



Skin as a Detox Organ: Foods, Herbs, and Methods for Eliminating Toxins

Herbs for skin detox:

- ☐ Artichoke Leaf
- ☐ Burdock
- ☐ Calendula
- ☐ Dandelion
- ☐ Echinacea
- ☐ Milk thistle
- ☐ Turmeric
- ☐ Yellow dock

12 Foods that help detox through skin:

- ☐ Almonds
- ☐ Asparagus
- ☐ Avocado
- ☐ Basil
- ☐ Beets
- ☐ Brassicas: Indole 3 carbinol, especially broccoli sprouts and seeds
- ☐ Cilantro
- ☐ Citrus peels: Limonene
- ☐ Dandelion
- ☐ Leafy bitter greens and juices, including wheat grass
- ☐ Sea vegetables, chlorella, and spirulina
- ☐ Turmeric

Foods that keep skin healthy:

- ☐ Beets
- ☐ Cabbage
- ☐ Dulse
- ☐ Omega-3 fats
- ☐ Radishes
- ☐ Walnuts
- ☐ Watercress





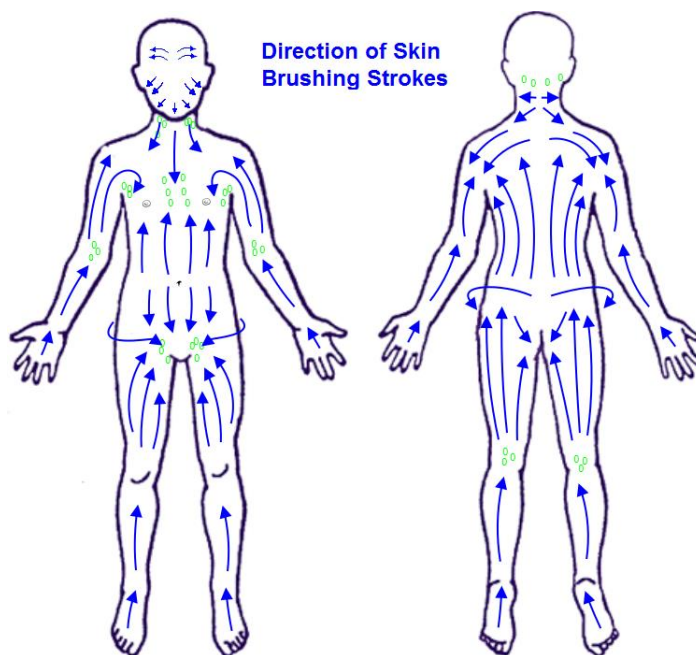
12 Ways to detox skin:

- ☐ Avoid exposures to toxins
- ☐ Eat a high nutrient content diet
- ☐ Eat a high fiber diet
- ☐ Optimize digestion
- ☐ Exercise
- ☐ Drink pure water
- ☐ Breathe pure air
- ☐ Reduce stress
- ☐ Increase sweating
- ☐ Take a detox bath
- ☐ Use clay
- ☐ Use herbs

Eliminating Toxins: Dry Skin Brushing

If you don't already have one, purchase a dry skin brush and incorporate daily skin brushing to enhance detoxification, firm up skin, improve circulation and many other benefits. There are several methods for skin brushing, so there's no real "right or wrong" way. Find the method that works best for you.

- ☐ <http://www.drritamarie.com/go/TTappSkinBrush>
(one of the options includes an instructional DVD)
- ☐ <http://www.drritamarie.com/go/PJSkinBrush>
(read the product description for instructions on how to use)





Eliminating Toxins: Epsom Detox Baths

- ☐ Epsom salts
- ☐ Ginger
- ☐ Apple cider vinegar
- ☐ Himalayan salt crystals
- ☐ Clay baths
- ☒ Premier Research Labs Medi-Body Bath with detoxifying clay and salt crystals - apply over organs of detoxification to facilitate the removal of toxins

<http://www.drritamarie.com/go/PRLMediBodyBath>



Eliminating Toxins: Far-Infrared Red Sauna

- ☐ Article: <http://www.drritamarie.com/go/ArticleFarInfraredRedSauna>





Eliminating Toxins: Castor Oil Packs

Materials Needed:

- ☐ Three layers of undyed wool or cotton flannel large enough to cover the affected area
- ☐ Castor oil
- ☐ Plastic wrap cut one to two inches larger than the flannel
- ☐ A hot water bottle or other heat source
- ☐ A covered container and old clothes and sheets - **Warning: Castor oil stains clothing and bedding**

Method:

1. Put old sheets on bed and dress in clothes you don't really care about.
2. Place the flannel in the container. Soak it in castor oil so that it's saturated, but not dripping.
3. Place the pack over your liver and abdomen.
4. Cover pack with plastic.
5. Place the hot water bottle over the pack. Leave it on for 45-60 minutes. Rest while the pack is in place. It's okay to fall asleep with a castor oil pack on.
6. After removing the pack, cleanse the area well.
7. Store the pack in the covered container in the refrigerator.
8. Each pack can be reused. Some say to discard after 5 uses; others say it can be used up 25-30 times. If it starts to smell rancid, or stiffens, it's time to make a new one.





Eliminating Toxins: Tongue Cleaning

Tongue scraping is a quick and easy way to clean out the toxins in your mouth. It removes the film and germs that build up on the tongue during sleep and throughout the day.

Bacteria and toxic debris can lead to bad breath and possibly even tooth decay. More recent research reveals that the bacteria in your mouth may contribute to heart disease and other health challenges.



It's a good idea to clean your tongue daily and tongue scraping is especially important during a detox program. If you only do it once a day, the best time to do it is in the morning, first thing after waking up -- before drinking anything and before breakfast. It is helpful to do it again right before going to sleep at night.

Instruction for Tongue Scraping:

1. Hold each end of a u-shaped tongue cleaner, as pictured here.
2. Open your mouth and stretch your tongue out.
3. Place the curved part as far back of your tongue as possible and, with light pressure, gently and smoothly scrape it forwards to the front of the tongue.
4. Rinse the scraper under hot running water.
5. You can do it a few more times and rinse the scraper between each time.
6. It's best to do it as many times as needed until your tongue is clean.



You can purchase one locally or online. The one pictured here works best.

- ❑ Dr. Tung's Products: Stainless Steel Tongue Cleaner
<http://www.drritamarie.com/go/DTTongueCleaner>



Eliminating Toxins: Exercise

- ❑ Promotes sweating, which improves toxin release and oxygenation of the entire body.



Eliminating Toxins: Yoga and Cleansing Breath

- ❑ Article:
<http://www.drritamarie.com/go/ArticleYogaForDetox>

Eliminating Toxins: Clay Packs and Masks

- ❑ Use on your face and anywhere on body.
 - ❑ Living Clay Detox Bentonite Clay
<http://www.drritamarie.com/go/LCBentoniteClay>
 - ❑ Healthforce Nutritionals ZeoForce Zeolite
<http://www.drritamarie.com/go/HealthForce>
 - ❑ Premier Research Labs Medi-Body Bath with detoxifying clay and salt crystals - apply over organs of detoxification to facilitate the removal of toxins
<http://www.drritamarie.com/go/PRLMediBodyBath>

Remember to go slow. If you put clay on too many body parts at a time – it can cause too rapid a detox.

