

Detoxification Practices

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- **Water with Lemon**
 - Start the day with spring water mixed with the juice of half a lemon and a splash of apple cider vinegar (recommendation: Bragg's apple cider vinegar); You can also add ginger to further aid digestion.
- **Consume Detoxifying Foods**
 - Eat dandelion greens and drink dandelion tea
 - Consume plenty of beets (raw, shredded, juiced or beet kvass)
 - Consume bitter greens (e.g., watercress, mustard greens, dandelion greens, broccoli rabe, endive, arugula, kale, chard, mizuna, radicchio, beet greens, frisee)
 - Consume fermented foods (try Hawthorne Valley Farms sauerkraut juice)
- **Dry Skin Brushing**
 - Brush your skin with a natural bristle brush prior to showering
 - Pull upwards with strokes going toward the heart
 - The idea is that this helps encourage lymphatic drainage
- **Epsom Salt Baths**
 - Detoxifying and relaxing
 - Put 1-3 cups of Epsom salts in the bath and soak for at least 10 minutes
- **Oil Pulling**
 - Take a spoonful of unrefined coconut oil or organic sesame oil and swish it in your mouth for a minimum of 20 minutes (pull it through the teeth)
 - After 20 minutes, spit it in the **garbage** (*not in the sink, as it can solidify and clog the pipes*)
 - The idea is that the oil captures trapped bacteria from between the teeth, which can improve gingivitis and decrease overall inflammation
- **Neti Pot**
 - Nasal saline rinsing
 - Watch a YouTube video for instructions
- **Trampoline**
 - Jump on a trampoline
 - The idea is that this also encourages lymphatic drainage (it's also good exercise)
 - Recommendation: Stamina 36" Folding Trampoline from Amazon

- **Infrared Saunas**
 - If you're lucky enough to come across an infrared sauna (or if you're lucky enough to have one in your home), this is a great detoxification practice
 - The idea is that it encourages organs to release toxins, and then you sweat them out
 - Recommendation: Sunlighten Saunas (for your home) or Spa Castle in Flushing, Queens or at 57th & Park to experience an infrared sauna
- **Ultra-Phos Liquid**
 - The idea is that this helps soften gallstones, and will thereby pull toxins out of the liver
 - Not safe for children
- **Coffee Enemas**
 - This is a little more involved
 - Google "natural news coffee enemas" for a good description
 - The idea is that this flushes the liver
- **Supplementation to Support Detoxification:**
 - **Milk Thistle** – Kare-n-Liver
 - **Glutathione** – CitriSafe Ovation or Bulletproof
 - **Selenium** – consume 3 brazil nuts daily
 - **NAC** – Pure Encapsulations