

DRAINING & OPENING DETOX PATHWAYS

WHAT IS DRAINING?

Draining is a basic term for opening our detox pathways and preparing them for actual detox to occur. The detox pathways include the lymphatic system, colon, GI tract, liver, kidneys, gallbladder, skin and glymphatic system (in the brain).

WHY ISN'T MY BODY DRAINING?

There could be many reasons for this but in general:

1. Parasites physically clogging the bile ducts, liver, lungs (lung flukes), gallbladder
2. Gut dysbiosis or other gut issues such as SIBO, H Pylori, etc
3. Toxic buildup in the body from inorganic food, toxic personal care products, poor diet, smoking, lack of movement/exercise, exposure to pollution
4. Overwhelm of mold, viruses, bacteria in the body that clogged up the detox pathways from sheer burden

WHAT DOES A BLOCKED DETOX PATHWAY

LOOK LIKE?

Symptoms include:

Nausea
Fatigue
Skin issues (acne, rosacea, eczema)
Brain fog
Cravings
Anxiety
Anger
Depression

Joint pain
Muscle pain
Pain over liver
Gas/Bloating
GERD
Stomach pain/upset
Tingling/numbness
Constipation
Diarrhea

WHY IS IT IMPORTANT TO HAVE OPEN DETOX PATHWAYS?

Detox pathways are vital for removing viruses, bacteria, mold and parasites from the body. We only have 3 major ways to release these things: peeing, pooping and sweating.

If you are not doing one of the above, then the broken down toxins from traditional treatment (ie antibiotics, antimicrobial herbs, antiparasitics) will cause the body to become even more overburdened from die off leading to herxheimer reactions. The toxins then risk being re-circulated rather than released causing more damage to organs and causing an increase in symptoms rather than a decrease.

HOW DO I OPEN MY DETOX PATHWAYS?

Liver

1. *Castor Oil packs over the liver*

Instructions:

- Saturate an organic cotton or wool cloth with organic castor oil. Do not make it so wet that it's dripping but make sure it is saturated well.
- Double it over and place directly on skin over the top of your liver
- Put a towel or old pillowcase over top of the castor oil pack and then place a heating pad on top of this
- Be aware that castor oil stains so use old pillowcases or towels
- Sit with this on your liver for 30 mins to 1 hour per day. You can take advantage of this time by also engaging in meditation or journaling activities.
- Benefits: Helps bile flow from the liver

2. *Manual liver and gallbladder drainage...please watch the video to learn the technique*

<https://www.youtube.com/watch?v=qAycloYO4KE>

Colon

Please confirm with your practitioner that this is safe for you to do.

1. Start with **distilled water enemas** (1L in your enema bag) before trying coffee enemas
2. **Coffee enemas:** Please watch this video from the Gerson center to learn how to make your coffee enemas for the week. Please do not do more than 2 coffee enemas weekly...on the days you don't do coffee enemas, please do castor oil packs

<https://www.youtube.com/watch?v=q-lAp5eMq-Y>

Kidneys

WATER....WATER...WATER (filtered with Berkey or RO system)....and TEA

Instructions:

- Add minerals (Concentrace minerals) to your water in the AM to make sure you aren't depleting yourself of vital minerals with the increased water intake
- Make sure the water is filtered with a RO system or a Berkey system. If an RO system, mineral supplementation is obligatory.
- Add 1/2 lemon juiced, pinch of REAL salt, and a pinch of baking soda
- Sip dandelion tea, marshmallow root or ginger tea throughout the day (these are natural kidney detoxifiers)

Lymphatics

1. Dry Brushing: Buy a natural bristle body brush and stroke the body starting at the feet and moving the strokes upward toward the heart. Do the same for all parts of the body, always in the direction of the heart.

<https://www.youtube.com/watch?v=JJfFe18L7pQ>

2. Gua Sha: a tool made of jade that improves circulation, activates the immune system and decreases pain. Watch the video below for excellent instruction on how to use this inexpensive tool.

<https://www.youtube.com/watch?v=vTKWBxqUxPo>

3. Rebounding: Purchase a rebounder on Amazon and bounce on it for 3-7 minutes per day. As cheap as \$30 up to \$100. If you weigh over 200 lbs, you will want a better quality one.

Benefits:

- Pumps the lymphatic fluid to circulate better
- Oxygenates the brain (also works on the glymphatic system)
- Activates BDNF: helps you grow new neurons and optimizes neurotransmitters

4. Bentonite clay masks on neck, chest, armpits. Use Aztec Secret Bentonite Clay (can be found on amazon) or equivalent. Combine 1 tbsp clay with 1 tbsp Apple Cider Vinegar. Spread paste on neck, shoulder, armpits, chest. Let sit for 15 minutes, then rinse off.

5. Lymphatic Massage: you can do this yourself at home with the video below or you can see a lymphatic drainage practitioner. The first time you do this, only do a few minutes and work up. Same with a lymphatic practitioner....have them only work on one body part each time until you are ready for a full 1 hour session...see if they offer 20-30 minutes sessions to start.

<https://www.youtube.com/watch?v=QA-wiOd7-Ro>

6. Infrared Sauna: Start at just 5 minutes per day and work your way up to 25-30 minutes daily. If you have POTS, please don't incorporate this until we have some of your symptoms resolved and have balanced your minerals first.

7. Epsom Salt Baths: 1-2 cups of epsom salts in a bathtub or 1/2 cup in a foot bath. Soak until the water is no longer warm. You can sip hot ginger tea before and during to increase sweating potential.

8. Exercise: Unless told otherwise, please exercise to your capabilities with a combination of weight lifting, HIIT style cardio and flexibility training with yoga/pilates. If you have POTS or severe illness, please check with your practitioner before incorporating any exercise routine. This is also a wonderful way to sweat if you don't have access to a sauna

Note: Supportive Drainage Supplements for your case will be discussed in your session

We can't do all the methods every day because that would be overwhelming, so pick 3 methods that you can commit to doing daily...rotate them if you can but stay organized with your methods. Remember that you will also be taking some supplements to support drainage which will enhance your draining techniques.
