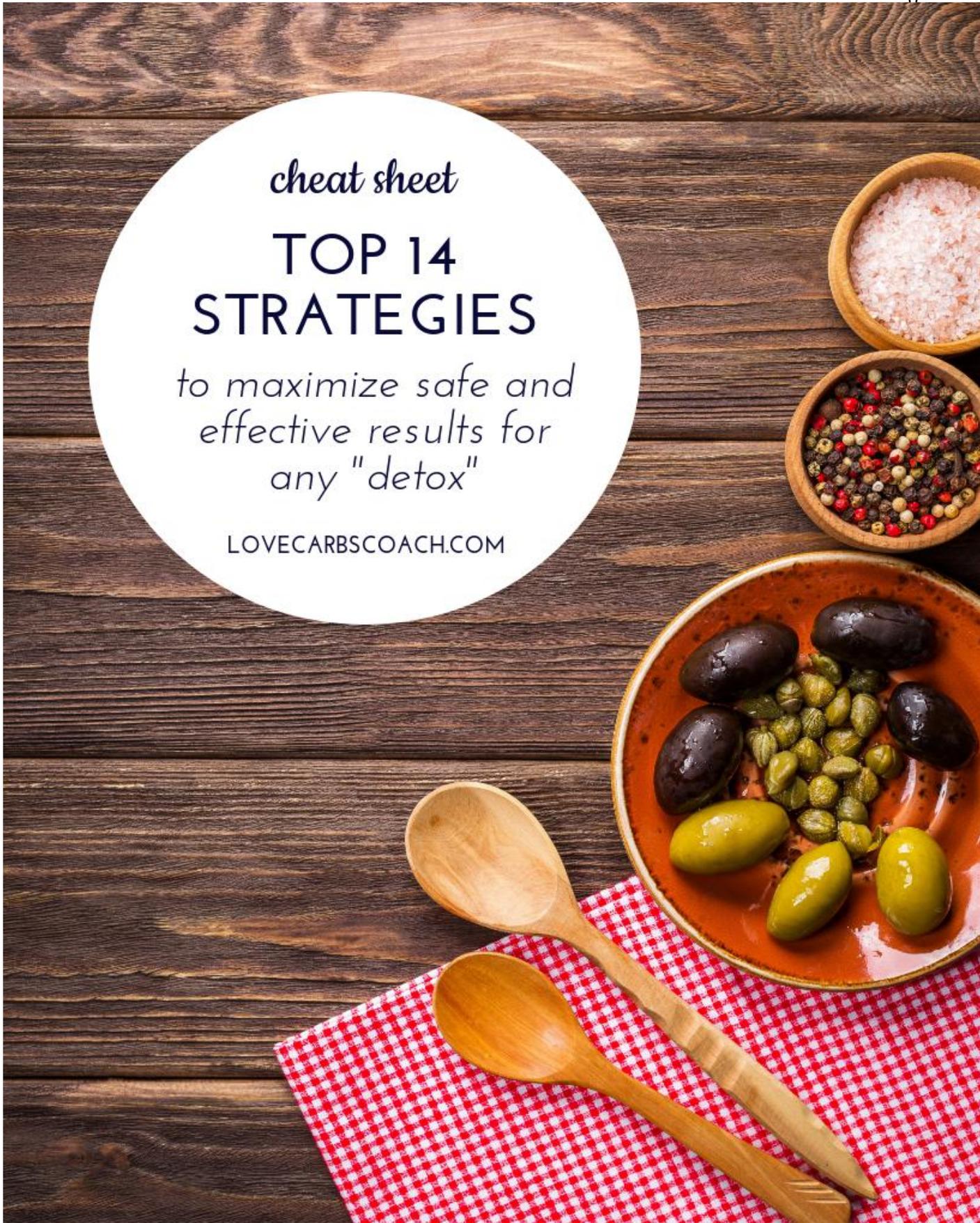


cheat sheet

TOP 14 STRATEGIES

to maximize safe and effective results for any "detox"

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14 Strategies to Maximize Safe and Effective Results for Any “Detox”

1. Water - Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the fall and winter, it can be especially helpful and detoxifying to drink warm water.

2. Lemon Water - This is a gentle yet effective way to support the liver (your hard-working detoxifier), kidneys, and colon, and can help to alkalize the body. It assists in breaking up mucus and provides energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice. Make lemon water simply by squeezing the juice of 1/2 a lemon into a glass of water. I especially love hot lemon water in the morning.

3. Body Brushing - This is one of the best ways to stimulate the lymphatic system. This is beneficial because it assists the lymph nodes in keeping blood and other vital tissues detoxified. It's energizing, removes dead skin, stimulates circulation, and can strengthen the immune system. To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in long strokes towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2-3 minutes prior to your shower is fine.

4. Reset and Cleansing Elimination Bath - Each evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels, go under the covers, and sweat some more. You should feel very relaxed and sleep soundly.

5. Exercise - Moving should be a key component to any program. Tune into to what kind of exercise feels appropriate, rather than just doing what you usually do or what you think you should do. Walking, yoga, swimming, tai chi, hiking, biking, and strength training are all great ways to get moving.

6. Fiber - Getting additional fiber as we do this program is vital to supporting the colon in its role of toxin elimination. In addition to lots of fresh vegetables, ground flax seeds and chia seeds are recommended. You should be eliminating 1-2 times per day.



Cleansing Meditations

7. Chewing Meditation

As you enjoy a meal, take the time to chew each bite fully, 30-50 chews per bite. The objective is to liquefy your food. Focus on the taste and texture and how they might change and sweeten the longer you chew. Go slowly and really savor the experience. The added

benefit of this meditation is improved digestion. Don't forget to chew your soups and smoothies!

8. Savoring Simplicity

This is a bit more general, but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods. Spend at least a full five minutes with each simple food.

9. Breathing Meditation

This is a wonderful one that will calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10-20 breaths.

To practice: Close your eyes, place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to deepen the breath, taking 10-20 slow deep conscious breaths deeply into and out of the belly. Do this meditation often.

10. Visualization

Now is a wonderful time to put attention on what you would like to bring into your life and one of the most powerful tools you can use is images. By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want. If creating images in your mind is difficult, cut pictures out of magazines or other media that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want. When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes. It sounds a little woo-woo but hey, what have you got to lose? I have my vision board in my walk-in closet.

11. Gratitude Meditation

So simple yet immensely powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Sit quietly with your eyes closed and meditate on all that is good in your life. If you are having trouble finding something good, simply feel gratitude for the gift of breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items after or before meditating on them. Do this for as long as you want. You can also do this while walking in nature.

12. Walking Meditation

With walking meditation, the intention is on fully taking in the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This can be a great meditation if you have trouble sitting still.

■ ■ ■ Breathing

Two wonderful breathing exercises that are truly “detoxifying” techniques:

13. Sounding Breath is done lying on the ground in the corpse pose, letting all your limbs relax. Exhale completely and then slowly draw in your breath through the nose. As you inhale, feel how your lungs and abdomen fill up. As you exhale, contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow.

14. Sitting Breath is done while sitting, so it can be done at any point. Exhale with a deep sigh in order to reset your diaphragm. Then breathe slowly through your nose for a count of 7, and hold your breath for a count of 7. Then for another count of 7, exhale through your nose. Repeat this three times, and this will help calm your spirit and relax your nerves.

The benefits of doing Pranayama (breathing exercises) every morning (or evening) for 20 to 25 minutes include:

- Increases lung capacity and improves breathing efficiency
- Improves circulation, can help improve blood pressure and improves cardiovascular efficiency
- Boosts the immune system and enhances immunity
- Increases energy levels and gives lots of positive energy
- Strengthens and tones the nervous system
- Combats anxiety and depression and improves sleep
- Improves digestion and excretory functions
- Provides massage to the internal organs, stimulates the glands and enhances endocrine functions,
- Helps to normalize body weight and provides great conditioning for weight loss

■ ■ ■ Power of Breathing

Undoubtedly, the most important component to human health and vitality is oxygen. In fact, human life would not be possible without it. Oxygen produces ATP (adrenosine triphosphate) and without ATP, our bodies would immediately shut down. When a person breathes, there is an exchange of carbon dioxide and oxygen. The oxygen, which is taken in by the body from the atmosphere around us, is picked up by the hemoglobin in the blood and distributed to all of the body's trillions of cells where it is then used to fuel the cells and release energy (ATP).

In addition, the makeup of the human body is largely composed of the element oxygen, especially factoring in that water is composed of 33% oxygen.

It's clear then that optimal oxygenation of your cells through proper nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health and create a vital life.

I learned so much about the benefits of deep breathing when I did my yoga teacher training. It's incredible that so many of us go the whole day without taking one, single deep breath! Start now: breathe in...hold for a count of 2....and breath out completely. Repeat as necessary 😊

"Improper breathing is a common cause of ill health. If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There is no single more powerful - or more simple - daily practice to further your health and well being than breathwork." Andrew Weil, M.D.