

## Using Essential Oils to Cleanse

In our modern society we are constantly being exposed to a wide variety of things that are potentially or actually harmful to our bodies, including Genetically Modified foods, pesticide residues, chemicals and more. Due to the chemicals present Health Canada has determined that fully 60% of Canadian homes fail indoor air quality measurements!

Doing cleanses is important. Ensuring that our food, water and home environments provide a less toxic exposure is equally important. Why needlessly risk our health between cleanses?

Some toxins are natural, such as dust mite feces. Unlike other mammals we tend to sleep in the same bed and sit on the same furniture for many years. Do regularly vacuum beds outside –more often for those suffering from asthma or other breathing problems.

Consider a high-quality air filtration system or a heat recovery ventilator. If our homes don't breathe, neither do we.



Most problematic sources are synthetic chemicals that accumulate in our homes and bodies. The healthiest people live in the healthiest places, starting with our homes. They need to breathe (a problem with most newer homes). Moulds must be removed (see

<http://www.shorewellness.ca/detox-your-home/moisture-problems/>). Stop using toxic cleansers and soaps (including most liquid hand soaps), and avoid commercial toothpastes and other harmful personal products (see more at <http://www.shorewellness.ca/improve-wellness/personal-health/>).



Thankfully our bodies are made amazingly well. We naturally shed most of these toxins day by day through our lungs, excrement, sweat and breath. Keeping our immune system robust –most of which is found in our guts– is key. Thus it is extremely important that we eat well, drink well, sleep well, and get enough exercise. All of these contribute to a healthy immune system and our body's natural abilities to cleanse.

The most important component to any cleanse is drinking enough water and other healthy fluids. No cleansing program is as important as this. That water needs to include the key minerals of magnesium (vital for heart health) and calcium especially, but iron and zinc and other trace minerals are also helpful. Such water is also likely alkaline –good for you.

Every cleansing program claims to be “the best.” As is true of virtually everything, some methods and products work better with some people than with others. It is most important to make sure that when you do a cleanse you don't end up allowing those toxins to circulate and do damage to other parts of your body.

A number of therapeutic grade essential oils (not usually found in health food stores) are helpful. There are a number of plants and their essential oils that are helpful to promote a cleanse. Let's begin with lemon.

The best part of a lemon is its rind, so it must be organic to avoid the pesticide residues. For fun try freezing it and grate into salads, soups and other foods for some natural cleansing. To make it into a non-food cleanse you can combine about 2 Tbs. of a fresh lemon (grind the peel and all) with 1 Tbs. maple syrup (grade B has more nutrients) or molasses and 1/10 tsp cayenne pepper into 10 ounces of alkaline water. Drink between 3-4 quarts of this lemonade each day with a herbal laxative tea first thing in the morning and just before bed-time.

Some other helpful essential oils:

- Roman Chamomile is a blood cleanser and helps the liver to discharge toxins (rather than let those toxins get absorbed back into your body)
  - Rosemary cineol helps balance the heart function, stimulate nerves and decongest the liver
  - Thyme is an anti-inflammatory, antifungal, antiseptic and an antiviral
  - Melaleuca is an antifungal, antiseptic, antibacterial and helps tissue to regenerate.
- These four oils combined with the herbs used by Chief Sundance for cleaning the blood have been combined by Young Living, called Rehemagen™ Tincture.



Fennel, hyssop, juniper, melaleuca and blends called Melrose™, Di-Gize™ and Release™ are also recommended.

**Cautions** about some of these oils. Except for the blends do not apply these single oils for lengthy periods of time, and do not use on children. Fennel: not for those susceptible to epilepsy. Hyssop may raise blood pressure; also not for those susceptible to epilepsy.

**What to do with these oils:** Diffuse by using a (ideally) non-heating diffuser, or place on some cotton batten, tissue or wick near your bed or area you frequent; Mix the single oil with some carrier oil (such as almond or olive oil) and apply over the liver area and/or apply to your hands and breathe in the aroma frequently.

Because most cleansing methods can have the rather nasty side-effects, quite apart from usually having to stop eating regular meals, I really appreciate the power and the gentleness of the Raindrop Technique.™ Applying the oils of thyme, oregano, cypress, wintergreen (or birch), basil, peppermint, marjoram, and one or more oils or blends according to need, these oils are applied on one's feet and back using eastern and native techniques that release toxins gently and reprogram the cells so that they function correctly. It is more like a spa than a cleanse!



If it were not for this powerful technique I strongly suspect I would have had to give up everything I owned and live in poverty two years ago. I was quickly losing energy, focus, ability to sleep, and more. Only this method was able to bring me back to full health. Curious? [Contact Ian](#) for a session. Past (both male and female) clients have said it is like having a spa.

Besides detoxifying the body the Raindrop technique balances the body's energies. It also can reduce spinal inflammations and kill viruses that hibernate along the spinal column. Many participants also note that they will grow a little taller –up to  $\frac{3}{4}$  of an inch– in their initial session. Now that's a cleanse unlike any other!

While the western world seeks the magic pill and quick solutions the old English saying is still true: “An ounce of prevention is worth a pound of cure.” Taking care to provide a better environment and immune system is more important than is doing a cleanse.

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