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14-DAY CLEANSE

DAY 3: VIDEO SCRIPT: ACCEPT

Tess Masters:

It's Day Three and today, the focus is "Accept." As we move forward through the 14 days, there's probably some things that are coming up for you now. You know, and I know that a lot of participants in the past have reached out to us saying, "This isn't going the way that I thought it was going," or, "I'm not feeling how I thought I was gonna feel," or, you know ... You might be feeling like you're impatient. You want results, you want to see them quickly, or it's just not what you expected. That happens a lot in life, right? So, we love the word "**accept.**"

Today, we just want to set our intention to just accept things the way that they are. The good, the bad, the ugly, the ups and the downs, the twist and the turns, the good emotions, the so-called bad emotions, whatever's coming up for you. Just accept that it's there, it's part of what's in you, it's part of this experience, and just go with it. Having said that, I think there's a lot of things we can do to help ourselves accept. It's fine for me to just go, "Accept," but I actually really struggle with this is as well. You do, right, too?

Karen Kipp: Yeah.

Tess Masters:

I mean we all do. We're humans, right? Sometimes it's really hard to accept that you feel like crap. If you're having a lot of detox symptoms, remember to go back to hydrate, hydrate, rest. Look at our wellness guide, look at some of your PDFs for all those strategies. I think that some of the things that really help us just accept the way that things are, particularly if it's not very comfortable, is just nurturing yourself with some really fun stuff, right? So, just read one of your favorite books, write in your journal, listen to your favorite music, go for a walk in a beautiful park, sit out under the stars. Another good thing that we like to do is take baths. Not only do they help and aid the detox process, they help you to sleep. They also just feel decadent and beautiful, like you're really doing something nice for yourself.

We have got a detox bath recipe in the book, which is, you fill up the bath and you do one cup of Epsom salts, which I just picked this up at the grocery store this morning for a couple of dollars. That's magnesium sulfate. Magnesium helps up to relax. It kind of helps all the stress. One cup of Epsom salts, half a cup of baking soda, which is sodium bicarbonate, and then, we like lavender because lavender just, again, helps us to relax. You can do five to ten drops. It's quite potent stuff. I find that any more than that, I can

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really sort of smell the lavender, I start to feel a bit woozy. Another thing you can do is, you can get magnesium salt blends. We like this one. Go to the resources section and we'll show you everything. This is from Celtic Sea Salt because you know we love that salt.

Another thing you could do is take a clay bath. I would suggest that to people ... For those of you that are not experiencing really heightened detox systems, because clay is powerful stuff. If you're feeling really good right now, think about the clay. Again, we go to Miracleclay.net, but you can find that in the Resources section. So just go and look at that. Another thing, burn candles. Burn essential oils. Burn incense. Right? I know you love to do that. Stuff like that. Another thing that you can do is connect with your breath. Karen has got some really great strategies as a health coach that you use with the clients, right?

Karen Kipp: Right, right, right.

Tess Masters: So, can you show us the ultimate breathwork?

Karen Kipp:

Sure. Okay, so this is really powerful breathwork. This is something you can do anytime during your day. If you're feeling kind of a little bit of slump, you're feeling not real clear in the head, or anything like that, or you need a little more energy, this is a really, really great way to do that. They've actually done research on this and they've proven that it actually helps the connections between the right and left side of the brain. What people notice when they do that, is this particular technique, is that they actually feel energized. They feel more clear in their head, and they're really able to make better connections and kind of move through their day. This is the perfect thing to do when you're having that afternoon slump, you're just feeling a little bit down, or maybe you're just a little bit tired. Anytime during the day, it doesn't matter when it is. It's not gonna energize you like caffeine will energize you, right? It's just gonna energize you in a really nice-

Tess Masters: We're not having that for another week and a half...

Karen Kipp:

You know what, say you're at your office and you can't exactly do this in front of all your colleagues. Go in the bathroom, a stall, and go ahead and do this for yourself. It just takes a couple of minutes and it's really, really helpful.

Tess Masters: Okay.

Karen Kipp: So, you ready?

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Tess Masters: Yep.

Karen Kipp: Okay.

Tess Masters: I'm ready.

Karen Kipp:

Let's do this. Okay, so you want to hold up your index and your middle finger like this, okay, and you're going to place that right between your eyebrows, just over there. Just on the forehead there. You're going to go ahead and extend your pinky and your thumb, and you're going to go ahead and block your left nostril with your pinkie. You're going to inhale through right nostril, inhaling all the way up, fill your lungs completely, and then go ahead and hold that for just a second. Then remove your pinky finger and apply your thumb to the right nostril, freeing up the left nostril, and go ahead and breathe out through the left. Breathe in through the left. Really deep. Get a good deep breath. Then block the left, hold for a second, release the right, and exhale through the right. That is what we consider one full cycle. What I want you to do is do at least five cycles of this when you do it, if not ten. Just start out with five, just try that a little bit. Let's just do it one more time just to make sure you got this down-

Tess Masters: I have to tell you, I feel like I've taken the best drug on the planet.

Karen Kipp: It works.

Tess Masters: I think it's relaxing.

Karen Kipp: It is.

Tess Masters: It's energizing but it's relaxing.

Karen Kipp: It is. It's weird. It works kind of both ways.

Tess Masters: It's fabulous.

Karen Kipp: It energizes, but it kind of just brings you down a little bit.

Tess Masters: Centers you.

Karen Kipp: Yeah, it centers you.

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Tess Masters: That helps accept, right?

Karen Kipp:

Right, right. So let's do just one more real quick just to make sure we got this down so they don't have to reverse the video and make them do this, right? All right, we'll just do one more really quick. One more round. Go ahead and extend your pinky and your thumb. Through the right nostril, breathe in very deeply. All the way. When you think you're completely filled, just take a little bit more breath. Go ahead and hold. Release the left nostril and exhale through the left. Inhale through the left, blocking the right nostril. Then block the left and exhale through the right. Again, that's one cycle, okay. You want to do anywhere from five to ten of those each time you need to do it. Seriously, it's amazing. There's a reason. They did research on that, it really works.

Tess Masters: It's seriously cool.

Karen Kipp: Pretty amazing.

Tess Masters:

Another thing you can do to energize yourself is dry skin brushing. Let's show them this because you like to do it one way, I like to do another... I just got a few brushes I've collected over the years. You want one with a natural fiber. Again, go to the **Resources Guide** and you'll be able to see the ones that we like. I like to do upward strokes. You always want to stroke towards the heart. So, if I'm doing up here I want to stroke down towards the heart. But you like circular motions.

Karen Kipp:

Yeah, I kind of like a circular motion. It just depends. Whatever you prefer. I like to do a circular motion all the way up, again, towards the heart. Always towards the heart. All of the extremities.

Tess Masters:

Let me tell you something. Not only does that energize you, it stimulates the lymphatic system. It makes your cells dance. Great for beautiful skin. Good for cellulite, I have to say, for you ladies out there. It's just fantastic. It's a really, really great practice. You want to do that for about two to three minutes to start off with, not so that you get red raw. No Silkwood for us.

Karen Kipp: No Silkwood, right?

Tess Masters:

Love that movie. Anyway, then you want to get into your bath. Then you're gonna be able to grab everything in. The other thing we want to talk about is, you may not be

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getting fully supported at home. So, accept that and come into the community. Join us. We are here to support you. Please join the Facebook group, leave your comments, questions, concerns. If you're feeling it, guarantee someone else around the world is feeling it too. All right? Accept. It's gonna be fabulous moving forward. Let's put that intention into us, right?

Karen Kipp: Yeah.

Tess Masters: We'll see you tomorrow.