

Module 6 – Detoxification

[7 videos, 3 assignments]

Detoxification is a very important process that is naturally occurring all the time. This process can be accomplished in many ways by the body and can also be encouraged or improved by some specific actions. Fortunately, at this point, everything you've been doing up to this point has undoubtedly improved your ability to naturally detoxify. Now it is time to add some targeted approaches to safely open up pathways for enhanced detoxification through the skin, lymphatic system, liver, urinary tract, and gastrointestinal tract.

Video 6.1 — Detoxification Introduction

Video 6.2 — Tongue Scraping

Video 6.3 — Lymphatic Drainage

Video 6.4 — Sauna for Detox

Video 6.5 — Staying Hydrated

Video 6.6 — Supplements for Detox Support

Video 6.7 — Homework 19

Homework

Estimated days of adherence: 14 days

It is recommended that you give yourself some time to implement these changes. You are encouraged to implement these three assignments for 14 days before moving on to the next module.

Assignment

Stay hydrated by drinking small sips of room temperature (or warmer), plain water throughout the day. You don't have to drink an inordinate amount of water, necessarily. Simply drink when you are thirsty and do so in small sips over time instead gulping a lot of cold water. Make this a regular daily practice.

Assignment

Regular use of Swedish sauna or infrared sauna. This should be done at least once a week and as frequent as every day. A typical session lasts generally 15-30 minutes. And the key is to get at least 10 minutes of whole-body sweating each session.

- Therasage Full-Spectrum Infrared Sauna
 - This is one of the safest and most cost-effective saunas on the market.
 - Has the low electromagnetic radiation
 - Has extremely low electric field
 - Uses no toxic glues or adhesives

Assignment

Open up lymphatic system with dry brushing (or Garshana Gloves) or oil massage. You can do either of these daily or incorporate both.

- Dry Brushing
 - **How to use:** Start at the feet and use multiple long strokes on the limbs and circles on the joints. Use very gentle pressure on your face and neck. Follow with a shower and oil massage if desired.
- Silk Garshana Gloves
 - **How to use:** Can be used instead of dry brushing. Wash gloves before first use and between uses in cool water using a mild organic soap. Before bathing and while still dry, vigorously massage your whole body towards your heart. Start at the feet and use multiple long strokes on

the limbs and circles on the joints. Use gentle pressure on your face and neck. Follow with a shower and oil massage if desired.

- [Lymphatic Oil Massage](#)
 - **How to use:** Massage daily with a small amount of oil on dry skin or during a sauna. Give special attention to areas of lymphatic concentration: the head, neck, feet, and abdomen.
 - **Watch video demonstration** → [Click Here](#)

Bonus Assignment

Use a copper tongue scraper each day immediately upon waking, before you brush your teeth. Scrape from back to front and rinse. Repeat 4-8 times.

- [Tongue Scraper](#)

Bonus Assignment

If you'd like to explore deeper levels of detoxification using practitioner-grade supplements, follow the simple protocol instructions detailed in QuickSilver Scientific's PushCatch Liver Detox bundle.

- [Quicksilver Scientific PushCatch Liver Detox](#)