

Longmont Healing Arts Clinic

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THE 5 PATHWAYS OF ELIMINATION

The Colon:

Elimination via the bowel is very important during any detoxification therapy. Colonics, enemas, light laxatives and abdominal massage (always clockwise, following the path of your large intestine from right lower quadrant up and around to left lower quadrant) aid in elimination via the colon. Drinking increased amounts of water is also extremely important.

The Kidneys:

Increased urination is common during detoxification therapy and is highly beneficial. If you are not urinating at least 5 times per day, YOU ARE NOT DRINKING ENOUGH WATER!! Diuretic teas are also beneficial such as Dandelion. Also – asparagus, fennel, celery and parsley. But remember – WATER is the BEST diuretic!

The Lungs:

There is nothing that purifies the body better than good ‘ole oxygen. So – BREATH!! Take some time to do light yoga, meditation or breathing exercises every day. If you do not have a practice established – sit comfortably on a chair or cushion. Close your eyes. Take a deep breath. Imagine the air filling your lower abdomen first. Expand your belly. As you continue the inhale, fill your solar plexus (the area right above your navel) and then finally expanding your chest like an accordion, feel the breath reach the tip of your lungs at the shoulders, while keeping the shoulders down and relaxed. Breathe in as much air as you can and hold it at the top of your breath for a few seconds. As you exhale, concentrate on keeping your belly expanded as you let the air out of the top of your lungs first, relaxing your chest and then finally relaxing your belly. Exhale all of your breath, giving one or two forceful breaths at the end to make sure the air is completely out, holding your breath at the bottom of your breath for a few seconds. As you breath in - imagine cleansing oxygen molecules, pure cleansing white light or energy being brought into your body; and as you exhale - envision the letting go of carbon dioxide, the used metabolites, the toxins, darker air, any unhealthy energy or anything that may have benefited you in the past but needs to be let go of in the present. Practice this for 5 minutes in the morning during your detoxification therapy. Of course, if you can practice more – Yippee!! Also – check in with yourself throughout the day. “Am I breathing? Am I using as much of my lung capacity as possible at this moment?” Walks in the fresh air are wonderful during detoxification. Be careful not to over exert yourself.

Strenuous exercise (although a beneficial way to increase oxygen consumption generally) is not recommended during a fasting detoxification therapy.

The Skin:

Toxic metabolites are excreted through the skin via sweat. Steams, saunas and hot baths are recommended during detoxification. A word of caution: if you are fasting, please be careful of extreme heat and sweating. It is very easy to become light headed and to faint. Always have water handy and drink, drink, drink. For baths – Epsom salts are best. A quick lesson in osmosis – fluid goes to where there is a higher concentration of molecules. So if it is very salty on the outside, water (with its toxic metabolites) will be drawn out of your body. It is as simple as that! So salt your bath water. You may also add liquid bentonite clay (also draws water and toxins towards it), essential oils and teas. Remember to always take a cold shower after a steam, sauna or hot bath. The heat dilates the blood vessels, bringing the healing blood to the tissues and the cold will constrict the vessels, shunting the toxic metabolites away. The hot/cold contrast therapy acts as a pump and facilitates detoxification. Dry or wet lufah brushing is also a great way to open pores and to exfoliate skin for better excretion of sweat.

The Lymph and Blood:

The lymphatic system and the circulatory system bring oxygen, nutrition and healing cells to the tissues in the body and take waste, metabolites and toxins away. During detoxification, regular lymph drainage massages are highly beneficial. Contrast hydrotherapy as previously mentioned acts as a pump to increase lymph and blood circulation. If poor circulation is a problem, an herbal protocol to increase lymph and blood flow is highly recommended during a detoxification program.

SUMMARY:

The Colon – colonics, enemas, laxatives, abdominal massage

The Kidneys – WATER, diuretic teas and diuretic food

The Lungs – yoga, meditation, breathing exercises

The Skin – steam, sauna, hot baths, contrast hydrotherapy, lufah

The Lymph and Blood – massage, herbal circulatory tonics

NOTE:

The liver is the most important organ in detoxification and must be supported during any detoxification program.

- **Foods** - beets, artichoke, onions, garlic, leeks, shallots, mustard greens, beet greens, collard, kale, chard, sprouts, romaine lettuce, sea vegetables, daikon radish, turnips, figs, apples, bananas.
- **Botanicals** – milk thistle, barberry, oregon grape root, gentian, rosemary, artichoke leaves, licorice, ginger, wild yam, dandelion root, red clover flower, burdock, yellow dock, alfalfa leaf.
- **Supplements** – The vitamins A, B3, B6, C, and E, beta-carotene, the amino acids L-cysteine and L-glutamine, and components known as glutathione and phospholipids.