

Drainage

Getting ready for a detox

Fundamentals for drainage- A Healthy Liver

A healthy liver is fundamental for moving toxins from the body. The liver creates bile for the purpose of emulsifying fats and neutralizing stomach acid. If someone has low HCl, acid reflux or GERDS, this is often a sign of a sluggish or toxic liver. Many people attribute digestive disorders to gut issues when it actually stems to good liver health. Supporting and cleaning toxicity from the liver is one of the most important things someone can do for their health.



Liver support

First things first.

Coffee enemas are one of the most powerful ways to clear bile ducts, support natural glutathione levels and clean up liver toxicity fast. That being said, it can unleash some store toxins. I personally recommend taking 2 BileMin (Apex Energetics) or 2 KL support (Cell Core) 1 hour before a coffee enema to support the liver and kidney function and 2 biotoxin binders (cellcore) 30 minutes prior to the coffee enema. If you notice an adverse effects after the enema, you can also take 2 biotoxin binders post enema.

Hydration

Before a detox protocol, real cellular hydration is needed.

The best way to hydrate is to do 4oz of water every 30 min alternating from distilled and mineral distilled. 96 ounces of water 7am to 7pm

Take 24 ounces and add 2 ampules of quinton Hypertonic, take 24 ounces and take 2 ampules quinton Isotonic.

Drink Distilled then Hypertonic for the first 6 hours of the day and Distilled then Isotonic for the last 6 hours of the day.

Hydrating 3 days

Your 3 days of hydration. Mix 24 ounces of water with 2 quinton hypertonics



Put them in 6, 4 ounce jars. Do the same with quinton Isotonic

Drink 4 oz distilled water, then Hypermix alternating for 6 hours, then switch to Distilled and Isotonic. Repeat for 3 days. Eat an easy to digest diet of soups and smoothies.

Sauna detox

After you are clearing all of the liver blockages and are hydrated it's a great time to add sauna to the mix.

Hydration and binders are very important for sauna detox. You can also support the liver in the sauna. You can take BileMin or KL support 1 hour before sauna, then take Biotoxin binder (or another binder, I like to rotate binders) 30 min before sauna. Have your post sauna drink ready. I like Quinton isotonic post sauna with some C biofizz or Oranifi Glow.

You can rub castor oil all over your stomach and wrap around your right side onto you back for a powerful castor oil detox right before getting into the sauna.