



Detoxification Support :

Disclaimer: This leaflet has been written as guidance only and not as any form of recommendation. The writer emphasises the need to always consult a healthcare advisor before embarking on any form of detoxification including the use of liver, ginger or enema programmes or the use of Epsom Salts or hot and cold showers.

Epsom Salt Baths :

Contraindications: Heart trouble, High Blood Pressure, Diabetes, Pregnancy

Epsom Salt Baths are made of the mineral magnesium sulphate. When magnesium sulphate is absorbed through the skin (such as in a bath) it draws toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles and is a natural emollient and exfoliator. Hot water draws toxins out of the body to the skin's surface, and whilst the water cold it pulls toxins from the skin.

Directions: Dissolve up to 500 mg of Epsom salts in a warm bath. Lay back and relax for up to 20 minutes. Do not use soap or body wash etc. When you get out of the bath have a short cool shower. Drink plenty of fluids.

Castor Oil Packs:

Contraindications: Pregnancy, high temperatures or when on prescriptive medication unless under guidance of qualified practitioner.

Castor oil packing is cleansing for the whole of the intestinal tract and is a great aid to detoxification, stimulates liver and gall bladder health, reduces adhesions and scarring, as pain relief, reduces inflammation, releases constipation, supports the immune system and as an aid to relaxation. Castor oil packs can be used on most areas the body although a pack should also be placed on the liver in addition to any other areas.

Directions: Pour enough cold pressed castor oil over a flannel to saturate it. Warm the saturated flannel by either placing in microwave for a short period or steaming over hot water. Once warmed, lie down and place the warmed flannel over your liver – located on the right side under the breast bone and underneath the right side of the rib cage. Place an old towel over the pack and wrap the

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towel around yourself to avoid leakage, and as an aid to keep the castor oil pack in place. Now place a hot water bottle or similar on top of the towel above the castor oil pack. Lie still and relax for 20-30 minutes. Once completed store the pack and then ensure you drink a large mug of warm water to support release of the toxins.

Storage: Keep flannel in an air tight container and use up to 20 times again – although the castor oil may need to be topped up periodically before replacing fully.

Ginger Packs:

Contraindications: babies and the elderly, pregnancy, appendicitis and pneumonia, high fever

The purpose of a ginger pack is to increase blood circulation and movement of the body fluids where stagnation exists – such as inflammation, swelling, stiffness, pain, cystitis and kidney stones.

Directions: Grate 4-5 oz of fresh root ginger and place into a muslin cloth or bag or old sock!. Tie at the top but leave enough room for water to circulate.

Place the ginger bag into a litre of boiling water and simmer for 15 minutes. When the ginger infused water is ready soak a flannel or muslin in it and then squeeze out and compress. Apply this to the kidney area or area of stiffness/cystitis and add a towel to keep warm. Refresh the pack in the hot ginger water at regular intervals (about about 5 minutes) for about 20 minutes or so. You know when it is enough because the flesh will be showing a lasting deep red colour.

Enema's

Contraindications: Pregnancy and certain bowel conditions.

The history of enemas goes back to ancient times when they were part of routine healthcare. An enema is a simple and natural means of cleaning out the large, hollow muscular tube, which is the colon or large intestine. Cleansing this area is important although modern western culture has become embarrassed to discuss this area. This is madness, because incidence of bowel related disease and dysfunction is on the increase.

Directions: Allow plenty of time and ensure that you won't be interrupted. The best time for an enema is first thing in the morning, ideally after a bowel movement.

1. Prepare your chosen enema fluid (this can be done the night before)
2. Fill the enema bag with fluid (which should be at body temperature so top up with a little pure hot water if necessary) and hang at door handle height for optimum flow. Remove any air locks by releasing the tap. Lie down on your left hand side on a plastic sheet or towel, with your knees tucked up to your chest.

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3. Lubricate the rectal area with oil or sesame oil if needed. Gently insert the tip of the enema tube into the rectum at an angle pointing towards the small of the back. Do not press the tip further than 3 inches into the rectum.
4. Release the tap partially and allow the liquid to flow slowly into the rectum. At first, it may be difficult to hold the enema, particularly if there is a build up of faeces in the bowel. In this case, take a small amount of fluid only and release into the toilet before resuming.
5. Aim to retain the enema for 15 minutes. Retention is helped by lying on the right side and gently massaging the abdomen in an anticlockwise direction. Cover yourself with a blanket if needed to keep warm. If you persistently feel the urge to void the enema after a short time, try doing two of three consecutive enemas, the first being pure water if you prefer.
6. Remove the enema tip, get up slowly and release whilst sitting on the toilet. Rest for at least 5 minutes.

Your enema kit should only be used by yourself and can be sterilised in boiling water with a few drops of tea tree oil added.

DIFFERENT TYPES OF ENEMAS

Water : Use a litre of pure bottled water (never use tap water due to chlorine content). Useful when first trying an enema or as a preliminary wash out enema before taking a second enema of coffee or herbs.

Herbal: A blend of burdock root, chamomile, red clover and raspberry leaf is a food detoxifying and calming enema. Pour a litre of boiling water onto 4 rounded teaspoons of herbs, infuse for about 15 minutes and strain. A ready blended mix is available from Archturus Healthlink 01592620865 or order online at <http://www.archturus.co.uk>. Enema kits may also be purchased from Archturus

Coffee: Coffee enemas are occasionally used as part of a specific and intensive detoxification regime under the guidance of a professional practitioner for chronic illness. Take 3 rounded dessertspoons of organic ground coffee (the more finely ground the better) and add to one litre of bottled water. Boil for 3 minutes and simmer for a further 20 minutes. Strain, using a fine sieve, and make up the liquid to one litre by adding more water if necessary.

Hot and Cold Showers:

Contraindications: The Elderly, Heart trouble, High Blood Pressure, Diabetes, Pregnancy

Support the flow of lymph. After washing turn your shower onto cold and blast for a few seconds. Then return to hot and repeat the process – ending on a cold blast.

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