saturate it with castor oil by drizzling a little oil across the flannel every day of the first 5–10 uses. Do not oversaturate the flannel or it will be messy! After these first 5–10 days, you only need to add more oil when the pack feels dry. Store in a glass container.

To Use: lay oiled pack across your abdomen. Cover with an old towel. You may secure the pack with an athletic bandage or strip of fabric. To enhance effectiveness, cover pack with a heat source. Ideally, you should use this time to relax—but more important is that you do it.

*Alternatively, you may rub a small amount of castor oil directly over your abdomen in a clockwise direction; cover with a shirt that you do not mind staining, as castor oil will darken fabric over time and wear this to bed.

*Store the oiled flannel folded inside its designated towel in a location that will make it easy to use it. Take precautions to protect your clothing and furniture as castor oil may darken fabrics over time.

EASIER WAY to Castor Oil:

Queen of Thrones make a great [Hassle-Free Castor oil Pack](#). Very convenient. I highly recommend it for the ease of use. Which means you will actually get it done. It is definitely worth the investment.

COFFEE ENEMA [click here](#) for more detailed instructions and troubleshooting



How does it work?

As you hold an enema, your blood circulates about 5 times through the liver and the held enema acts like a dialysis across the intestinal wall.

Coffee enemas aren't just about clearing out the fecal matter, but it stimulates peristalsis, creating lots of movement and energy in this part of your body.

Enemas can help vagal nerve tone and parasympathetic activity and they assist your gut-brain axis on top of it.

TOOLS YOU WILL NEED

- Organic light roast coffee beans (Recommended: [Kion](#), [Bulletproof](#), [Kicking Horse](#))
- [Stainless steel enema kit](#)
- Stainless steel pot
- [Coffee grinder](#)
- 2-3 cups filtered or spring water or non-toxic lube like [Sustain](#)
- [Coconut oil](#) or [non-toxic lube](#)
- Towel
- A second towel or yoga block to raise your hips
- Stainless steel mesh strainer or glass French press

PREPARATION

- Freshly grind 1tsp to 2 tbsp of coffee (start low if new to enemas)
- Add coffee and water into pot
- Bring coffee and water to a boil
- Let simmer for 5-10 minutes
- Strain out coffee grinds
- Add coffee to stainless steel enema bucket
- Add in purified cold water until liquid is warm (not hot)
- Remove any air from the tube by holding up the enema bucket, opening the clamp and allowing the liquid to drain out the tube. Then close the clamp.



ENEMA TIME!

- Lie on a towel on your bathroom floor or in your bathtub
- Make sure the enema bucket is at least 30 cm (1 foot) above you
- Elevate your hips with another towel or designated butt coffee yoga block
- Use coconut oil to lubricate the tip of the enema tube
- Insert into rectum about 2 inches
- Open the tube clamp and allow liquid to empty into colon
- If it's your first time, add in just enough liquid to stimulate a bowel movement
- Your first enema will be fast since you got poop in your butt!
- Evacuate on the toilet
- Repeat. This time allow 0.5 -1 liter of coffee empty into the colon (or as much as you can handle)
- Close the clamp
- Try to hold for 10-15 minutes total (this can take time to work up to)
- If you evacuate before this time, repeat. Try to spend 10-15 minutes in total with coffee in your colon, which might mean 3 sets of 5 minutes in the beginning.

- Don't get discouraged if you can't hold it for too long in the beginning.
- When done, clean your enema kit with natural soap and water.
- Run hydrogen peroxide through the tube and clean the tip.
- The entire procedure should take 40-50 minutes.

