



Four Phenomenal Detoxification Procedures

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ABOUT DR. GUYDEN

Jamie Lynn Guyden, MD is Board Certified by the American Academy of Physical Medicine and Rehabilitation and the American Academy of Anti-Aging Medicine. This New Jersey native began her medical career in Houston, Texas performing electrodiagnostic evaluations to patients with upper and lower extremity nerve complaints. Her career took a drastic turn in 2010 as her personal health journey compelled her to reevaluate her professional interests.

Her then 18 year struggle with Systemic Lupus had become overwhelming and unacceptable. She sought out a holistic and integrative approach that would lead to life changing management of her disease. Dr. Guyden is now healthier than ever without pharmaceutical medications or traditional medical therapies. She has now made it her life's mission to share this knowledge with patients, family and friends. Her professional interests focus on integrative and wellness health services geared towards both prevention and reversal of common diseases. She whole-heartedly believes that proper education and support are the keys to successful patient outcomes.

Dr. Guyden resides in Austin, Texas with her husband, Alexander and daughter, Aria. She leads an active lifestyle, enjoys meditating and finds great personal fulfillment as a wife, mother, sister, daughter, mentor and friend.

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So, if you live on the planet earth, you probably breathe, drink water, eat food and wear clothes. And if that's true, you more than likely have some level of toxicity. Even if you are the cleanest eating, no alcohol/drug doing, most conscientious individual ever, you still have some level of internal toxicity. Unfortunately, there is just no escaping air pollution, water pollution, pesticides, plastics, hormones, heavy metals, bacteria, yeast and parasites. Not to mention, personal care items, makeup, second-hand smoke and/or emotional toxicity, like stress or anxiety. But I bring good news! There are things that you can do in your daily life, to combat toxic overload, and thus lead a more healthful life. There is no need to allow someone to ram an IV in your arm and pump you full of chelating agents (synthetic or natural agents designed to grab onto heavy metals and remove them from the body), that may do more harm than good. I present to you four safe, effective and easy detoxification methods that will leave you rejuvenated, energized and beautiful from the inside out!

#1 Coffee Enema

Every single time I present this to a patient, I am met with odd glances or adamant protests against ever trying a coffee enema. But once attempted, my patients report feeling wonderful and begin to swear by them! I swear by them as well. Coffee enemas are just such a great way to remove excess and old fecal matter, energize the body and mind while revving the liver to better remove waste and toxins.

History

It may be surprising to note that enemas are recorded in the medical literature as far back as 1500 BC. They were used in many ancient cultures including Babylonian, Indian, Greek, African and Asian cultures. Documented to be used by tribal African mothers for their children, by the Egyptian Pharaoh (who apparently had a special doctor to administer the enema), by American Indians who may have independently invented them and by Louis XIV (who did over 2,000 in his lifetime)¹.

The coffee bean itself has an ancient history as well. Thought to originally come out of Ethiopia, this tropical fruit seed has been a beloved part of herbal and shamanic medicine since the early 1500's. The combination of coffee with enemas, however, doesn't appear in medical literature until 1917 and became an important part of the Merck Manual until the 1970's or 1980's. German researchers are believed to be the first to recognize the role of coffee enemas in dilating bile ducts and stimulating bile production in the liver. Coffee enemas were subsequently popularized by Dr. Max Gerson in the 1930's when he introduced them as part of cancer therapy. Dr. Gerson believed that cancer patients primarily suffered from excess toxicity and nutritional deficiency. Coffee enemas, along with nutritional therapies, were the main focus of his treatment. Many other scientists followed suit and gave credibility to the utility of coffee enemas. Dr. Lee Wattenburg and colleagues showed that specific compounds in coffee (kahweol and cafestol palmitate) were integral in promoting glutathione S-

transferase, an enzyme system important in neutralizing and removing free radicals from the system and possibly an important key to carcinogenic detoxification. In 1968, Dr. William Kelley began utilizing regular coffee enemas for himself after being diagnosed with pancreatic cancer. He wrote about the benefits in a book called 'One Answer to Cancer.' Other documented benefits of the coffee enema include dilatation of the blood vessels by theophylline and theobromine (found in coffee bean) and stimulation of peristalsis (rhythmic contraction of the gut) by the enema fluid to assist in removal of the toxic bile from the system¹.

An interesting antidote was relayed by Gar Hildenbrand in 1986 who touted coffee enemas as early pain relievers. According to Hildenbrand, during World War I, pain medications were in short supply and many soldiers suffered horrific pain from surgery and battle wounds. These soldiers were also constipated from the pain medications that they received. On one occasion, a nurse was preparing an enema for a constipated soldier and accidentally poured cool coffee into the enema bag instead of water. The soldier noticed that his pain was decreased and they consequently began using coffee enemas for pain control². Now, that's what I call science (smile)!

Benefits of Coffee Enema

1. Removal of toxins from the body
2. Cleanse and heal the colon
3. Heal and decongest the liver
4. Improve bile flow
5. Reduce pain
6. Help with the elimination of parasites, bacteria and yeast

Other proposed benefits may include:

7. Help with emotional ailments like depression and anxiety
8. Increase mental clarity and energy levels
9. Improve digestion
10. Antioxidant effects
11. Relaxation of the sympathetic nervous system and promotion of the parasympathetic nervous system (leading to relaxation and calm)
12. Clears the skin
13. Reduce congestion of other internal organs

Coffee Enema Procedure

The first critical step in performing a coffee enema is gathering all of the necessary equipment. The type of coffee that you choose is extremely important. One of the major goals of the coffee enema protocol is to detoxify the body, so why would you want to decrease its effectiveness by not using the best coffee with the least amount of toxicity. Therefore, choosing an *organic* coffee is important. It is debatable whether choosing a South Colombian versus Hawaiian versus Asian bean is preferred, but ideally a medium to dark roast may be your best bet. The process of roasting, when done properly, can remove toxins and oils from the bean. The oilier the coffee bean, the

greater the chance of rancidity (this refers to having an unpleasant taste and smell related to spoilage of the substance). Who wants to drink that, let alone do an enema with it? The darker roasted coffees may have additional benefits according to a research study in *Molecular Nutrition & Food Research*³. Researchers found that when compared to a light roast coffee, the dark roast coffee was more effective at increasing the antioxidant status in the red blood cells of the volunteers, while also decreasing excess weight in obese participants³.

Now that you have chosen the right coffee, you must obtain the remaining pieces of equipment. You will need the following:

1. *Standard enema bag or enema bucket with hook for hanging*: You can find enema bags anywhere, but ideally, you want a bag that is made from medical grade silicone and not plastic. The additional toxicity found in plastic (bisphenol A, polyvinyl chloride, phthalates) can defeat the purpose of the task. You may opt for the stainless steel enema bucket as well, as some find them easier to clean than the bags.
2. *Enema Tubing with clamp*: Again, try to buy silicone if possible. The tubing will connect to the bag or bucket on one end and to the enema nozzle on the other end. You can cut the tubing to a length that is comfortable to you. You don't want the tubing too long that you can't handle it while doing the enema or too short that it impedes flow of the liquid.
3. *Enema Nozzle*: Can't reiterate it enough- silicone please. The nozzle will attach to the tubing and be inserted directly into the rectum. You can find shorter nozzles or retention nozzles- which are a bit longer and prevent slippage or leakage of the fluid.
4. *Colon tubes*: This is optional and not for beginners. Colon tubes will come in different lengths (i.e. 3 feet vs 6 feet) and allow the fluid to be inserted directly into and higher up the colon. Here is an example of what your set-up would look like with a [bucket](#).



Now that you have all of your equipment, you are ready for the actual main event!

1. First, prepare your coffee. There are several ways to do this including, the boil method, percolating or steam flash method. My favorite, because I think it is the easiest and retains the most coffee in its original form is the boil method. The boil method consists of putting a stainless steel pot on your stovetop and filling with $\frac{1}{2}$ to 1 cup of distilled water (spring water and filtered water are acceptable as well). Add $\frac{1}{4}$ to 2 tablespoon of fresh ground coffee to the water and bring to a

boil. Once boiling, bring temperature down to simmer and set your timer for 12 to 13 minutes. When finished, turn off the burner and strain the coffee water mixture into a glass measuring cup filled with ½ to 1 cup of water. To strain, you may use a coffee filter placed in a fine stainless steel strainer. This seems to be the best way to remove the excess grains so that the finished product is 1-1/2 to 2 cups of brown colored water (more than 2 cups of water is not necessary to have positive results).

NOTES: *Coffee Storage.* Ideally, it is best to keep the whole coffee beans in a seal-tight container in the freezer for optimal freshness and longevity. Grind your beans fresh the morning of your enema.

How much coffee. Deciding how much coffee to begin with will depend on your current tolerance to coffee- start low and work your way up to 1 or 2 tablespoons. If you become jittery or shaky after the enema, decrease the amount of coffee at the next session.

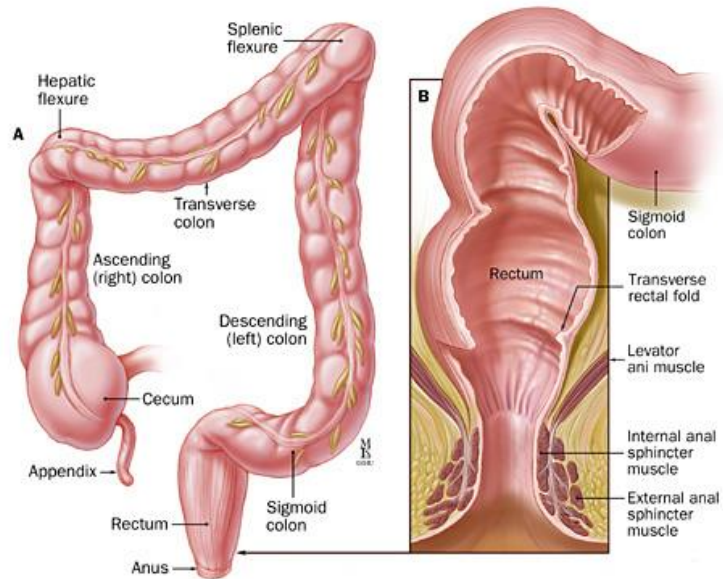
Preparing your space. While your coffee is boiling or percolating, you can prepare your space. Ideally, you will want to do this in the bathroom. Lay down 1 or 2 towels in the bathtub or on the bathroom floor. You may also consider placing a space heater in the bathroom so that it is comfortable. Bathroom floors are notorious for being cold and it may impede your ability to relax and retain the enema. Alternately, you may cover up with a blanket during the procedure. Be mindful of where you plan to hang your bag or bucket when preparing your area. Lastly and most importantly, grab music, a meditation CD or a calming book (not a text book or work-related material) and place it close by to use while you are retaining the enema. Please refrain from bringing your laptop or cell phone into this space with you. This is a time for relaxation, reflection and healing.

2. Clamp your enema bag or bucket tubing, and slowly pour the fluid into the bag or bucket.
3. While holding your bag up higher than the tubing and nozzle and with the nozzle in the sink, slowly open the clamp and allow excess air to flow out of the tubing (you will lose some fluid, but that's okay).
4. Once all air bubbles are removed, promptly clamp your tubing again.
5. Lubricate your enema tip with olive oil, coconut oil, jojoba oil or other non-toxic oil or lubricant.
6. Hang your bucket or bag approximately 2 to 3 feet above your abdomen and place the tubing and nozzle on the towels that you have prepared.
7. At this point or any point prior to this, try to have a bowel movement. This will make it easier to retain the enema and for any excess bowel to be removed from the rectum to allow better flow of the contents into the colon. Although this is not 100% necessary, it can be a useful tool.

TIP: If you cannot or don't feel the urge to have a bowel movement, you may try drinking water, having a few nuts, mild exercise, relaxing, rubbing your right thigh while sitting on the toilet or doing a plain water enema prior to the coffee enema.

8. Now lie down on the floor or in the tub and slowly insert your lubricated nozzle into your rectum. If lubricated appropriately, this should be easy. Make sure that the enema tip is inserted all the way (about 2 inches) into the rectum. This will prevent leakage of the fluid.

9. While lying on your left side (I know this sounds counterintuitive, but the [sharp turn from the rectum to the sigmoid colon](#) is such that it is necessary to be on the left side to allow the fluid to pass), take a deep breath in and open your clamp slowly while exhaling and allow the fluid to flow into the rectum. It may take a moment to start flowing and the fluid may stop or retract back into the bag if there is a blockage (like stool) in the way. Be



patient. You can close the clamp and reopen after slightly repositioning to make sure all of the fluid flows into the colon and the bag/bucket is empty. Don't allow the fluid to flow too quickly as this may lead to cramping. Once you have retained all of the fluid, close the clamp.

TIP: You may also lie on your back or on your hands and knees to allow fluid insertion. You will need to decide what is most comfortable and what leads to the easiest flow. Once all of the fluid is retained, you will want to make sure to roll to your right side at some point (usually best towards the end) during the enema. Some people prefer to lie on their right side for the entire enema as it may prevent cramping. This is perfectly okay.

10. Now you just relax....You can leave the tip inserted into the rectum for the entire session if you have excess gas or cramping or if you have trouble retaining the enema. If this is not an issue for you, you may remove the nozzle at this point. Use this opportunity to practice deep breathing, meditation, and/or complete relaxation. Please do not try to stand up and walk around with the fluid inside- this will not work!

11. After 15 to 20 minutes (or whenever you feel the urge to evacuate), you may slowly stand and go to the toilet to empty the contents. If you are dehydrated, you may retain some of the fluids. The idea here is to relax so that the contents can pass. Some helpful tips to help pass the contents include gently massaging the belly or rubbing the right thigh. Also consider investing in a box or platform that you can set in front of the toilet and place your feet on for [proper bathroom posture](#). This will allow the pelvic floor to relax and lead to easier passage of the stool. There is no need to force this process. Often just getting up and moving around will allow for passage of more stool.



12. Clean up your area and the enema bag/bucket and tubing thoroughly with warm water and soap and leave them hanging to air dry.

Other Useful Tips and Troubleshooting

It is important to remember that you will most likely need to practice this before you develop a process that works for you. It is common to have trouble retaining the enema initially. Additionally, other issues may arise. Here are some common scenarios and solutions:

- To retain the enema, you must be relaxed. Don't walk around or engage in stressful activities. Using less water, at the start, is also useful to allow your colon to adjust to the new pressure.
- If cramping and abdominal pain are problems, consider lying on your right side and leaving the enema nozzle inserted in the rectum for the entire procedure. Also, let the fluid flow slowly into the colon. You may clamp the tubing often and massage the belly gentle in a counter-clockwise direction until the discomfort ceases.
- If you become dizzy, shaky or weak during or after the enema, this may be an indication of low blood sugar or hypoglycemia. Consider eating something light prior to the enema. Do not eat a large meal, or wait at least one hour after consuming a large meal before starting the process. This will improve retention. Otherwise, these symptoms may indicate that you may be intolerant to caffeine in coffee, and may need to decrease the starting concentration and work your way up.
- Ideally, you want to do enemas in the morning. It will energize you for the day. Some people may have difficulty getting to sleep if the enema is performed at night due to caffeine stimulation.
- Coffee enemas can be done safely one to four times per day. Dr. Gerson's protocol called for enemas 5 to 6 times per day for at least two years using much larger doses of coffee. His patients had no ill side-effects from this regimen. It may be particularly useful to double up (do enemas back to back) when suffering an acute illness or experiencing a healing reaction.
- Please do this under the supervision of a licensed integrative, functional or naturopathic medical doctor. I have only provided you with an overview. There are several other nuances that are necessary to understand and detoxification of any kind should be done in conjunction with a professional who can guide you through.

#2 Skin Brushing

Most people don't think of their skin as an organ, but that is exactly what it is. In fact, it is the largest organ in the body. Further, the skin is not just for show, it actually has many major functions. Important roles of the skin include:

- Major barrier function (protect us from the external environment)

- Most important organ of elimination (eliminate over one to two pounds of waste per day, mainly through sweat glands)
- Regulation of body temperature
- Alters fluid balance
- Regulates peripheral circulation
- Regulates lymphatic circulation
- Role in immunity (Langerhans cells found in the epidermis act as a first line of defense against pathogens, this is known as the innate immune system)
- Endocrine function (major producer of vitamin D- which has many roles and functions)
- Major role in sensation (the dermis houses many nerve endings)
- Absorption of vital nutrients (like oxygen)
- Assists in the flow of chi through meridians that course through the skin

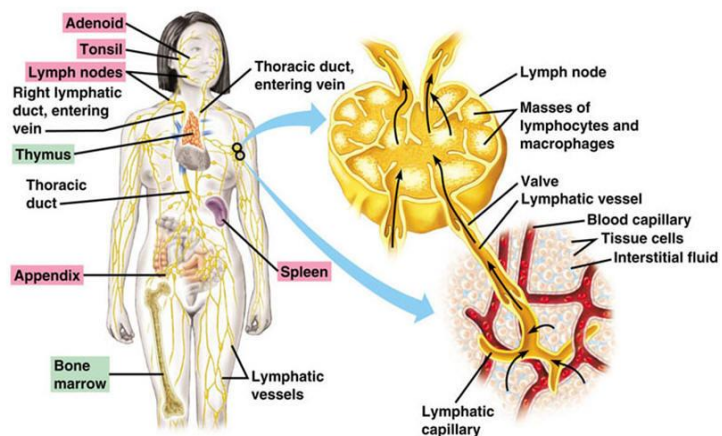
Is it any wonder why skin brushing might be an important part of a holistic lifestyle?

History

As with coffee enemas, skin brushing has quite an ancestry. Skin brushing is believed to have started over 5,000 years ago as part of Ayurvedic Medicine practice (a system of healing that originated in ancient India). Variations on the practice have been employed for thousands of years in Japan, Greece, Russia, Turkey and Scandinavia. The Cherokee Indians used dried corn cobs in their variation of dry skin brushing, while the Comanche Indians used sand to scrub their skin. Skin brushing is discussed by F.O. Havens in 1869 as an important practice for longevity when he describes the varying rituals of three of the oldest living individuals (the eldest was 120 years old) ⁴. Skin brushing has since become popular amongst naturopathic, integrative and functional medicine doctors as an integral part of healthy detoxification and overall holistic health.

Benefits of Dry Skin Brushing

1. Cleanses the lymphatic system: This may be the most important benefit of dry skin brushing, since all detoxification occurs first through the lymph. Our lymphatic system is a highly organized collection of vessels, nodes and lymph (a clear, colorless fluid that contains white blood cells) that act to gather



toxins and waste products from the tissues and organs, and transport them to the blood for elimination. The spleen, thymus, adenoids and tonsils are all part of the lymphatic system and play important roles in this process. Dry skin brushing

stimulates the movement of sluggish lymph and its associated toxins, waste, large proteins and particles back into the circulation. An extreme example of improper function in the lymphatic system is observed with a phenomenon called *lymphedema*. Lymphedema is commonly witnessed in breast cancer survivors who have had complete (or radical) mastectomies, or resection of both the breast tissue and the surrounding lymph nodes. After this procedure, it is virtually impossible to drain lymph from the upper extremity and can lead to excessive swelling of the limbs and leakage of fluid from the skin. Granted, this is not what you experience on a daily basis, but imagine that day after day, year after year, without proper lymphatic function, you are effectively setting yourself up for a slower, more silent version of this process. So, dry skin brushing helps to speed lymphatic drainage and make it more efficient.

2. Exfoliates the skin: So if you are not a fan of soft, smooth, glowing skin, then stop reading this now. For everyone else, dry skin brushing is an awesome way to remove the top layer of dead skin cells that develop rather quickly in all of us. This will not only improve the appearance and texture of the skin, but also prevent the build-up of dead skin that clogs pores and lead to diminished sweating, acne, eczema, dandruff and skin sensitivity. In addition, eliminating clogged pores allows the skin to absorb necessary nutrients and eliminate unwanted toxins.
3. Support and Strengthen the Immune System: Dry skin brushing helps to circulate white blood cells (our immune system's first line of defense) throughout the body providing the tissues and organs with nutrition and protection. According to Dr. Denise Moffat, a veterinarian and naturopathic doctor, dry skin brushing may reduce the duration of infections. It may also be useful to supporting the immune system of cancer patients and those with chronic illnesses⁵.
4. Tightens the Skin: Dry skin brushing increases blood flow to the skin. This leads to removal of toxins and allows the new layer of fresh skin to come to the surface every 24 hours.
5. Tones the Muscles: Dry skin brushing may help to tone and tighten muscles by stimulating muscle fiber nerve endings, causing them to be activated.
6. Mobilizes Fat: Skin brushing helps to mobilize fats and redistribute unsightly fat deposits. This may be particularly useful for those on higher fat diets as the increased fat may slow lymph drainage. This is common in fast oxidizers who eat a high fat, moderate protein, low carbohydrate and sugar diet or those who eat a 'ketogenic' type diet.
7. Stimulates circulation: Your skin is alive! Most people take this for granted and don't appreciate the immensely important role of skin. Dry skin brushing allows the skin to 'breathe.' Increased circulation to the skin is not only necessary for toxin elimination, but also can help prevent varicose veins, and leave the skin invigorated and energized⁵.

8. Improves digestion and kidney function: If waste cannot be removed through the skin, it becomes the kidney's job to remove it. The constituents of the sweat have been found to be very similar in makeup to that of urine. So, when the skin is inactive, clogged and not allowed to 'breathe,' the kidney must take over. Dry skin brushing will eliminate the need for the kidneys to work overtime. Likewise, dry skin brushing may improve digestion through its ability to remove excess water and waste. This may decrease bloating, gas and potentially, indigestion related to increased toxicity and water retention.
9. Stimulates the nervous system and calms the mind: As mentioned, the skin houses many nerve endings that are involved in sensation. Touch can be calming and stress relieving. The act of skin brushing may have a meditative effect as well.
10. Strengthens our vital energy or chi: Traditional Chinese medicine teaches us that our bodies possess meridians or channels that carry energy (or *qi*, pronounced chi). It is thought that disease or dysfunction is a consequence of blocked or imbalanced energy and stimulation of these meridians (primarily through acupuncture) can lead to greater health and healing. Dr. Bruce Berkowsky, in his book *Dr. Berkowsky's Vital Chi Skin-Brushing System*, introduces the concept of dry skin brushing as a benefit to this energy system. According to Berkowsky, the meridians and thus "vital chi" are stimulated and massaged with dry skin brushing and lead to improved function of the entire system⁶.
11. Potentially reduce cellulite: A considerable amount of debate exists as to whether dry skin brushing has the ability to reduce cellulite. According to proponents, the subcutaneous fat that comprises cellulite may be the storage place for toxins (both physical and emotional). Accordingly, if lymph is stimulated and toxins removed, these fat deposits may be redistributed and diminish the appearance of cellulite. Further, the fibrous connective tissue component of cellulite may be broken down through the removal of toxins. One opponent to these claims, Dr. Andrew Weil states, "There is no reason to believe this is true. Fat is arranged in large chambers separated from each other by columns of connective tissue. If fat overflows these chambers as a person becomes overweight, or if the connective tissue slackens with age, the result is the classic pitting and bulging we have come to know as cellulite. But no massage or brushing technique has any significant effect on it⁷."

I say that with all of the other extraordinary benefits of dry skin brushing, you be the judge. See for yourself whether your cellulite is reduced or not, and if it isn't, you still will have glowing, soft, tight skin that has the ability to successfully perform its many necessary functions.

Dry Skin Brushing Procedure

Depending on who you ask, there are countless ways to practice dry skin brushing. Two of the more popular versions are the traditional Ayurvedic dry massage, also known as, *Garshana* and a more recent version called the Berkowsky Vital Chi Skin Brushing

system that was developed and popularized by Dr. Bruce Berkowsky. A brief overview of both methods is described below.

General Guidelines:



1. Practice dry skin brushing first thing in the morning prior to showering. The whole idea is for the skin to be dry! Also, taking a shower right after will help to wash away the dead skin that has just been removed. Alternatively, practice dry brushing right before a sauna. This will help to open the pores and stimulate the sweat glands making removal of toxins more efficient.

2. The type of brush is important. Please be sure that you chose a brush made with natural bristles. No synthetic parts. Also, make sure that the bristles are somewhat stiff. You may also consider purchasing a brush with a long, detachable handle so that you can reach areas like the back. Here is an [example of a brush](#) that I recommend. If you are using a technique that calls for brushing the face, make sure to purchase a much smaller, softer fiber bristle. Alternatively, in *Garshana*, [raw silk gloves](#) are typically used.



3. Ideally and for maximum benefit, practice dry skin brushing daily. If time is a factor, practice skin brushing at least three times per week for long-term benefits.
4. Don't brush too hard. Especially if you have sensitive skin, you will want to be gentle but apply enough pressure to stimulate the skin.
5. Do not skin brush on inflamed, irritated, infected or sunburned skin. It will hurt! Similarly, if you have an allergic reaction to the dry skin brushing, stop immediately and consult your physician.
6. Do not dry skin brush over enlarged lymph nodes.
7. Do not dry skin brush over an active tumor. Please consult a physician if you are being treated for cancer prior to beginning a skin brushing regimen.
8. Avoid the genitals.
9. Clean your brush regularly with natural soap and water to remove dead skin cells from the bristles.

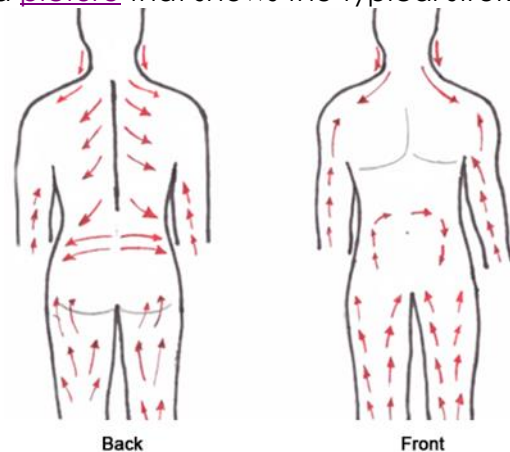
Ayurvedic Dry Massage

In this historical practice, the idea is to brush the skin in the direction of the heart. This means from the feet up and the head down. Long strokes are recommended for the limbs while circular motions are recommended for the joints, head and abdomen. Finally, diagonal strokes are recommended for the chest, back and buttock area. The session is generally started from the top of the head, working your way down to the feet. I have also seen instructions that recommend starting from the feet and working

up to mimic the one-way flow of lymph. Here is a [picture](#) that shows the typical stroke direction used in this type of dry skin brushing routine.

Vital Chi Skin Brushing System

This particular version of skin brushing utilizes western medical philosophy and physiology along with the principles of Chinese medicine. I find this approach extremely thorough and simple to implement. His instructions are meticulous in an effort to create maximum lymphatic drainage. I suggest purchasing his book if you want his detailed description of the procedure. I will provide an overview of the concepts and techniques here.



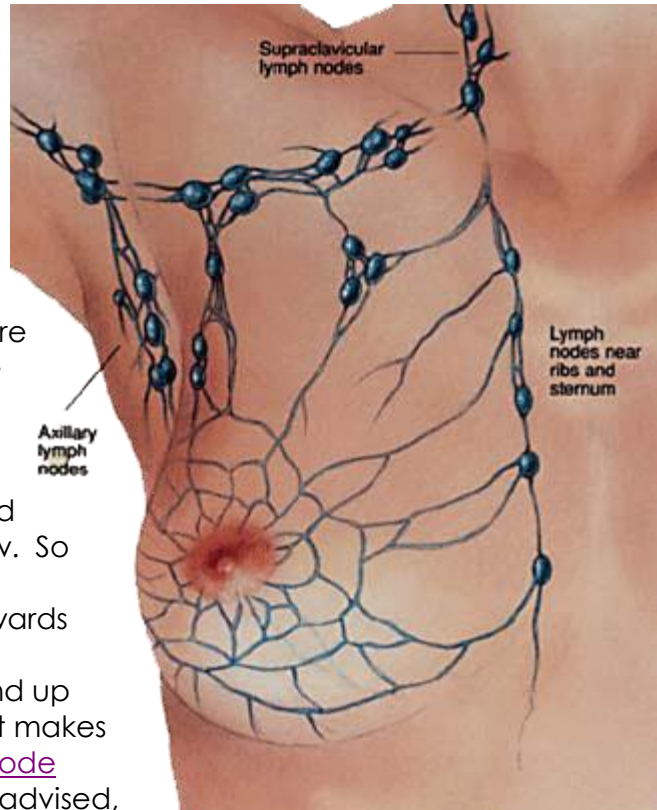
First, Berkowsky recommends very specific guidelines for the sequencing and direction of brushing including:

1. Armpits should be brushed before the chest and the groin region should be brushed before the abdomen. This is because the axillary nodes (armpit) and the inguinal nodes (groin) will drain lymph from the peripheral areas and should be prepped prior to sending lymph its way.
2. Likewise, the upper body is brushed before the lower body since the lymph in the lower body courses up towards the upper body. It makes sense that the upper body be prepped first to make flow more efficient from the lower body.
3. Similar to the Ayurvedic version, skin brushing should always occur in the direction of lymph drainage.
4. Always start on the left side of the body and then proceed to the same area on the right side of the body.
5. Stroke each area 7 times before moving to the next region (the exceptions to this rule are outlined in his book).

The following is a sampling of the upper body skin brushing technique using Berkowsky's method. I have spoken with him and do not have permission to share the entire protocol with you. I highly suggest purchasing his book for full instruction if you intend on using this method:

1. Axilla/Armpit: Using firm circular strokes, move the brush towards the chest 10 times on each armpit.
2. Chest: Brush above the breast from the midline to the armpit (up to, but not including the armpit). Repeat on the right side. Then, brush underneath the breast using a curving stroke from the midline to the armpit. Repeat on the right side. Finally, brush up from the waist to the armpit in a straight line. Repeat on the right side.

3. Breast: Berkowsky advocated for brushing the breast region gently using a small, soft-bristle brush. He recommends repeating step #1 in the armpit prior to brushing the breasts. Further, he recommends not brushing inflamed breast or those with breast tumors. The left breast is brushed completely before moving on to the right breast. The breast is to be brushed in quadrants (upper outer and inner quadrants, and lower outer and inner quadrants), each 7 times and each in the direction of lymph flow. So the upper, outer and two lower quadrants are brushed, gently towards the armpit, while the upper, inner quadrant is brushed diagonally and up towards the midline of the body (It makes perfect sense if you know [lymph node anatomy around the breast](#)). Be advised,



- that other authorities of skin brushing advise against brushing the breasts at all.
4. Upper Back: Brush the upper back from the spine to the base of the shoulder (towards the armpit) in an arc type fashion. Start at the top of the spine and work down to cover the entire upper back.
5. Neck and Throat: Brush upward and outward from the base of the neck, over the shoulder and toward the sternal notch (or the base of the throat). Perform 7 strokes on each side of the neck. Then, with the brush at the base of the skull, brush along the jawbone to the mid-throat, over the collar bone to the upper chest. Perform 7 strokes on each side.
6. Face: Using a small, soft-bristle brush (similar to the one you used for the breasts) use circular strokes down towards the neck in the following order; chin, between lips and nose, sides of face, cheeks, nose, ears, temples and forehead. Brush 7 circles per area. If you have sensitive skin you may want to use your hands or a cotton ball instead of a brush.

It may seem a bit confusing at first, as with any new adventure, but once learned, skin brushing is very easy to do and shouldn't take more than ten minutes. Dr. Berkowsky recommends following this with hydrotherapy and essential oil therapy for synergistic stimulation to the skin⁶. Alternately, you may just head to the shower for your normal shower routine. Please be mindful not to lather on a bunch of toxic soap, lotion, facial cream or deodorant after showering, as this will defeat the entire purpose.

#3 Sweat

As with so many uncertainties in the world of health and wellness, the sauna debate continues to create increasing confusion for the public. No one in the holistic medicine world will doubt that sauna and regular sweating is a very useful tool for detoxification. The problem arises when discussing which *type* of sauna is best. Everyone seems to have an opinion and neither side is easily swayed. My goal is to present to you as many facts about the various options and allow you to make your own decision. In my practice, I regularly recommend near-infrared sauna therapy because it provides greater tissue penetration, provides excellent detoxification and is extremely cost effective. But at the end of the day, I just tell my patients to sweat!

History

Sauna therapy has a rich history throughout many cultures spanning two to three thousand years. From the Finnish word *sauna* (sow'-na), it means 'bathhouse' or hot bath. It seems that the Finnish people were integral in popularizing and disseminating this tradition across cultures. Whether or not the Finnish actually invented saunas is still a matter of debate. Nonetheless, in Finnish society, saunas were used for many purposes besides the bath. They were also used as smokehouses (to smoke and cure meats), for medical procedures like wound cleansing and delivering babies, for doing laundry, for performing massage and much, much more.

Sauna usage can be found in many other cultures as well. The Edwin Smith Papyrus, an ancient Egyptian document, mentions the efficacy of sauna in tumor therapy. The importance and necessity of perspiration for health and healing is explained in ancient Ayurvedic medical literature from India, ancient Greek and Roman culture and as part of the Islamic culture in Turkey. Native Mexican culture called their sauna houses *temescal* while the North American Eskimos and Native Americans made use of portable sweat lodges that resembled igloos covered with animal skins. In addition, Japan, Africa, Russia, England, Austria and Canada all have a similar history of employing some form of sauna therapy. Saunas were introduced to the early Americas in 1638 by Finnish and Swedish immigrants along the Delaware River Valley. Expansion of these ancient relics into other parts of America occurred in the 1880's and 1890's. Subsequently, the sauna evolved primarily due to the work of Dr. John Harvey Kellogg. Dr. Kellogg was a surgeon, researcher and holistic practitioner of sorts, who worked diligently to improve the already beneficial early saunas made of wood, stone, clay and other natural materials. Kellogg was the first to introduce ozone into steam baths, as well as a more advanced upright cabinet that utilized electric light bulbs. Although never gaining much momentum in the U.S, his improvements became quite popular in Europe and among the wealthy⁸.

Saunas of all types are now a commonplace in all cultures. Its function varies among cultures from simple relaxation to sacred spiritual ritual to deep healing and detoxification. No matter what the use, sauna is now accepted as a safe and effective modality for health and healing.

Types of Sauna

- Traditional Saunas

Traditional Saunas are the more familiar sauna type found in gym facilities and spas. They operate at temperatures between 150 to 190° F. These saunas use a 'heater' to heat the room and heat the body by *convection* (convection refers to the movement of warm air around the body). Depending on how much steam is applied, the humidity in traditional saunas can vary greatly. Examples of traditional saunas include:

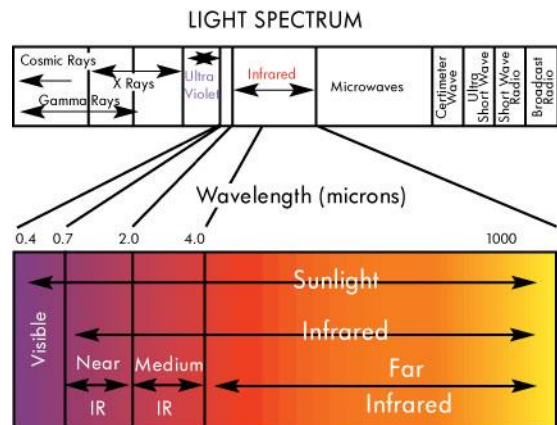
- Wood-burning sauna
- Gas stove
- Electric heater sauna
- Hot rock sauna
- Smoke sauna
- Steam sauna

- Infrared Saunas

Infrared saunas are not those of the Finnish ancestors. These saunas operate at lower temperatures- approximately 110-150° F. Infrared saunas are not concerned with heating the air but rather, the heating elements provide *radiant energy* to penetrate the skin and heat the individual from the inside out. This is beneficial, in that it is a highly efficient way to heat the body without excessive temperature increases in the room allowing for greater comfort to the user. Further, infrared saunas allow for a deeper penetration through the skin which may aid in healing deeper tissues and permitting greater detoxification. With infrared saunas, there is no added humidity or moisture in the air, which to some may be a disadvantage. Additionally,

effectiveness of infrared sauna relies on the user being in continuous and close contact with the heat emitter, which may become annoying or uncomfortable. There are two types of infrared saunas; far-infrared and near-infrared. The major source of debate around sauna therapy is related to which of these two types is best for detoxification and healing. Review this [picture](#) to get a basic understanding of what infrared light is and where it falls on the electromagnetic spectrum. In general, far- and near-infrared light are distinguished by their varying wavelengths, and thus varying properties. Please note that far and near in this instance has nothing to do with how close you sit to the heating element.

- *Far-infrared Sauna*- This type of sauna utilizes ceramic or metallic elements that emit energy in the far infrared range (between 4 and 100 microns). The energy of these saunas is thought to penetrate the body up to 1.5 inches. Much debate exists as to whether far-infrared saunas emit excessive and dangerous electromagnetic fields (EMF) which essentially defeat the purpose of detoxifying. Several far-infrared companies now



claim that they are able to make very low EMF saunas (at 2.0 milligauss compared to 150-200 milligauss seen in prior models). If you chose to purchase a far-infrared sauna, it is very easy to test the level of EMF in and around the sauna with an inexpensive EMF meter.

- o *Near-Infrared Sauna*- Also known as infrared lamp sauna, these saunas utilize 3 to 6 (sometimes more) [infrared heat lamps](#). They emit energy in the near infrared range, predominantly (between 0.7 and 2 microns). These lamps also emit some visible red, orange and yellow light. According to Lawrence Wilson, M.D., near-infrared lamps penetrate the skin to about three inches². There are several benefits to near-infrared saunas. First, the bulbs can be found at any hardware store and are very inexpensive. Further, a unit can be easily made or purchased for much less than a far-infrared sauna unit (\$275 to \$300 compared to \$2000 to \$4000). Secondly, they provide color therapy. From an ancient healing perspective, specific colors were associated with precise vibrations that can positively impact the healing of specific organs, glands and emotions. Third, near-infrared sauna may provide a more vigorous circulation of blood since the user must rotate the body 90° every few minutes.



This leads to aggressive shunting of blood, back and forth and thus enhances circulation. Lastly, direct and focused heat can be applied with a [single lamp unit](#). This approach can be useful for specific body ailments or conditions such as belly aches or sinus infections. The single lamp units are also safe for children, pregnant women and chronically-ill patients.



There are several disadvantages to the near-infrared saunas as well. Primarily, the need to rotate every few minutes can be aggravating and decrease the user's ability to relax. Additionally, since direct exposure of the infrared rays over the primary organs of elimination (liver, kidneys, lungs, intestines) is necessary, the user must remain seated with the unit penetrating the chest, abdomen and back. This makes lying down impossible which for some, may be a more comfortable position. You can, however, have a unit fitted for lying down, if you'd like. Similarly, this concentrated exposure over the trunk will neglect the feet and legs which in certain instances, may be necessary for lower extremity conditions.

Finally, it is important to note that several studies have shown that long-



term near-infrared sauna therapy can lead to cataracts since these shorter wavelengths can pass through the lens of the eye onto the retina. Safety standards now recommend wearing [protective eye wear](#) in the form of polycarbonate lenses for use while in a near-infrared sauna.

The following table summarizes the major differences between different types of sauna:

	Traditional Sauna	Far-Infrared Sauna	Near-Infrared Sauna
Temperature	150-190°	120-140°	110-115°
Skin Penetration	Very little	1-3 inches	3 or more inches
Heat Source	Convection	Radiant	Radiant
Preheating Time	30-60 minutes	0-20 minutes	0-20 minutes
Color Therapy	None	None	Yes
Necessity To Rotate	None	None	Yes
Cost	Expensive	Expensive	Low cost
Energy Efficiency	Poor	Moderate	Best
Easy to Replace Heaters	Dependent	No	Yes
Ability to Focus Heat	No	No	Yes

Adapted from "Sauna Therapy for Detoxification and Healing" by Lawrence Wilson, MD with additions

Benefits of Sauna⁹

1. Detoxification
2. Balances the autonomic nervous system (i.e. sauna inhibits excessive sympathetic nervous system response and enhances the parasympathetic nervous system response)
3. Sweating (which enhances detoxification)
4. Improves oxygenation to the organs and glands
5. Relieves congestion in the organs
6. Relaxes the muscles
7. Relaxes the mind
8. Normalizes acid-base balance of the body (many toxins and bacteria acidify the body)
9. Promote apoptosis (weaker, dysfunctional cells are destroyed)
10. Enhances circulation
11. May help reduce edema
12. Assists in improving enzymatic activity
13. Relieves pain
14. Awakens the skin
15. May aid in weight loss
16. Reduces lipid peroxidation (near-infrared sauna benefit)
17. Enhances oxygen production (near-infrared sauna benefit)
18. May improve DNA function (far- and near- infrared sauna benefit)

It is important to note that the time spent in the sauna can be very useful for meditating, deep breathing and/or reflection. This can enhance the sauna experience as well as calm the mind and spirit.

Near-Infrared Sauna Procedure

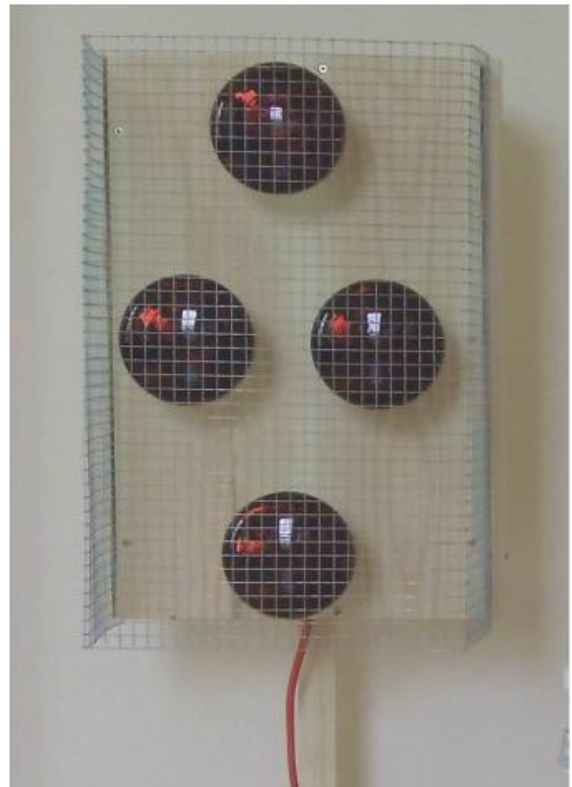
The following protocol is based on the teachings and research of Dr. Lawrence Wilson.

When

It is best to wait one or two hours after a meal before using a sauna. This will provide the greatest healing and detoxification benefit. So, first thing in the morning or last thing at night is ideal. These times of day are generally when there are fewer distractions and you can relax.

Where

You may build your own near-infrared unit or construct your own enclosure for greater comfort. Here are [plans](#) for construction of a near-infrared sauna. For those of you, like myself, that have no desire or talent for building things, here is a [list](#) of companies that will build one for you at a reasonable cost. If you don't opt for an enclosure, your sauna unit will look something like [this](#). You can place your unit in a small room, closet, shower or bathtub and sit on a stool or chair approximately 2 to 3 feet from the sauna lamps. This is very effective for heating the body without the added expense of an enclosure.



How Often & How Long

Once or twice daily is safe for most people who are not under the supervision of a medical professional.

If you have been told that you have severe mineral imbalances- fewer sessions for shorter duration may be necessary in order to avoid metabolic problems or excessive healing reactions. If you are experiencing a healing reaction or an acute infection, more frequent and shorter sauna sessions are best (i.e. 10 minute sessions up to 9 times per day). This will help to resolve the infection while preventing further amplification of a healing reaction. Users can also opt to temporarily cease sauna therapy until a healing reaction passes. For more on healing reactions, see [this article](#).

In my practice, I generally tell my patients to start with 20 minutes in the first week or two. This helps to ease a person's body into detoxification and limits the amount of healing reactions that may occur. If tolerated, then you may increase the duration by 10 minutes every 3 to 4 days to a maximum of 60 minutes. This may be done more slowly if necessary. The sauna is not a time to be a hero, so if you are feeling faint, uncomfortable, short of breath or excessively fatigued, then stop your session and try a

shorter session next time. Sometimes opening the door slightly to bring cooler air in may be beneficial. Never exceed more than two hours per day in your near-infrared sauna. If you do not sweat well, which is the case with most people, you may overheat pretty quickly. Start with shorter sessions (10-15 minutes) and work your way up as your skin becomes more active and body temperature regulates.

Prior to Sauna

Before entering your sauna, drink 12-16 ounces of spring water. Ideally, you want to remove all clothing so that the infrared lamps have full exposure to the skin. You may choose to pre-heat the sauna for 10-20 minutes prior to entering in order to achieve slightly higher temperatures but this is not necessary in most cases.

During a Sauna Session

Bring water for sipping throughout the session. Also, make sure to have a towel for sitting and a second towel to periodically remove sweat from the body. Remember, this sweat is saturated with toxins that can be easily reabsorbed if on the skin for too long.

After a Sauna Session

Drink more water after your sauna. Towel off or take a shower to remove perspiration. Lastly, it is important to rest for about 10 to 15 minutes after a sauna before going about your day. It is not uncommon to feel fatigued after the therapy, as the body needs to readjust fluid balance and process the biochemical effects of the therapy. Namely, that you have gotten rid of some yucky stuff!

Finally, I must reiterate that sauna therapy of any kind should be done under the supervision of a trained medical professional familiar with these modalities, their uses and appropriate contraindications.

#4 Oil Pulling

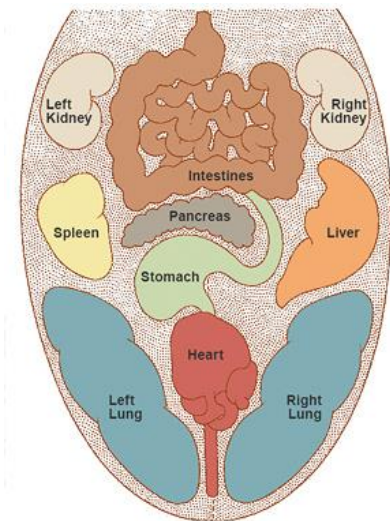
History of Oil Pulling

Ayurvedic medical practices are certainly making a comeback! Oil pulling is another procedure that has its roots in Ayurveda. This ancient modality is discussed in early Ayurvedic text (*Charaka Samhita*) as a cure for mouth, teeth and gum diseases. The text proclaims that those who practice oil pulling regularly will never have dental caries, toothaches, dry throat, cracked lips as well as teeth that are resilient to hard foods and sour tastes¹⁰. Oil pulling apparently resurged in the 1990's when a Ukrainian physician, Dr. Karach, began reporting reversal of his patients' disease states while using this procedure. He reported oil pulling benefits in leukemia, arthritis, headaches, bronchitis, thrombosis, eczema, ulcers and many more diseases and illnesses.

Just as with any natural remedy that doesn't fit into the 'modern medical' box, oil pulling has been met with much skepticism and controversy by patients and the medical community alike, but many anecdotal and medical research studies support the validity of oil pulling in optimizing oral health^{11,12,13,14,15}. Extrapolating the oral health benefits of oil pulling to systemic health and detoxification has been a bit harder to prove. Proponents believe that through its mechanism of action in the mouth (described below), oil pulling is able to essentially protect the entire system from toxicity as well as detoxify the body. In 1996, an Indian newspaper reported the findings of a local survey on the use of oil pulling by citizens. Of the 1041 participants, 927 of them reported astonishing health benefits in the areas of pain, respiratory complaints, hormonal issues, blood sugar issues, and diseases of the heart, skin, joints, digestion and elimination¹⁶. Further, many research studies in the last decade have shown a relationship between periodontal disease and system illnesses like cardiovascular disease, obesity, diabetes and cerebrovascular diseases^{17,18,19,20,21,22}. It is not unreasonable to believe that improved oral health would lead to improved systemic health. More recent studies are beginning to explore a linkage with oral disease and other inflammatory conditions like rheumatoid arthritis. In my opinion, if such a benign and simple procedure has this much potential for health and wellbeing, it may be worth a try.

Benefits of Oil Pulling

The verdict is still out on the exact mechanism of action of oil pulling but several theories exist. The most common theory is that the lipophilic (fat-loving) nature of the oil will attract other lipophilic substances, especially fat-soluble toxins hidden in our skin and other oral tissues¹⁶. Asokan and his colleagues performed an *in-vitro* trial to test whether saponification (converting fat into soap) and emulsification (breaking down large fat molecules into smaller ones, in order to prepare for digestion) were potential



mechanisms for oil pulling. Their data validated that these mechanisms were involved in the cleansing activity of oil pulling²³. Another theory suggests that oil pulling increases salivary secretion. The toxins pulled from the saliva are then trapped in the oil and expelled²⁴. In addition, the antibacterial, antiviral and anti-yeast properties of various common oils used for oil pulling (sesame, sunflower, olive and coconut) have been identified,^{25,26,27} demonstrating the effectiveness of oil pulling in oral hygiene. And finally, a rarely discussed theory originates from eastern medicine philosophy. One school of thought believes that the act of oil pulling stimulates the [many acupuncture points on the tongue](#) and subsequently leads to decongestion of the various organs that are associated with those points¹². Definitely food for thought!

Benefits of oil pulling include:

1. Prevent and cure tooth decay
2. Treatment for halitosis (bad breath)

3. Heals bleeding gums
4. Prevents cavities
5. Strengthens gums and prevents gingivitis
6. Whitens teeth
7. Heals cracked lips
8. Soothes a dry throat
9. Reduces inflammation
10. May boost the immune system
11. May detoxify the body
12. May improve acne
13. May clear sinus congestion
14. May prevent and cure headaches
15. May treat chronic disease

Oil Pulling Procedure

The procedure is very simple and adds only 20 minutes to your daily routine.

First, the type of oil that is used is important to discuss. Traditionally, sesame and sunflower oils were the recommended oils for this procedure. A shift towards coconut oil and sometimes, olive oil has occurred with modern day oil pulling. Our current American diet is already riddled with omega-6 oils, tipping the scales towards chronic inflammation in many people. Since we now understand that silent and chronic inflammation is the culprit for many of the diseases that we see today including obesity, diabetes, heart disease, dementia and autoimmunity, we just don't need any more omega-6 oils added to the diet. It is for this reason that I recommend coconut or olive oil pulling in my practice. For individuals who have a good ratio of inflammatory to anti-inflammatory markers, the addition of the traditional oils might be okay. Ideally, intermittent rotation of oils may be best practice to prevent developing an allergic response.

Optimally, oil pulling is done first thing in the morning before eating or drinking anything. You may safely oil pull twice or three times daily to maximize oral hygiene or if you are experiencing unwanted symptoms like sinus congestion or headaches. Start by placing one tablespoon of preferred oil in your mouth. Swish (or pull) the oil back and forth in the mouth and through your teeth for 20 minutes. This should be an effortless process that does not cause discomfort or pain to the jaw muscles or cheeks. Try to relax, don't over think it. The most important thing to remember is NOT to swallow the oil mixture. Once in contact with your mouth, the oil will be saturated with toxins that you do not want to reintroduce back into your system. If you feel like you are going to swallow, spit out the solution and try again. Once you have successfully pulled the oil for 20 minutes, spit out the solution, rinse your mouth and brush your teeth as usual. Note that once complete, the oil should be a thinner consistency with a white or milky color to it. You may opt to rinse with warm salt water to enhance antimicrobial effects but this is not necessary. You may also wish to use baking soda to brush your teeth if whitening your teeth is the desired outcome.

Final Thoughts

As with anything that can be found over the internet, this e-book is ONLY for informational purposes. This is not to be interpreted as medical advice. Please consult an integrative, functional medicine or naturopathic doctor prior to embarking on any detoxification program. Moving toxins from the organs into the blood stream can lead to many unwanted symptoms and therefore requires a qualified medical professional who can assist in making sure that detoxification happens appropriately and safely.

Thanks!

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