



## All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

---

# PROMOTING DETOXIFICATION

Integrate as many of these habits as often as possible. If you have any health concerns, are pregnant, or notice more significant symptoms after implementing these practices, please connect with your healthcare provider before continuing.

- Minimize exposure to toxins in your day-to-day life (cleaning products, personal care items, plastics, etc.).
- Drink enough clean water or herbal tea to keep your urine pale yellow.
- Get adequate sleep.
- Eat a plant-based diet rich in fibre.
  - Incorporate onions, garlic, leeks; mustard greens, collards, kale, chard; sea vegetables; daikon radish, turnips, beets; berries, pomegranate; turmeric, rosemary, cilantro; ground flax and/or chia seeds.
- Eat slowly and chew thoroughly; avoid reading or watching TV while eating.
- Exercise thirty to sixty minutes daily at any intensity.
- Practise deep breathing and mindfulness: e.g., daily for fifteen minutes; three minutes each hour.
- Cleansing teas (any combination of the herbs below; these can be consumed hot or cold; other herbs can be added to modify the taste or action as desired; teas are best made at a concentration of about 1 Tbsp dried herb to 1 cup of water).
  - Roots (bring to a boil and let simmer ten to twenty minutes)
    - *Arctium lappa* (burdock root)
    - *Silybum seed* (milk thistle)
    - *Taraxacum officinale* (dandelion root)
  - Leaves and flowers (pour boiling water or root tea over the herb and let sit until cool)
    - *Trifolium* (red clover)
    - *Gallium* (cleavers)
    - *Urtica* (nettles)
- Enjoy daily dry skin brushing, saunas, castor oil packs, alternating showers, and/or constitutional hydrotherapy (see below). These practices encourage movement of body fluids through the organs of detoxification.



## All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

---

### Dry skin brushing

Brush your entire skin surface *very lightly* with a dry, natural brush/loofah. Making small circles, and moving always towards the heart, try to cover as much of your body as you can, including the soles of your feet and the palms of your hands. The entire exercise should take no more than one minute. The goal is less to exfoliate and more to stimulate the movement of the lymphatic fluids and blood. The whole procedure should take three to five minutes, and is most conveniently done when undressed before bathing.

### Alternating showers

Generally, shower in slightly warm water, as opposed to hot, in order to decrease dehydration due to open pores. At the end of your shower, increase the water temperature so that it is hot, but bearable, for two minutes. Finish your shower at a temperature that is as cold as possible, but bearable for one minute. During the hot and cold phases, direct the stream of water at the middle of your back.

### Home constitutional hydrotherapy

Take a hot bath (you can include various essential oils, herbs, or Epsom salts appropriate for you). After exiting the bath, wrap your entire torso in a sheet soaked in cold water; it should be as cold as you can stand it, and wrung out so it is not dripping. Go to bed under warm blankets; stay well wrapped up until you are warm.

### Saunas

Sit in a sauna for fifteen minutes or as long as it takes to develop a fluid sweat. Take a cold plunge bath, or shower briefly, then re-enter the sauna. Do up to four cycles, always finishing with cold. Make sure you consume plenty of water throughout.

### Castor oil\* packs

Fold an old towel or shirt so that it covers the abdomen and lower rib cage. Soak the pack in cold-pressed castor oil so that it is well saturated but not dripping. Apply the pack to the area and cover with a rubber hot water bottle. Leave in place and rest for thirty to sixty minutes. This is a great opportunity to practise deep breathing. Leave any remaining oil on the skin to be absorbed, or you can make a paste from baking soda and water to clean the area. The pack need not be washed; store in a glass container for the next use; simply ensure saturation before reapplying. **\* Castor oil stains; make sure you protect your linens and upholstery.**