

# Longmont Healing Arts Clinic

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## DETOXIFICATION AIDES

### Castor oil packs

The castor oil pack is a \$10-a-year immune system booster. It has great potential for persons throughout the world who cannot afford expensive modern health care, as well as for those who can.

Physiological Effects of Castor oil:

- *Improves eliminations* in the gastrointestinal and genitourinary tracts; stimulates peristalsis; maintains the mucous membrane lining
- *Improves assimilation* in the gastrointestinal tract; balances acid secretion in the stomach; stimulates liver, pancreas and gall bladder secretions; etc.
- *Improves Coordination* of the functioning of major organs, glands and systems; stimulates the nervous systems; regulates metabolism; etc.
- *Improves Lymphatic Circulation*
- *Draws acids and infection out of body*

Spread castor oil over liver area or entire abdominal region. Wrap your trunk in plastic. Lie down (castor oil may leak out so be sure to be on old sheets, etc.) and put a heat source on top of plastic. Hot water bottles are best. Heating pad is O.K. Remain in place for 20 minutes to 1 hour. You may cleanse skin afterwards with a solution of 1 tsp baking soda to 2 cups water if you have any sensitivities.

### Herbal Enemas

Make a tea with 2 Tbsp chamomile to 1 cup boiling water, let steep for ten minutes. Add to 3 cups of warm or tepid water. The end product should be comfortably warm, not too hot (DO NOT USE BOILING HOT WATER) and not too cold. Lie on your left side, knees drawn up to your chest, with the filled enema back at least doorknob height. Shower rods work great. Gently insert the lubricated tip (with KY jelly, Vaseline, organic salves) and slowly let the solution enter the bowel over the next 5-15 minutes. Roll onto your back and massage the periphery of your abdomen counterclockwise beginning in the lower left corner. Roll onto your right side and continue gentle massage. If the bowel feels too full and uncomfortable or the urge to have a bowel movement is overwhelming, remove the speculum at any time and empty your bowels. Try to keep the water in the bowels for as long as possible (up to 15 minutes) while gently massaging as described above. At the end of the treatment, empty your bowels. You may feel most comfortable at least starting this treatment in a bathtub lined with a sheet or towels. As you become more comfortable with giving yourself enemas, lying on a covered bathroom floor may be most comfortable. Be comfortable and relaxed. Play music, light candles, do aromatherapy. Anything that will allow you to be relaxed and free from stress and anxiety.

Coffee enemas are also indicated if you want to stimulate the liver further. Make sure it is organic coffee. And be sure to also be taking Liver supplements/herbs for Phase II detoxification. Make one cup of coffee and dilute it with three cups of warm or tepid water. Follow directions above.