

## AIDS FOR BODY DETOXIFATION

### LUNGS:

1. 15 deep inspiration and expiration breathes per day. Not all in a row! Spread them out throughout the day.  
-and/or-
2. Aerobic stimulation daily such as:
  - a. swimming
  - b. walks (brisk)
  - c. lymphasizing (bouncing on mini-trampoline) handout available
  - d. muscle isometrics
  - e. bicycling (away from traffic), or use stationary bike.-and/or-
3. Fresh air
  - a. air cleaners
  - b. air ionizers (which also clean the air)
  - c. plants-and-
4. Chiropractic care to minimize lung nerve interference.

### SKIN:

1. About ½ hour sunshine exposure daily, hopefully working up a sweat. Please avoid getting sunburned!  
-and/or-
2. Aerobic stimulation to open skin pores (see LUNGS 2, above)  
-and/or-
3. Sauna, steam or hot tub baths daily. Minimize use of soaps and perfumes. Try mineral baths. Also can add one cup of apple cider vinegar to a bath to maintain skin acidity.  
-and/or-
4. Mild daily exercises with weight/exercise machines, or use simply calisthenics. Cleanse skin afterward with bath/shower.  
-and-
5. Chiropractic care to control proper sympathetic nerve impulses to skin.

### KIDNEYS:

1. Drink pure water (filtered or distilled), at least a quart per day, preferably at room temperature. Minimize other beverages.  
-and/or-
2. Daily fresh fruit intake. Avoid eating with non-fruits. Low Citrus.  
-and/or-
3. Lymphasizing (see LUNGS 2 c)  
-and-
4. Chiropractic care to minimize Kidney nerve interference.

### COLON/LIVER:

1. Better bowel function, no gastro-intestinal transit time over 30 hours.
2. Enemas (see handout) if necessary.  
-and/or-
3. Colonic irrigation, if necessary.  
-and/or-
4. Proper water intake (see KIDNEYS 1)  
-and/or-
5. High fiber, low sugar diet. May use herbal laxatives or oil supplementation.  
-and/or-
6. Liver/Gall Bladder flushes (see special handout).  
-and-
7. Chiropractic care to minimize nerve interference to intestines and liver, gall bladder and pancreas.