**Detoxing Info**

**Compiled by Maryruth Dilling of Kindling Dreams**

We live in a very toxic world. No matter how ‘clean’ our own home and diet, we are negatively affected by toxins in the world around us. This could be fluoridated water, personal care products, GMO products we consume (processed foods), cleaning supplies, perfume worn by others, or chem trails sprayed in the sky.

For our body to heal, we need to rid it of toxins to the best of our ability. ‘Detoxing’ is not a one-time event, but a way of life, as we are exposed to toxins daily.

Points to remember when detoxing:

* The elimination pathways must be opened so the toxins are not reabsorbed but eliminated from the body. (This is why the order below is important to follow.)
* Lemon water 30 minutes before breakfast can go a long way to helping the overall body to detox.
* Epson salt baths (Epson salt, sea salt, and baking soda), mixed with an essential oil, can also be an overall good detox protocol. If you do not have a tub, you can use a foot soak instead. Twenty minutes in water as hot as you can stand it. You can use a cool cloth on the back of your neck if you are sensitive to heat.
* Detoxing can be done in a faster matter through a juice fast, but this can cause a healing crisis. Sometimes it is better to go slow. Switching to an all-organic diet can also be very effective in detoxing in a short amount of time, with less risk of a ‘healing crisis.’

I often recommend starting the process by drinking dandelion root tea 3-4 times a day for 3-4+ weeks, depending on how toxic a person is. The more toxic, the longer they need to drink the dandelion root tea before moving on to detoxing for parasites and mold. Heavy metal detoxing needs to be done last, and under the care of a natural health professional.

**Detox Pathways**

1. **Clean colon**
	1. Healthy diet with plenty of fiber
	2. Exercise
	3. Magnesium (stimulates BM)
	4. Peppermint (bloating)
	5. Fennel Seed (flatulence, indigestion, balancing acidity)
	6. Cayenne (waste removal, improves absorption
	7. Oregano (anti-parasitic, anti-fungal)
	8. Cascara Sagrada (laxative, improves elimination)
	9. Senna Leafs (improves elimination, removes worms/parasites)
	10. Dandelion –(Improves healthy flora, detoxes liver and increases bile to gallbladder)
	11. Black Walnut Hulls- (improves BM, light laxative, kills worms/parasites)
	12. Golden seal (balances gut flora, antiseptic/anti-fungal)
2. **Clean kidney, bladder,**
	1. Healthy diet
	2. Plenty of clean water
	3. Exercise
	4. Herbs
		1. Goldenrod
		2. Chanca Piedra
		3. Hydrangea Root (helps discourage kidney stones)
		4. Horsetail – increase urine output
		5. Celery root – diuretic
		6. Uva-Ursi – Good for infection, tones the kidney tract
		7. Dandelion Root – diuretic, promotes waste elimination
		8. Parsley- diuretic, reduces toxin build in kidneys
3. **Clean liver**
	1. Borotutu Bark (Most powerful, antioxidant, supports digestion)
	2. Milk thistle seed (cleans liver and gallbladder, helps detox from alcohol, regeneration of damaged liver tissue, stimulates bile production, improves digestion)
	3. Chanca Piedra (improves elimination, aids in kidney stones)
	4. Dandelion Root (cleans liver, stimulates bile, helps fight fatty liver, cirrhosis, estrogen dominance)
	5. Turmeric (Protects and regenerates liver cells)
	6. Peppermint (Stimulates bile, helps break down fats, inhibits blockage in kidneys)
4. **Clean lymph nodes**
	1. Rebounding
	2. Massage
	3. Dry brushing
	4. Go braless (women) as much as possible
5. **Parasite cleansing**
	1. Clean up diet
	2. Pumpkin seeds (paralyzes worm)
	3. Garlic
	4. Wormwood
	5. Papaya seed (combine with honey for a week)
	6. Pineapple
	7. Diatomaceous Earth (food grade) ‘DE’
	8. Bentonite clay (1/2 tsp/day in glass of water for 2 weeks, then 1x wk)
6. **Chemical and heavy metal cleansing**
	1. Clean up diet
	2. Eliminate food sensitivities
	3. Sauna therapy (Infrared)
	4. DMSA
	5. DE, EDTA, Bentonite clay, activated charcoal

**Good resources for more information:**

<http://drhyman.com/blog/2010/05/19/how-to-rid-your-body-of-mercury-and-other-heavy-metals-a-3-step-plan-to-recover-your-health/>

<http://www.natural-cure-remedy.com/heavy-metal-detox.html>

For more information on this or other health topics, please contact Maryruth at kindlingdreamsllc@gmail.com.