

Remedies 4

detoxification

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Remedies 4... detoxification

Companion Remedies for Detox

[Detox Drops](#) - Promote elimination of toxins and naturally flush out the system

Blood Cleanser Tea

- 1 cup dried [Burdock](#) root
- 1 cup roasted chicory root
- 1 cup dried [Dandelion](#) root
- 1 cup [Red Clover](#) blossoms
- 1/2 cup ground [Ginger](#) root
- 1/2 cup [Peppermint](#) leaves

Combine [Herbs](#) in a dark glass jar. To make tea, use 1 to 2 teaspoons herb mixture per 1 cup of water. Place water in a non metallic pan, saucepan, bring to a boil, cover, reduce heat and let simmer for about 5 minutes; turn off heat; allow to steep for 10 minutes. Strain before serving.

Start by drinking 1 to 2 cups of tea daily for at least 2 weeks.

CLOVER TEA BLEND (detoxifier)

- 2 cups clover blossoms
- 2 thin sticks [Cinnamon](#), bruised
- 1 tsp. grated dried [Orange](#) rind



[Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

Steep for 5 minutes. Drink hot or chilled.

Detox Bath Recipe

Fill the tub with hot water and add the following mixture while filling:

- 1/2 C Sea Salt
- 1/2 C Baking Soda
- 1/2 C Epsom Salts
- 1/2 C Peroxide
- 1 Tbls. [Oregano Essential Oil](#)

Stir it up in the bath water - it should be clear.

Bathe as normal - stay in the tub for at least 15 minutes.

Dry Skin Brushing for the Lymphatic System

Our lymphatic system is our body's [Immune System](#). The lymphatic fluid can become sluggish over time and dry skin brushing can be a lymphatic stimulant. Skin brushing helps exfoliate and invigorate our skin too. It increases our blood supply to the area bringing with it nourishment and oxygen.

Our circulatory system has its own pump (our heart) to move our blood through our bodies but our lymphatic system does not. It relies primarily on our movement to assist it. Typically, the more active we are the better condition our lymphatics are in. Skin brushing helps move our lymph fluid and gives us a jump-start on our health.

Supplies:

- Natural bristle brush (do not use synthetic)
- Shower

Directions:

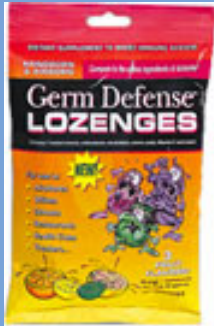
Always use a dry brush. Using a light touch make long strokes towards the heart, except on your abdomen where your strokes should be towards your groin. Start with your arms and work your entire body ending with your toes. Shower and enjoy the day!

If you use a loofah pad instead of the natural bristle brush, place it in



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



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[Naturally Beautiful Me](#)

the washer and dryer prior to use the first time. This will loosen the fibers and make it more effective.

Caution:

Do not brush to the point of making your skin raw or sore. If irritation occurs you may be using too much pressure.

Feng Shui Detoxification Bath

- 2 Cups Sea Salt
- 2 Cups Baking Soda
- 4 Tbsp. [Ginger](#) Powder

Place all ingredients in a hot bath and bathe for 20 Minutes Drink plenty of water. This bath withdraws impurities from your body and helps you to feel better. This bath can be done 2 to 3 times in a week or as needed.

Gallstones (Liver Flush)

It is estimated that nearly half of Americans with gallstones do not have any symptoms. Symptoms of gallstones are often misleading but may include [Constipation](#), upset stomach, fatigue, [Hepatitis](#), and even [Diabetes](#). The symptoms can be so varied that gallstones are rarely thought of to be the culprit. Removal of your gallbladder does not exclude you from having gallstones either. They can still form in your bile ducts.

What Are Gallstones?

Gallstones are not truly stones. For one thing they float. The majority of gallstones are roughly 92-94% [Cholesterol](#), which is an oil.

Supplies:

- Fresh [Organic](#) apple juice ~ 1 gallon
- 1 pint (2-cups) cold pressed [Olive Oil](#) (DO NOT use heat processed)
- [Organic](#) lemons ' enough to make 1 cup of fresh juice

Optional Supplies:

- Netting or colander large enough to fit underneath toilet seat
- Rubber or disposable gloves

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- Pitcher of water
- Glass jar
- Pineapple juice

The Cleanse

Prepare for your cleanse by drinking all the fresh apple juice you desire for 1 day. The more juice the better, but only drink juice and water. No food. At 6:30 p.m. stop drinking.

Beginning at 7:00 p.m., drink ' cup [Olive Oil](#) along with 2 tablespoons of the juice from a fresh squeezed [Lemon](#). Repeat this process every 15 minutes until you have consumed 1 pint of [Olive Oil](#) and at least ' pint of [Lemon](#) juice. Finish off any remaining [Lemon](#) juice. Lie down and rest during this time and when finished go to bed.

Note: you may feel nauseous after consuming the [Olive Oil](#) but this should pass in a few minutes. If you still feel nauseous when it is time to consume your next ' cup, STOP, you are finished. Even if you have not consumed the entire amount.

Drape the netting or place the colander beneath the toilet seat and place a pitcher of water nearby. The water is to be poured over what you eliminate to wash the feces though the netting and leave the gallstones. Use your gloves to pick through the remains, remove and rinse the gallstones, and place them in your glass jar.

What to expect

You should expect to eliminate between ' cup to 2 cups of gallstones. They are usually green in color but may also be tan, [Black](#) or red. They may be as small as a seed or as large as a dime, quarter, or even larger.

Many people begin eliminating around 2:00 a.m. the next morning, and may continue to eliminate for a while. Some people don't begin eliminating until late morning. Many folks experience discomfort, [Headaches](#), flu-like symptoms and occasionally vomiting may occur. If nausea is experienced, drink a few small sips of pineapple juice.

If you want to save your gallstones, place them in the freezer since they will continue to disintegrate otherwise.

Reference: Are You Stoned? by Claude M. Lewis, D.C., Edith Hiett



and Leon Hiatt

Healing Salt Crystals

The easy-to-find ingredients for this wonderful bathing mixture help to relieve soreness and aching joints and muscles. Soothing and relaxing, Healing Salt [Crystals](#) draw out impurities from your body and deoderize, too!

With many of the healing properties of a seaside spa, this formula is perfect for the day after a strenuous workout, or for any time you need a little healing time-out. If you can't get away to the beach, you can at least relax in a tub with these lovely [Crystals](#).

INGREDIENTS

- 1 cup borax
- 2 cups Epsom salts
- ' cup coarse sea salt
- ' cup baking soda
- ' cup white [Clay](#)
- ' cup dried [Lavender](#)
- 10 drops [Lavender Essential Oil](#)

1.) In a large bowl, mix together the borax, salts, baking soda, and [Clay](#), then mix in the dried [Lavender](#), stirring with a wire whisk.

2.) Scent the mixture with the oil, mixing well with the whisk. Cover the bowl with a towel and leave overnight to fix the scent.

3.) In the morning, thoroughly mix again and package in jars, zip-seal or muslin bags, or envelopes.

To Use:

Add ' to ' cup healing salt [Crystals](#) to a tubful of warm water.

Hydrogen Peroxide Baths

Our bodies eliminate [Toxins](#) through four major organs: the colon (assisted by the liver), [Kidneys](#), lungs, and skin. Hydrogen peroxide baths help to cleanse and purify our skin. Hydrogen peroxide destroys [Toxins](#), organisms, and even pulls out the residues left by

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[Soap](#). In other words, it makes one of our major eliminators of [Toxins](#)-our skin-more effective.

Hydrogen peroxide does all this and is environmentally friendly too, leaving its only by-products: water and oxygen.

The first time you bathe with hydrogen peroxide, be sure to notice the residue left behind after the bath. You just might be amazed!

Supplies:

- 2 quarts hydrogen peroxide
- Bath tub

Directions:

Pour 1 quart hydrogen peroxide into a hot bath making sure to mix it well to avoid burning your skin. Be careful not to get any bath water in your eyes. Immerse yourself into the water and wait 5 minutes. If there is no reaction to your skin, add the second quart and stir well. Relax and soak for 20 to 25 minutes.

Caution:

If irritation occurs, rinse yourself off with clear water immediately. You may want to try again using 1 pint hydrogen peroxide. Women with vaginitis often experience temporary irritation and should begin with the lower dose. Always use caution when exiting a tub. Lightheadedness may occur.

Other Uses:

Hydrogen peroxide (3%) is excellent as a facial toner and as a mouthwash.

If you suffer from athlete's foot, try a nightly foot soak in 3% hydrogen peroxide until the condition clears.

Liver Detox Tea Formula

Adapted from The Tao of Detox, by Daniel Reid (Inner Traditions, 2006).

If you sometimes overindulge during the holidays, this tea formula



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can help to detoxify a sluggish system, improving [Circulation](#) of blood and energy to the liver.

INGREDIENTS

- 10 g [Dandelion](#) root
- 10 g [Burdock](#) root
- 5 g [Fennel](#)
- 5 g [Ginger](#)
- 5 g [Milk Thistle](#)
- 2 g [Mugwort](#)

Mix the dried [Herbs](#) with 1 1/3 quarts of pure water and bring to a boil in a non-aluminum cooking pot. Simmer slowly for about 20 minutes, then remove from heat and let stand for 10 minutes.

Strain into a bottle and take 1/4 cup to 1/2 cup of warm tea, 3 times per day.

Extra tea may be kept fresh in the refrigerator, but each dose should be warmed up before drinking.

Natural System Detox Recipe

****Note:** Be sure to check with your doctor to make sure you are in good enough health to do an intensive detox and fast before beginning this plan.

This is a maple syrup detox recipe I have used. The first time I added the [Cayenne](#) to the drink and I thought my mouth was going to burn off!!! (I'm a light weight) I now make my own [Cayenne](#) capsules and it works great. I drank this mixture 3 times a day and lots of water, no food. I also lost 8 pounds during the 10 days. And I didn't feel hungry.

It is recommended that the master cleanser lemonade cleansing diet recipe be followed for a minimum of 10 days or more. It has all the nutrition needed during the body cleansing. Following the lemonade cleansing diet three to four times per year will do wonders to detox the body and keep it healthy.

The [Lime](#) or [Lemon](#) juice recipe is as follows:

- 2 Tbsp [Lemon](#) or [Lime](#) juice (approximately 1/2 [Lemon](#))

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- 2 Tbsp genuine maple syrup (not maple flavored sugar syrup)
- 1/10 tsp [Cayenne Pepper](#) red [Pepper](#)) or to taste - Water - warm

Combine the juice, maple syrup, and [Cayenne Pepper](#) in a 10 oz. glass. Fill with warm water. Cool water may be used if preferred. Only freshly squeezed lemons or limes (preferably [Organic](#)) are to be used in the [Lime](#) or [Lemon](#) juice recipe. Being a balanced form of positive and negative sugar, pure maple syrup must be used - not a substitute.

Follow the lemonade cleansing diet for a minimum of ten days - more if necessary. The cleansing diet has all the nutrition needed during this time. Three to four times per year will do wonders toward keeping the body in a healthy condition. The diet may be used more often for more serious conditions.

Sea Salt Bath

- Dead Sea Salt - 1 cups
- Sea Salt - 2 1/2 cups
- 2 TBSP of Ground Sea Weed
- 1 TBSP cup of Oatmeal
- 1 TBSP of Kelp
- 2 TBSP cup of Baking Soda
- 1 TBSP - Vegetable [Glycerin](#)
- 1-2 tsp of EO Blend of Choice

Thoroughly Mix all dry ingredients, then drizzle [Glycerin](#) and EO's over them. Mix them well and store in an air tight container for several days prior to use. Mix well.

Add 1/4 cup or more under running water. Light a [Candle](#) or [Incense](#) and Enjoy.

Sea Salt Detox Bath

Fill the tub with water

- 1/2 cup sea salt
- 1/2 cup of baking soda
- 1/2 cup of Epsom salt
- 1/2 cup of peroxide
- 1 cup of apple cider vinegar
- 1 tablespoon of [Oregano](#) oil

Add to bath water, stir until dissolved. Bath in water for at least 20 minutes

A Detoxifying and Uplifting Milk Bath

Ever wish you could afford to pamper yourself like the celebrities do? There's no need to dish out your dough to exclusive spas when you can feel like a movie star right at home! This alluringly fragrant milk bath will delight your senses, uplift your mood and clear out the [Toxins](#).

What You Will Need:

- 3 Cups Powdered Milk
- 1/4 Cup Oatmeal (ground into powder)
- 1/3 Cup [Almond](#) Meal (ground into powder)
- 1/3 Cup Baking Soda
- 1/3 Detoxifying and Uplifting Aromatic Blend *10 drops [Lemongrass](#) essential oil
- 9 drops [Grapefruit](#) essential oil
- 7 drops [Geranium](#) essential oil

Prepare your Detoxifying and Uplifting Aromatic Blend by pouring your essential oils into a 10-ml bottle and then adding an [Organic](#) vegetable oil to fill.

- Combine all the ingredients and mix well.
- Store in an air tight container until ready to use.
- Scoop 1/3 of the mix into a muslin bag or even a facecloth.
- Tie closed securely with ribbon or a rubber band.
- Attach the bag to the faucet, allowing the warm water to run over the bag. Add 1/3 of the aromatic blend to your warm bath water and indulge! Soak for at least 15 minutes, deeply breathing in the delightful floral citrus fragrance.

Yield 3 baths.

Cayenne Pepper Tincture Drink

This recipe comes from a little Booklet called “Master Cleanser”.

Squeeze a 1/2 fresh [Lemon](#) and add 2 Tablespoons Grade B Maple Syrup, and a dropper of [Cayenne Pepper](#) Extract or 1/4-1/2 teaspoon

[Cayenne Pepper](#) Powder to 2 cups hot (almost boiling) Water.

This is a great drink for appetite suppression or fasting. Drink it in the morning and you'll be good to go for hours.

Zesty Lemon Detox Tea - Recipe

By Cait Johnson, Assistant Producer, Care2 Healthy Living Channels

This recipe was designed as a cleansing tea to stimulate processing of excess fats in the body, rev up [Circulation](#), and provide essential [Antioxidants](#), [Vitamins](#), and [Minerals](#) - a perfect blend of nutrients. It's a great aid in undoing the effects of holiday over-indulgence, and Annie says she was given the same tea by a helpful friend after she was exposed to toxic chemicals. But it tastes so good, you'll want to come back for seconds: we had a crock-pot filled with it for a recent women's workshop and it was gone in no time!

This is a great recipe that really gets around - and it's so easy to prepare.

INGREDIENTS

For each serving:

- Enough freshly-boiled water to fill your teacup or mug
- 1 tablespoon real maple syrup
- Freshly-squeezed juice of half a [Lemon](#)
- [Cayenne Pepper](#) to taste

Simply stir ingredients together in your mug or cup. Be careful with the cayenne: a little goes a long way.

HELPFUL HINTS: We've recently learned that this recipe was originally formulated by Stanley Burroughs, creator of the Master Cleanser Diet. It's such a great recipe that it crops up everywhere; I first received it from a friend.

Herbs for Detoxification

Internally

- [Birch](#) (leaves)

- [Dandelion](#)
- stinging nettle (leaves collected while in flower)

as an infusion

Externally

- [Pine](#) (needles) - in a bath
- [Sage](#) (leaves) - as a compress
- [Thyme](#) (leaves) - as a compress

How to make an alkaline broth

As a cleansing or general health measure, some people drink an alkaline broth. The broth is rich in minerals and helps balance the pH of the body, promoting cleansing of all the tissues in the body.

Here is the recipe:

Ingredients:

2 cup carrot tops
2 cups celery tops
2 cups beet tops
2 quarts distilled water
3 cups celery stalk
2 cups red skinned potato peeling 1/2 inch thick
1 small zucchini
Chop all vegetables into very fine pieces.

Place them in the water and bring to a boil with the lid on. Lower heat and simmer for 20-30 minutes. Strain and drink the broth. This broth will keep for 3 days in the refrigerator. It may also be made in larger quantities and frozen.

Healing Detox Juice

Serves 2

A sweeter, more subtle juice which still packs a nutritional punch! The combination of the carrots, spinach and parsley provides an excellent source of antioxidants, while the celery lends its cleansing properties.

Ingredients:

3-4 Carrots
125 g Fresh Spinach
Handful of Flat Leaf Parsley
2-3 Sticks of Celery

Juice all ingredients (putting celery through last). Mix with water to taste or drink neat (your preference).