



DETOX FOR HEALING & LONGEVITY

Having chronic symptoms increases your need for detoxification. Reduce the amount of toxins you allow into your body and increase your body's pathways to eliminate toxins as healthily as possible.

Here are 14 helpful tips to detox for life:

1. **A healthy diet** – See Amina's diet plan
2. **Plenty of fresh filtered drinking water with freshly squeezed lemon**
3. **Minimize chemical toxins you put on your body**
4. **Reduce the amount of chemicals used in your home**
5. **Eliminate mould in your home**
6. **Dry body brushing** – see below for instructions
7. **Epsom salt baths**
8. **Regular gentle exercise**
9. **Massage**
10. **Acupuncture**
11. **Herbal medicine to encourage safe detoxification**
12. **Nutritional supplements to enhance detox pathways**
13. **Use a step under your feet when sitting on the toilet**
14. **Avoid toxic people!**

Daily dry body brushing (DBB) – Your skin is the biggest channel of elimination of toxins as you may know most house hold dust is dry dead skin cells! This is one of the best ways to eliminate (Desquamate) dry dead skin cells and enhance the renewal of new fresh cells. By repeating this ritual every day, you will encourage healthy detoxification and your skin will feel amazing.

DBB may be more comfortable sitting on a small stool and must be on dry skin before you get into the bath/shower: Start at your ankles and work up the legs in small circular movements, front & back, buttocks, wrists to shoulders, back (with long handle or help from a friend) then abdomen. Work towards the direction of the heart in an anti clockwise direction.