

How to Get Faster Results by Detoxing

by
Judy Seeger, ND



www.JudySeegerDetox.com

info@judyseegerdetox.com

You have a need for speed! I get it!

By doing these, I've found that you get FAST results.

Here's the quick list:

___ Set your Detox Date

___ Dry Skin Brush

___ SWEAT! Use Detox Baths and Steam or Infrared Sauna

___ Colonics & Liver flush

___ Juice Therapy

The Quickest Ways to Detox

Time to get into the nitty gritty details on how to get these fast results using these.

Set The Date



Get going on making plans my friend! No way you're going to get results unless you set the date and make plans for your detox. Seriously.

Do it now.

Once it's set in your calendar it makes it more real in your mind.

Then, order your supplies and foods you need. It's not complicated. To get fast results means that you get going right now with whatever you have on hand. IF you don't have everything, don't worry. You can still achieve results.

Just get going.



Dry Skin Brush

By removing the dry flaky skin, it opens up your pores AND allows your body to function better, giving you more energy! Those dry flakes on the surface of your skin are made up of dead skin, mucous, toxins you pick up every day.

By dry skin brushing, it eliminates them immediately!

Here's how you do it: you buy a natural bristle brush with a long handle. Yerba Prima is a good brand and is found in most health food stores.

Then, you brush from the bottom of your feet, in short strokes upward toward your heart. At the point of your groin, brush downward to stimulate the lymph nodes there. Also, pay special attention to your armpits, neck and chest for both men and women, since there are a ton of lymph nodes in those areas that need to be moved.

Don't brush your face with that Body Brush - its too stiff and can scratch your face!

Get a special face brush for that with softer bristles. Bass is a good brand.

The reason you do it BEFORE you shower or bath is because using the brush when it's dry stimulates your lymph nodes AND gets those flakes off more easily.

It's also a good idea to do it in the morning. If you brush before bed it can actually stimulate your cells too much and then you can have trouble falling asleep.

And take care of your brush! I see people using the same brush for years! Yuck! At least once a week, wash your brush in warm natural soapy water and let it air dry in the sun.

SWEAT IT OUT

Bathtub Detox

When it's finally time to really get down and dirty with those toxins, I've found in my experience that bathtub detoxes are the best!

IF you don't have a bathtub, simply soak your feet in a tub of hot water and add the different ingredients there.

So if you have cancer, autoimmune, or any health challenge right now I highly recommend the Clay bath alternately with the Salt Scrub.

Here's how you do it...

Fill the tub with hot water, as hot as you can stand. Then pour in 2 cups powdered or liquid clay.

If its powdered, simply take a wire whisk and whip the clay powder until its dissolved.

If you use liquid clay, no need to mix. Soak in the tub for 20 minutes and sip on hot herbal tea like camomile or peppermint or yarrow. IF you get light headed or dizzy pour cold water over your head.

My recommendation is be safe - to have a friend, partner, spouse there with you in case you get dizzy, which can sometimes happen.

After you're done soaking, get up and let the cool shower run over the top of your head.

Then, take handfuls of sea salt and scrub in circular motions starting from the bottom of your feet upward toward your heart. The purpose of the sea salt is to replenish the lost minerals and open up your pores.

Almost everyone I've done this on feels rejuvenated afterwards. Very stimulating for your lymph nodes!

Saunas

You want fast results? Then you definitely want to have the toxins eliminated through your skin.

In ancient cultures, from Native American Indians to the Scandinavians, sweating has been an important part of their health regime.

They didn't call it detoxing of course, but they knew even then that it was important to clean out the inside of their body!

Using heat to do detox is called Heat Therapy or Fever Therapy.



Dr. Christophers's Story...

When I started in my herbal classes back in 1978, Dr. Christopher told us the story of a young man who had been going home in a cold snowstorm.

On the way home, he lost his way and fell through the ice!

He was able to climb out, but his clothes were soaked through and he still had few miles to get home in freezing cold temperatures. He had no way to build a fire, so he began running home.

He worked up such a sweat that it was dripping off of him! When he finally got home, he immediately took off his clothes, got in a hot tub to continue sweating, drank hot tea, and climbed into bed.

The next day he was absolutely energized! Instead of getting seriously sick, he got healthier.

What happened?

This young man created a 'natural fever' which released his toxins through his sweat, and quickly rebuilt his immune system.

Now I don't recommend you walk through a snow storm and falling through the ice like he did. But I do recommend you use this therapy that has been around for centuries and used by many cultures the world over.

So what is Fever Therapy or Heat Therapy exactly?

It's the process of using heat to draw out toxins, cleans out clogged pores in your skin, kills any harmful bacteria and viruses, increases circulation and stimulates cellular activity by tenfold!

Just about everything that is imbalanced in your body can be balanced using Heat Therapy – this is **ESPECIALLY IMPORTANT** for people with cancer!

When your core body temperature is raised for a short period of time which causes your body to sweat, it cleans your toxins out **IMMEDIATELY** all the way to the cellular level!

Now before you start this great detox therapy, make sure to **DRINK PLENTY** of water **BEFORE** you start, and drink at least 3 glasses of cool water right **AFTER** you're finished. Better yet, drink coconut water which has all the natural ingredients your body needs.

You can make your own replenishing electrolyte drink if you tend to get dizzy or light headed.

To make it simply mix:

one cup of water with ½ a fresh lemon, ¼ tsp salt and ½ tsp raw honey.

IF you get so hot that you feel nauseous, remember its simply the fact that your colon is plugged up and the toxins are trying to come out too quickly. Just get out of your hot tub or bed or whatever you're using for your Heat Therapy and rinse the top of your head with cool water.

If any of you are serious about using Heat Therapy on a regular basis, I highly suggest you get yourself a portable Steam Sauna or Infrared Sauna. Sit in them until you start sweating and if you can handle it, stay at least 20 minutes.

Juice Therapy



Juice Therapy is truly the quickest way to detox – start out with 1 day per week where you do nothing but juice from morning until night. It gets nutrients down to the cellular level without having your digestive tract doing much work at all.

Remember, getting nutrients to your cells effectively is KEY to detoxing. That's because once your cells have what they need, they are more apt to release those nasty toxins!

Here's how to do it:

Upon rising, drink 8-16 ounces of lemon water.

You can start out with the simple recipe of 8 oz of high pH water, ½ lemon squeezed into it, pinch of cayenne, and maple syrup. Every hour on the hour drink veggie juice, herbal tea, or water.

Before bed – drink 1 cup lemon water

On that day you eat absolutely NOTHING – but you will fill full with all the juices. If you still get hungry you can add 1 heaping teaspoon of Green Powder to 8 oz. Almond Milk. Blend and drink.

Make sure to prepare yourself, you'll have a MUCH BETTER Detox when you do!

AFTER your One Day Quick Detox using Juices...have a day of light eating again. This will get your digestive tract eased back into meals again. The day after it's also very important to take Probiotics to make sure your healthy bacteria is replenished adequately.



Colonics and Liver Flushes

To get fast results your colon has to be cleansed and your liver needs to be stimulated.

That's because your colon gives your body a clear path when the toxins are released. If it's NOT clear, your liver releases the toxins, but with no where fast to 'dump' them, it goes UP not down. Which means having a puking session. Not fun.

I recommend going to a professional colon hydrotherapist for maximum results. You can find local ones here:

<http://i-act.org>

You can also check your local Natural Awakenings magazine directory. Many colon therapists are listed in there. Pick one up at your local health food store.

Liver flushes include drinking a 'Liver Cocktail'

1 fresh grapefruit

1 fresh lemon

3 tablespoons organic, cold pressed olive oil

ginger

Mix all in the blender and drink the night before your colonic.

Case Study

Karla and I became friends because she had her life turned around by doing colonics. Her severe fibromyalgia pain completely vanished after doing colonics!

However, as a new business owner of a health clinic, she was getting stressed and found that the colonics were not helping her enough. She asked me what else she could do, but really emphasized that she didn't have time for a full Detox Program.

So I started Karla off by ADDING a ton of nutrients and then in addition, ADDING therapies to her program – weekly massage therapies (she was scheduling them for others but not herself).

Karla also ADDED a 2 day Detox program EACH month. So each month, she penciled in 2 days where she juiced, did her colonics and massage, but also rested, rested, rested. This got her body the nutrients it needed AND absorbed while still eliminating some of the toxins.

You see?

By incorporating these methods even a few days you can have the same results as Karla. The ticket? Do what you can!

Would like to know more cool tips on how to stay on track and continue getting fast results?

I'd like to invite you to take a look at our Members Area. For only \$1 for the next 14 days, you can enjoy the benefits our members are having...great HEALTH!

Take a look around and if you have questions, don't hesitate to reach out:

<http://judyseegerdetox.com/members>

See you soon!

Judy