

# Clearing the 7 Channels of Elimination

You have 7 channels of elimination.

- ★ LUNGS
- ★ LYMPH
- ★ COLON
- ★ SKIN
- ★ BLOOD
- ★ LIVER
- ★ KIDNEYS

Headache, nausea, and fatigue are all common cleansing reactions. Use any of the below options to deal with any cleansing reactions you may have. Remember, the goal is to **open up the channels of elimination**.

- ★ **Enemas** can alleviate a headache in minutes and work well for acute constipation. Not to be used more than once/week unless during a cleanse or under doctor supervision. You may do an enema every day while on a cleanse for short durations no more than 14 days.
- ★ **Colonics** are great for removing stored toxins and getting the bowels moving. A great adjunct to a cleanse especially on the 4<sup>th</sup> or 5<sup>th</sup> day.
- ★ **Hot baths** with sea salt, baking soda, or Epsom salt cleanses the subtle energetic bodies for spiritual support while cleansing. Opens the skin and supports the liver.
- ★ **Saunas** help keep the channels of elimination clear by sweating out the toxins. If the skin is open and dumping toxins, the rest of the channels are greatly relieved. The liver especially benefits from this.
- ★ **Body scrubs** after soaking in the bath for 10 minutes minimum. Use scrub gloves and soap to scrub the entire body vigorously. Rinse well. Use lotion or oil once dry.
- ★ **Dry brushing** the body with a dry natural bristle brush from feet to stomach and then arms and back. Short strokes, brushing towards the center of the body where the spleen is located. This clears the lymph system.
- ★ **Neti Pot** or nasal irrigation. 1tsp salt to 1-quart water. Clears the lymph system.
- ★ **Sun Bathing**-20 minutes with oil on the body (10 minutes on each side). Opens and warms inner organs. Helps especially for people with *Candida*.
- ★ **Ending with cold showers** after hot baths or showers re-oxygenates the blood quickly.
- ★ **Drinking Herbal Teas** for added hydration and elimination. Dandelion Root & Leaf, Licorice, Nettles, Peppermint, Red Clover, Burdock and Ginger are some of my favorites.
- ★ **Rest often**. Schedule naps and time to lie down during the day even if it is only 10 minutes.
- ★ **Exercise** daily to get the blood pumping and the oxygen moving. Oxygenate your tissues; open up *all* the channels of elimination this way. This can include yoga, taking a walk, stretching, aerobic exercise, weight-lifting or anything else you do regularly. You may want to take it a little slower than usual. It is a great opportunity to listen to your body and see what it is asking for movement-wise.