

WELLNESS PRACTICES

excerpted from The Decadent Detox

BY TESS MASTERS AND KAREN KIPP

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Many holistic therapies can enhance and facilitate the cleansing process. During a cleanse, your senses are heightened, and not only will therapies feel different, they'll be more effective. We encourage you to receive any type of bodywork, such as:

- massage therapy
- Mayan abdominal massage
- lymphatic drainage
- reflexology
- acupuncture
- shiatsu
- Thai massage
- chiropractic care
- energy work

For referrals, consult a holistic professional or other healthcare practitioner.

In addition to therapist-administered bodywork, we recommend the following wellness practices that you can do yourself at home. We engage in many of these practices on a daily basis, and encourage you to try these things during the cleanse to see what you like so that you can incorporate some new practices into your wellness routine for better health.

Lemon Water or Apple Cider Vinegar Water

Fresh lemon juice diluted in filtered water or apple cider vinegar diluted in filtered water stimulates the lymphatic and digestive systems to prepare the body for food, and helps eliminate toxins. Lemons, while chemically acidic, are high in mineral salts that become alkaline-forming when digested past the stomach. Drink lemon water throughout the day as often as you like. We recommend drinking lemon water with a reusable glass or metal straw to avoid stripping the enamel on your teeth. (See the [resources page](#) for our recommendations.)

To prepare lemon water, squeeze the juice of half a lemon into a 16oz glass of warm or room-temperature filtered water. Do not add ice. An alternative to lemon water with similar benefits is water with apple cider vinegar (ACV). For this, add 1 TBSP apple cider vinegar into a 16oz glass of warm or room-temperature filtered water. We use [Bragg unfiltered apple cider vinegar](#).

Baths

Detox Bath - A soak for 20 to 30 minutes before bedtime opens the pores, draws out toxins, lowers stress-related hormones, balances your pH levels, and aids restful sleep.

For a simple detox bath: add to a full tub of water - 1 cup of Epsom salts, 1/2 cup of baking soda and 5 to 10 drops of lavender essential oil.

Clay Bath - For a deeper cleanse, try adding bentonite clay or calcium montmorillonite clay to your bath. A clay bath stimulates the lymphatic system, and detoxifies the body through the skin. Clay can be highly

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effective in treating skin conditions like eczema. Clay baths can also help remove heavy metals, such as mercury, lead, arsenic, aluminum, and cadmium. To distribute the clay thoroughly, add 3 to 4 ounces of the clay to your bath, directly into the running water, as you're filling the tub. We like the montmorillonite clay from [Miracle Clay](#).

Dry Skin Brushing

Brushing your body encourages detoxification by boosting circulation, stimulating the lymphatic system, exfoliating the skin, relieving stress and energizing the body. For best results (especially during an intense cleanse) brush once or twice daily. One of the best times to brush is in the morning, right before a shower. Always use a brush with natural bristles, like cactus fiber. Dry brushes are available at most health food stores and online. See the [resources page](#) for our recommendations.

To brush your whole body (except your face—there are special brushes for that), use a firm but not painful pressure (avoid “scrubbing”). Karen prefers circular strokes; Tess favors long strokes. Either way, start at your feet and work up your legs to your arms, chest, back, and stomach. Avoid brushing your genitals, or any areas with irritations or abrasions (including varicose veins). Your skin should be slightly pink after a brushing (not red or irritated). Whichever kind of stroke you go with, always make the overall movement of brushing toward your heart; that's best for circulation and your lymphatic system. For optimal results, brush from 5 to 20 minutes.

Nasal Rinsing/Irrigation

The practice of rinsing the nasal cavity with a specific saline solution is a tradition that's seeing a much deserved renaissance. For those with sinus conditions, nasal rinsing is a great, simple way to ease congestion, promote drainage and alleviate sinus headaches that may occur during cleansing. The traditional method uses a Neti pot, available at most health food stores, and modern methods use a plastic container with pre-measured buffered salt packets, available at most pharmacies.

Karen likes the NeilMed system as it's easy to use, is made of lightweight plastic, and travels well. Using this system regularly, many of Karen's clients have freed themselves of chronic sinus infections and other sinus conditions. Tess prefers a ceramic Neti pot. See the [resources page](#) for our recommendations.

Oil Pulling

Ayurvedic medicine has used oil pulling as a form of dental care and general detoxification for centuries. Oil pulling can help with oral health (tooth decay, loose teeth, bleeding gums, bad breath, whitening of your teeth), eczema, acne and other skin conditions, respiratory disorders like bronchitis and sinus congestion, headaches and migraines, insomnia, thrombosis, inflammation, and arthritis. It will also regulate your metabolism and improve overall health. Many of Karen's clients report amazing results, documented by their dentists, after regular oil pulling, with less plaque, reduced gum loss, and improved periodontal condition. Some even avoided gum surgery.

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To oil pull: in the morning, on an empty stomach (oil pulling on a full stomach is not advised, as the toxins pulled may provoke nausea), take 1 tablespoon of organic, raw sesame oil (we get ours from [Miracle Clay](#)) or raw, organic, extra-virgin coconut oil into your mouth. Swish it around, remembering to pull it through the teeth, not just pass it side to side. Move your chin up and down (as if you're chewing) to stimulate salivation. This process draws the poisons from the blood through the mucous membranes in the mouth. For the best results, swish the oil in your mouth continuously for 15 to 20 minutes. At first this seems like an unbearably long time, so if you find the taste or sensation unpleasant, start with less time and build up. We oil pull in the shower, while we're getting ready in the morning, or while we're preparing breakfast or answering emails, so the time goes quickly. When the oil has become saturated with the toxins it's pulled, it will become whitish and develop a thinner, milky consistency. Spit the oil out in a paper towel (don't swallow the oil, as it's toxic at this point, and don't spit it into the sink, because it can clog your pipes). Rinse your mouth several times with warm salt water. We dissolve 1/2 teaspoon of Celtic sea salt in 1 cup of water.

Following the rinse, brush your teeth with natural toothpaste (we like [clay toothpaste](#)) or a solution of equal parts baking soda and coconut oil. We keep separate toothbrushes for oil pulling because toxins and bacteria will build up on a brush. Always run the brush under hot water and then allow the bristles to air-dry completely. You can oil pull every day, and some people swish three times a day.

Tongue Scraping

During a cleanse, you may notice that your tongue and teeth become coated with a white, sticky, film, particularly evident after sleep. This is an indication that your body is purging toxins up from or through the esophagus into the mouth. It's perfectly normal. We recommend tongue scraping. You can purchase copper tongue scrapers online or from health food stores. (See the [resources page](#) for our recommendations.) You can also use the inverted bowl of a spoon. Scrape from the back of the tongue to the front, in one continuous movement. Rinse the tongue scraper, and brush your tongue and teeth afterward.

Rebounding

Movement is vital during cleansing, to assist the lymphatic system as it works hard to expel toxins. Unlike the circulatory system (which the heart serves as a pump) the lymphatic system relies on our movement to conduct its fluids through our systems. During the cleanse, we recommend at least 30 minutes of gentle, low-impact movement such as walking, stretching, and yoga. During the non-fasting days, you can stick to your regular exercise routine. During the juice fast, however, we recommend that you avoid intense workouts, such as running and lifting weights. (See the [Exercise Guide](#) for our recommendations.)

During a cleanse, our go-to exercise is rebounding. Jumping on a mini trampoline actively moves the entire body and stimulates the lymphatic system. Specific benefits of rebounding include improved lymphatic drainage and immune function, increased bone mass, low-impact movement with reduced stress on the ankles and knees, increased endurance at the cellular level by stimulation of mitochondrial production (mitochondria being responsible for cell energy), improved balance, and increased energy and

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oxygenation. If you have access to a mini-trampoline, bounce for 5 to 15 minutes everyday. As detoxing can affect your balance, take special care to steady yourself to prevent injuries. (See the [resources page](#) for our recommendations.)

Infrared Saunas

Research shows that infrared saunas can be beneficial for detoxification, relaxation, regulating blood pressure, anti-aging & skin purification, cell health, weight loss, pain relief, and improved circulation. Infrared saunas use infrared elements (not the stove coils traditional dry saunas employ), and their infrared rays penetrate through the skin and into the body's tissues, provoking a more detoxifying sweat (extracting less water) at lower temperatures. (They also use less energy.) Sitting in an infrared sauna feels balancing and relaxing, too, like sunshine on the skin---the absorption of the infrared rays is in fact like lying in the sun. We both use infrared saunas made by [Sunlighten](#). This company makes the best infrared saunas, accessible to all budgets. You can access infrared saunas at many wellness centers and day spas.

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