

LYMPHATIC DETOXIFICATION

This works best just before bedtime and after a brisk walk.

- 1. You will need $\frac{1}{4}$ - $\frac{1}{2}$ a cup of grated fresh ginger root or more if desired. You don't have to peel the ginger use whole.**
- 2. Place the ginger in cheesecloth or any suitable fabric and tie closed in a bundle.**
- 3. Place some candles in your bathroom and add music and essential oils or anything that you like to help you relax.**
- 4. Let the hot water run until it runs hot from the tap. Then fill your bathtub with pure hot water and add the ginger to steep.**
- 5. Let the water cool on it's own until it is as hot as you can comfortably stand. When ready GET IN!**
- 6. Soak in the tub until you are as hot as you can stand and you begin to sweat. You can add more warm water as need. Soak at least 15-30 min.**
- 7. Be sure to drink water while you soak, Master Cleanser can also be used to enhance the detox process.***
- 8. You can shower after to wash off the toxins that are coming out through your pores. Use a sponge or brush for the next few days to exfoliate the skin when bathing. Brush your tongue with a toothbrush if you notice a metallic taste in your mouth as you detoxify.**

* Master Cleanser

- 1 cup spring water
- 2 tablespoons fresh squeezed lemon or lime juice
- 1-2 tablespoons 100% pure or grade "b" maple syrup
- 1/8 to 1/10 tsp. cayenne pepper or more to taste
- Mix thoroughly before drinking

Master cleanser can be used all day to help detox or as a fasting aid.

© Cognitive Changes