

My Top 10 Detox Tips



Welcome! Are you ready to up your Daily Detox Quotient? There's a lot of reasons that you should.

The thing is, we live in a dirty world. There's no avoiding it. If you eat, drink, clean, drive, breathe, use your smart phone and computer, well - if you're alive in this day and age, you are exposed to toxins on a daily basis.

And because I've been a holistic health practitioner for over 2 decades, I know that much of what worked 5 or 10 years ago, just doesn't cut it any more. We're more toxic. Sad, scary and true.

Our systems are self-healing. But if your system gets overwhelmed with toxins, it starts to break down. So detox can't be an occasional thing. It's got to be part of your lifestyle.

So in this booklet you will find practical information you can implement right away, for improvements in how you feel, how you look, and your overall health and well-being.

1 Water

If you're planning on dumping some toxins, you'll need to make sure you flush them out of your system. Water is the number one kidney remedy, and the kidneys are one of our most essential detox organs. Being under-hydrated by even a few percent can effect your metabolism, your concentration and your energy.

Plan on drinking about half your body weight in ounces each day. You can count herbal teas and a little seltzer, but not anything with caffeine or sugars, including juices.



Drink your water between meals. During meals, you want to keep fluids to a minimum, like a few ounces, to help optimize the function of your digestive enzymes.

For more on hydration see my video: "All About Hydration."

2 Detox Baths

Have you soaked yourself in a hot and steamy detox bath lately? It's such a soothing and

relaxing way to detox! Do this before bed, and your sleep will be deeper and more healing (see #3).

Here's my basic recipe:

2-4 cups Epsom Salts (you can find economical 5 pound bags at most drug and discount stores),

1-2 cups baking soda (Any commercial brand is fine, and despite what you may read elsewhere, it is aluminum-free),

2 cups of distilled white vinegar (no need to use your nice ACV for this!).

Dump them all in the tub with some hot water, and get in. You'll want to soak for at least 20 minutes, so bring a book, or put on some soothing music, and have a cup of herbal tea or some water, as the bath will generate some sweat, which you're not likely to notice in all that water. But you will when you get out, so get some fluids in while you soak.




fran sussman
HOLISTIC SERVICES

After your bath, it's ideal to rinse off briefly with a cool shower, then dry off, wrap up, and climb into bed.

I love to add essential oils to my detox baths. If you do this, please make sure you are using therapeutic quality oils. Many oils are not safe for direct absorption, and you will absorb a lot.

I recommend only Young Living or Well Scent. You can also buy oils from either line directly me.

Start with just a drop to make sure you tolerate the oil in this form.

I keep dozens of YL oils in stock so let me know if you are looking for something in particular. Or use my YL number to sign up for your own account: 56098. I usually have all the Well Scent oils on the shelf, as well.

My personal bath favorites are Valor, Sacred Frankincense, and Lavender from Young Living, or Balance or Renew from Well Scent.

Not a tub person? Try this as a foot soak instead.

3 Sleep

You don't want to charge your body with all this important detox work, and then not give yourself enough time to process it at night. So make sure you get to bed on time, and support yourself in getting a good night's sleep.



Sleep is when the body goes into its natural cycle of repair, regeneration and recovery. Getting enough sleep and good quality sleep are both key. And more and more research shows it's key to maintaining brain health.

Are you one of those people who wakes up to go to the bathroom every night? That's usually a sleep issue, not a bladder issue. If you are sleeping soundly, you will simply wake up in the morning with a full bladder.

Sleep in complete darkness, so that your pineal gland produces melatonin (taking it as a supplement doesn't get it to the brain). This is important for your immune system, as well as the soundness of your sleep. The slightest bit of light will STOP melatonin production for the night, so block all sources, including outside light, electronics with LEDs, and night lights.

Give your body a respite from electromagnetic frequencies, too: turn off your wi-fi at night. For most of us, this simply means flicking a switch or pulling a plug when you go to bed, and then simply turning it back on in the morning. Easy peasy, and it makes a big difference!

For lots more sleep tips, see my article, "Getting a Good Night's Sleep Naturally."

4 Glutathione

Glutathione is one of those supplements that gets a lot of attention in my world, because it is so important to every function in the body, including your immune system, your metabolism, and your brain. It can help flush out toxins and fight infection, and having a good supply is strongly anti-aging. Anyone with chronic illness is probably glutathione deficient.



The problem is, it's one of those supplements that's great in theory, but not well absorbed as a supplement. I've tested glutathione supplements for years, and most of them are very expensive, and simply don't work.

So... I am happy to say there is a form of glutathione that IS well absorbed, and tastes pretty tolerable to boot (THAT was a huge problem as well). The key is to make it liposomal, which simply means it's bonded to a healthy fat.

I use liposomal formulas a lot in my practice, particularly for Lyme Disease, because they work well with an impaired gut, can cross the blood-brain barrier, and can infiltrate biofilm.

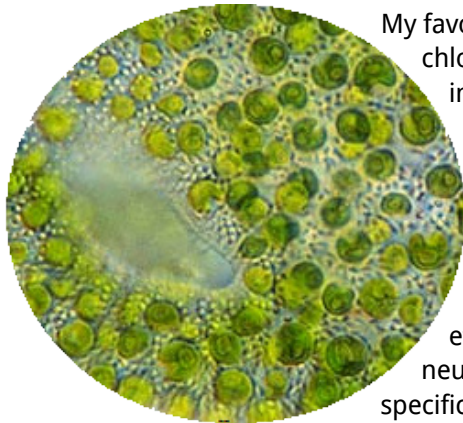
Glutathione from Upgraded Self is better tasting and more economical than others I've tried. Take 1 ml in the morning, at least 20 minutes before you eat. Even with the improved flavor, you probably want to take a gulp of your Bulletproof Coffee right after.

Pull up your big-girl panties and tough it out on the yuck factor: it's worth it to get this master anti-oxidant working for you so effectively!

5 Binders

Huh? you say. What are binders?

Once you start pulling toxins from your tissues, you need binders to, well, BIND with them, and make sure they move out of your body, and not recirculate and recycle back to where they came from. Yeah, that's a thing.



My favorite binder is chlorella, a super food in itself, with two unique superpowers. Chlorella binds heavy metals (like aluminum, mercury, cadmium, etc) and it binds neurotoxins (toxins that specifically effect your nervous system).

Two issues to be aware of with chlorella. One, about a third of people don't tolerate it well. If it makes you constipated, or any other symptoms, first try a larger dose, but if that doesn't work, stop. Two, much of the chlorella out there is junk, polluted with toxins and metals of its own, because it binds them in its original environment, if that environment is toxic!

So for myself and my clients, I will only use chlorella from 2 companies that I know are very, very careful about the purity of their raw materials: Prime, and BioPure.

Other binders include microsilica, modified citrus pectins, and a form of zeolite called ZeoBind, also from BioPure. Like chlorella, most zeolite out there is contaminated, so don't use it!

6 Detox Deodorant

This one is so simple, so inexpensive, and so invaluable. It's a cleansing deodorant you apply at night. While you sleep (that's when your body is doing the most detox, remember?), it works to pull toxins from your underarms, your breasts, the whole axillary area. There is good research showing the effectiveness of this approach, and this product.



Many of my clients find that using this consistently at night results in less body odor during the day. Often you won't even need to use a day time deodorant any more. But if you do, the same company makes some very nice ones. You can get both at Herbalix.com or from my office.

Oh please tell me you're not using those aluminum-tainted anti-perspirants... they are not only toxic in themselves, but prevent the normal release of toxins from the lymphatic system, increasing your risk of many illnesses, including dementia and breast cancer.

If you are, one of the best detoxes you can do right this minute is to dump those anti-perspirants in the garbage and never use one again. Instead, pick up a safe, aluminum-free deodorant, like Tropical Cove, when you buy your Detox Deo. In fact, mention my name and they will give you a free daytime sample.

7 Coffee Enemas

Hey, if Oprah and Dr Oz can talk about poop, why not move the conversation even further along, so to speak, and talk about coffee enemas? They are safe, cleansing and detoxifying, and really very simple to do. And you're at home, in private, and in control the whole time, unlike colonics.

I guess this time I have to tell you to pull those big girl panties DOWN!

Hey come on, laugh! Coffee enemas are easy, painless (in fact they help with pain), and neither messy nor scary, so once again I'm going to ask you to work through your yuck factor and give it a try.

An enema can be used once a week for health maintenance, more often if you are sick or constipated. I recommend trying them two days in a row, as the second day will almost always be easier, and more therapeutic. As always, check with your health care professional if you have questions or concerns. (But don't be surprised if your doctor knows nothing about it and therefore is less than supportive.)

While they will indeed empty your colon and intestines, the real value of coffee enemas is for liver and gall bladder health. Since the liver can get congested trying to remove all the toxins we're exposed to daily, this is an important support.

For specific directions and recommendations, read about them on my website.



8 Oil Pulling

I have more and more people asking me about this every day, and yes, I DO recommend it. You can do oil pulling while you're in the shower, walking the dog, watching TV, any time you don't need your mouth for something else! It will help with both cosmetic and health issues for your mouth.

How to:

Put about one tablespoon of coconut oil in your mouth. It will liquify very quickly. You can start with less if it skeeves you. Swish gently for 10-20 minutes, then spit it out in the garbage and rinse with water. Some people like to rinse with salt water, and you can try that if you like.

Do not spit the used oil in the sink! (it will harden again)



Do not swallow! (It is now full of nasty stuff. That's the point.)

You can also soften it over heat first, and add mint or other essential oils for flavoring and additional therapeutic

value, like my favorite Well Scent oral health products, "Just for Grins or Watch Your Mouth." You can even make big fancy flavored batches like this, pour them into an ice cube or candy mold tray, and save them especially for your oil pulling pleasure.

You can use sesame oil, if you prefer, but it doesn't have the same anti-microbial benefits as coconut oil.

Do oil pulling at least 3 times a week. I often get asked if it is still helpful to do it if you can't do it every day, or if you can't do it very first thing in the morning. Of course it is! Do what you can, as consistently as you can.

9 Move

Most adults sit between 8 and 12 hours a day. At 11 hours, you increase your risk of mortality by 40%! So get off your butt!



Research shows that how often you get up and move is more important to your overall health than infrequent intensity of short duration (in other words exercising a few times a week, or even daily, but sitting most of the day every day).

So MOVE, at least 3x a day, and hourly if you can. It doesn't have to be long. It doesn't have to be elaborate. You don't need equipment. You don't even have to leave your desk.

Stand up, walk, stretch, do burpees (also known as squat thrusts), knock out a few sun salutations, jump rope, jumping jacks, reach for the ceiling, reach for the floor... you get the idea. It can be easy or hard, intense or relaxing, one minute or one hour, but do something to get off your rump at least once an hour!

BTW, walking on the earth 30 minutes a day is a super detox. Pavement doesn't have the same beneficial effects on our bodies or our minds. Nature is a powerful detox! Read more about it here [www.fransussman.com/how-walking-in-nature-changes-the-brain-the-new-york-times/]

10 Let It Go

It's not just physical toxins that weigh us down. Toxic emotions have an impact too. Worry, resentment, anger, fear, grief, are all part of the human experience, but if we learn to move through them more easily, we will be both happier and healthier. Research backs me up on this.



Distracted, wired, and multi-tasking? You need to drop anchor, and take refuge.

Don't call it meditation if makes you uncomfortable. You don't have to be cross legged, chant, or sit ramrod straight without moving.

You can do something as simple as focusing on your breath for a few minutes. Set a timer, and just breathe. Every time you realize your mind has wandered again, simply bring it back to your breath. No muss no fuss. Any thoughts that come up, any distractions that occur, let them go, and just come back to your breath over and over again. You're not doing it wrong when that happens: that's the practice. Do this for as little as 3 minutes, or as long as you like, but set a timer for an audible cue, and don't watch the clock. Relax your focus and gaze softly at the floor, or shut your eyes. But don't fall asleep. That's not meditation. That's a nap.

Meditation lowers our stress hormones, and helps us be more resilient to the ups and downs of life. It actually helps rewire our brains, and has been shown to aid recovery from trauma.

For more of my tips on starting meditation practice read, "Meditation for Busy People."

Following is my personal favorite meditation, the one that got me to fall in love with meditating, rather than choking it down it like necessary medicine. It is called Lovingkindness Meditation, Metta, or Maitri Practice, and was taught to me by my yoga teacher, Nancy Gilgoff. Many people have told me they experience it more like prayer than meditation. Like I said, it doesn't matter what you call it. Just give it a try. You can find it other places with slightly different words and phrases, but I love these.

LOVING KINDNESS MEDITATION

There are four verses. You can repeat each one as many times as you like, or say them in sequence. Say or think each phrase on an out-breath.

"May I be filled with loving kindness

"May I be well (in body mind and spirit)

"May I be peaceful, and at ease

"May I be happy."

Verse 2: Say the same words for a teacher, mentor, or someone you love

Verse 3: Say the same words for someone about whom you feel neutral;

Verse 4: Say the words for someone that is difficult for you. Traditionally, one uses the same people in verses 2 through 4 for a long time, rather than changing them at each practice or within the practice.

I hope you found my detox tips helpful. You can use as many or as few as you like, jump in and start all at once, or go slowly.

Let me know if you have any feedback! I'd love to hear from you on my FaceBook page. What did you try? How do you feel?

Want more detox tips and lots more ways to support your body mind and spirit?

If you want me to customize a program for you, make an appointment to work with me one on one, either by Skype or in my office. My initial consultation is three hours: the first part to take a very thorough history (health, nutrition, medical, emotional, lifestyle, activity, stress level, sleep, family, etc), and review blood work, then do my very extensive "detective work", which includes looking at food sensitivities, environmental issues, and any underlying microbial problems, and finally, I will customize a program for you, including nutrition and supplements. You will end your first session with a good idea of what is going on, and how to get started feeling better.

I also offer online courses, which provide daily guidance, information and support from me, plus the energy and community of group discussions and support. **The Zen Vitality Detox** is not your typical detox: not just about taking stuff out of your life to get healthy. It's about so many good things you can add in, including clear nutritional guidance, tips and tricks to stay on track, and healthy treats. My course on **Resilience: Thriving through Illness and Recovery** comes out of my personal experiences navigating chronic Lyme Disease, trauma, and breast cancer, and emerging with full health, happiness, and vitality.



Both classes, "The Zen Vitality Detox" and "Resilience: Thriving through Illness and Recovery" provide multiple tools that have huge payoffs for body mind and spirit. Participants consistently call Fran's teaching "transformative" and "life changing".