



DETOX POWER HOUR

*Tips &
Notes:*

This simple, but powerful at home detox protocol can be completed in as little as 60-minutes. It includes one lymphatic treatment (dry brushing,) one nervous system treatment (massage,) one for the skin (sweating,) and one for the liver and colon (coffee enema.) It opens up your bodies innate detox pathways and helps your body effectively eliminate toxins to improve health.

**Prepare Coffee Enema before you begin so it can cool by the time you're ready to start it at step 4.*

STEP 1 | 5-10 minutes

Dry Brush: This will begin to get your lymphatic fluid moving and prepare you to release toxins safely out of the body. *General rule: always brush towards the heart.*

STEP 2 | 5-10 minutes

Self-Massage: This will calm the nervous system and improve detoxification through the skin, by stimulating the circulatory and lymphatic systems. With sesame oil, massage the body following the same directions as dry brushing. *Note: You can also massage your head, face, hands, feet and ears to stimulate the parasympathetic nervous system and for an extra calming effect.*

STEP 3 | 20-40 minutes

Sweat: The skin is the largest organ and sweating is one of the easiest ways for your body to remove toxins. Choose from a sauna, infrared sauna, steam or hot bath This will enable you to easily sweat out those mobilized toxins from your body.

Notes: If using steam or bath, ensure water isn't chlorinated or with fluoride. If possible, use a high-quality water/shower filter to eliminate toxins from the water/vapors. Towel your body off well immediately after to prevent reabsorbing toxins from the sweat back through the skin.

STEP 4 | 15-20 minutes

Coffee Enema: Begin your coffee enema that should have already cooled down to room temperature if you brewed it before you started this detox hour. This will speed up liver detoxification and eliminate toxins through the colon.

You can complete this healing detox hour once a week or even just once a month to enjoy the hundreds of benefits. Be sure to hydrate well after, you can even add a pinch of salt and squeeze of lemon for enhanced benefits.

NOTE: Do not complete this detox hour if you are sick with an acute infection.

