

ADJUNCT THERAPIES

Please spend at least 10-15 minutes each day with bare feet on the ground (on grass, rock, dirt or sandy area - concrete doesn't count) to properly repolarize the electromagnetic energy of your body.

Take at least a **30-minute brisk walk** in the sunlight without sunglasses, regular glasses or contact lenses.

Getting a **massage** during a fast or cleansing diet is an excellent idea. One is more typically more limber and less tender to deep work during a cleanse, and also more open to intuition. One can often make breakthroughs in emotional holding patterns while benefiting from the lymphatic drainage and detoxification stimulated by many forms of massage. This is also a great time for energy massage such as **shiatsu, acupressure, polarity therapy and Reiki**. The body is also more responsive to traditional **acupuncture** during a cleanse.

DETOX BATHS

The following baths help in the removal of environmental toxins, heavy metals and radiation, all of which can be a low-grade and continuous drain on the immune system and general body functioning. The baths are best taken before bedtime.

For those who have not detoxed before, it may be best to start with lesser amounts (i.e. ½ - 1 cup each of salt and baking soda.)

Each of the following baths should ideally be taken once weekly during these 3 weeks, so that you would be soaking 3 times/week. Remember to dry brush before the bath. Always end any bath with a shower of cooler water.

1. **Salt & Baking Soda:** neutralizes gamma radiation (from X-rays, fluorescent lights, etc.) and clears lymphatic congestion. May bring out temporary rash from elimination. Dissolve 1 pound of each in a tub of water that is as hot as you are comfortable with. Soak 20-30 minutes. Rinse off.
2. **Raw Apple Cider Vinegar:** good for eliminating both carbon monoxide and diphenyl oxide from gasoline exhaust, and to help clear infections. Add 1 quart to tub of hot water. Soak 20-30 minutes. Rinse off.
3. **Epsom Salts:** Clears lymphatic congestion, removes heavy metals and radiation. Add a 4-pound carton to tub of hot water. (For greater effectiveness, also add 1 cup apple cider vinegar, 1 tablespoon cayenne pepper and 2 tablespoons ground ginger. Another variation is to add 20 drops Eucalyptus oil.) Soak 15-30 minutes. Rinse off.