

Every human being is the author of his own health or disease. - Buddha

Sublime Beauty NATURALS® presents...

DETOX 1-2-3

Daily Lymphatic Support



www.SublimeBeautyNATURALS.com

Live Healthy, Respect Your Body, Love Nature

Keeping your body and immune system strong is essential for good health today.

We are all assaulted daily by thousands of toxins & chemicals from the air, water, food and personal | home care products. There are a surprising number of toxins in our food and drink, such as artificial sweeteners, pesticides, dyes and hydrogenated fats to name only a few.

Toxins build up in your system, and can put strain on organs, cause disease, weight gain, headaches, rashes, bad moods and more. More and more medical studies are pointing to toxin overload possibly contributing to more serious conditions such as autoimmune diseases, inflammatory/rheumatoid arthritis, and neurological disorders such as Parkinson's.

Your body works full time against toxin overload, but it is a big job! Your skin, kidney and liver, intestines, the lymphatic system all are busy. What we propose is an easy daily system that will help several of your body functions, take some strain off the lymphatic system, and improve your wellness.

OUR DETOX 1-2-3

Our system is simple and can be incorporated into your daily routines. These 3 basic practices are all time-tested and honored, coming from thousands of years of use and experience – even if these practices seem new today.

Each will make you feel better because of what is behind it!

Each will keep your immune system stronger and your energy up. Less stress on your lymphatic system and body systems means more energy and wellness.

WHY WE DEVELOPED IT

We love NATURAL, supportive approaches that can empower your wellness, your control over your body, and allow you to feel great and live abundantly. And it goes without saying that when you feel great, you look great and your beauty shines through. You feel confident and more comfortable in your skin. That is our goal!

SO LET'S GET TO IT!

THE 3 EASY PARTS OF THE DAILY DETOX SYSTEM?

#1 DAILY SKIN BRUSHING(*about 10-15 minutes*)

#2 DAILY OIL PULLING(*about 10-15 minutes – do it at the same time as brushing!*)

#3 TOPICAL ESSENTIAL OIL BLENDS(*2 seconds!*)

TIMING

* **MORNING:** You will typically Skin Brush each morning before your shower – just about 10 minutes. (It is OK to brush at other times, but this seems the most convenient for most people – and it invigorates you for the day.)

* **MORNING:** Oil Pulling is also best done in the morning, and you can actually brush and pull at the same time if you wish! Oil Pull a minimum of 10 minutes and maximum of 20 minutes.

* **EVENING BEFORE BED:** The Zen Immune Boost Essential Oil Blend is massaged onto the bottoms of your feet before your sleep. Also take a nice deep breath to inhale the oils. If you are feeling under the weather, also use it in the morning after you Skin Brush and shower.

* **ANYTIME:** A bonus Zen De-Stress Essential Oil is perfect for those of you who experience stress – debilitating to overall wellness. It can be inhaled and massaged onto your wrists, back of neck and bottom of feet as needed.



SKIN BRUSHING:

Skin Brushing (also known as Body Brushing or Dry Brushing) is becoming better known recently, though it is a centuries-old practice for better skin quality and well-being. It helps to detox and move the lymphatic system (“lymphatic drainage”), boosts the circulatory system and more. We have a full site with lots of additional information at www.Skin-Brushing.com.

WHY SKIN BRUSHING FOR DETOX?



The skin is our largest organ of elimination. Skin helps to expel toxins and dead cells, supporting the liver and kidney. It also protects us and is a barrier to environmental hazards.

Skin Brushing releases those dead cells and toxins on the skin, and helps skin to function optimally. (By the way, we shed millions of cells per day, though it does become more difficult to shed the cells as we age.)

Body Brushing will help boost the lymphatic system, which doesn't have a natural pump (like the heart and circulatory system.) The lymphatic system relies on body and muscle movement, massage or something like Skin Brushing.

It only takes about 10 minutes each morning for powerful benefits!

HOW TO SKIN BRUSH?

Using a natural bristle brush only (we offer several), you will start at your feet and ALWAYS brush towards the heart.

- ✓ Start at your feet and use medium fast strokes.
- ✓ Brush upwards and towards the heart!
- ✓ Brush firm enough to be effective but it should never hurt. If you have sensitive skin, start lighter and work up to a firmer stroke. It actually feels really invigorating! I look forward to it every morning and often write about it.
- ✓ Always brush towards the heart. You are supporting the circulatory and lymphatic systems, not working against them!

- ✓ Spend a little extra time on lymph node-rich areas like armpits, inner thighs
- ✓ Brush everywhere except your neck & face. That skin is more delicate and needs a different brush and only once weekly attention.
- ✓ Don't brush over any open sores, and don't share your brush with others.
- ✓ Drink water and moisturize afterward (think organic and nourishing, such as organic Virgin coconut oil or pure body oils.)

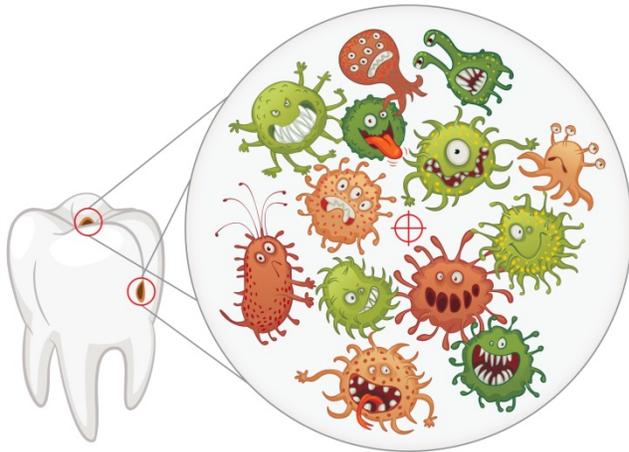
Celebrities and beauties such as Miranda Kerr, Salma Hayek and Naomi Watts swear by Skin Brushing, and soon you will too!

#2 OIL PULLING

This ancient Ayurvedic practice is SO simple and perfectly scientific-based. When you Oil Pull, you swish oil in our mouth to attract out the viruses, bacteria, fungi and other toxins.

WHY DOES THIS WORK?

It's simple: all bacteria have an oily or lipid skin. Oil attracts oils, so when you swish oil in your mouth, the bacteria rushes to adhere to the oil, like fireflies to light. It reaches EVERYWHERE: gums, between teeth, under the tongue, etc.



WHY FOR OUR DETOX PROGRAM?

Take the bacteria, fungi and toxins OUT before they enter your bloodstream or are swallowed, to be dealt with by your lymphatic system.

It takes a load off of your systems as you are removing toxins every day that would otherwise invade your body.

As a bonus, your teeth become whiter & smoother, your gums are pinker and healthier, your breath is fresher and you gain more energy!

HOW TO OIL PULL

- ✓ Take in a Tablespoon of Certified Organic Sesame Oil (backup is Certified Organic Coconut Oil or Sunflower Oil). Sesame has traditionally been used through the centuries and is a natural anti-bacterial to boot.
- ✓ Start swishing the oil. Pull it forward through your teeth, push it from side to side, up and down and move it around for at least 10 minutes. Try to work up to the maximum of 20 minutes if possible. You will feel it getting thinner!
- ✓ Don't swallow the oil – spit it out into the trash (do your drains & plumping a favor)
- ✓ Rinse with water (warm or even salty is great) and spit that out too.
- ✓ You are done – and can brush, floss or do any of your other normal dental activities.
- ✓ Read More on www.Oil-Pulling.com or www.SublimeBeautyNaturals.com



3# ESSENTIAL OIL BLEND FOR DETOX & IMMUNE SYSTEM

Essential Oils are the ultimate plant-based wellness tools, and again they have been used since the Ancient Egyptian times until now. Each Essential oil has qualities of its own that can treat almost anything, and it is a true art and science!

Oils are often blended in a carrier oil (like Jojoba or Sunflower oil) so they can also be applied topically as well as inhaled.



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We have blended oils for 2 specific Detox products:

- the **Zen Immune Boost Blend**, to be used each evening before bed. Simply massage a few drops on the bottoms of your feet, and let it work while you sleep.



- the **Zen De-Stress Blend**, to be used ANYTIME you feel stressed. Stress raises level of cortisol, and this wears your system down over time (among other things that stress does!) Try to eliminate stress from your daily life through any number of techniques (breathing deep, mediation, exercise, trying to solve the source of the problem,

etc.) and using Essential Oils that are known to relax stress & anxiety. Simply inhale the blend (it smells DELICIOUS!), then put a few drops behind your ears, on your wrists and behind your knees or on the bottoms of your feet.

The Essential Oils on the **ZEN IMMUNE BOOST BLEND** include Certified Organic Jajoba Oil, Sunflower Oil, Essential Oils of Eucalyptus, Oregano, Cinnamon, Clove, Rosemary, Lemon, Peppermint, Frankincense.

The Essential Oils in the **ZEN DE-STRESS BLEND** include Certified Organic Jajoba Oil, Sunflower Oil, Certified Organic Levendula Augustifolia (Lavander), Certified Organic Salvia Sclarea (Clary Sage), Citrus Aurantium Amara (Neroli), Certified Organic Anthemis Nobilis (Roman Chamomile), and Rosemary.

WILL I EXPERIENCE ANY DETOX REACTIONS?

Some never experience any detox with any of the 3 practices in the system, while others may for a few days. Some who Oil Pull may feel congested, have sinuses drain or a slight sore throat for a few days, and very few who Skin Brush may experience the same. This typically means your body needed some detox and it is working. However, if the symptoms persist more than 4 days, stop for a few days

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and then start again. Some may wish to consult a medical professional before starting the program, especially if they are on special medications or have medical conditions.

All 3 practices are safe and very natural (as long as you use natural products with no pesticides – go for Certified Organic oils).

LAST THOUGHTS FOR A STRONG IMMUNE SYSTEM AND WELLNESS?

Living a healthy lifestyle and making good choices will help your body holistically, of course. Drink lots of water and avoid sugary drinks, try to eat natural foods (avoid too much sugar and fast foods.) Be sure to move your body and exercise daily. Watch your mindset as negative thoughts, emotions and negative people can make you sick!

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