

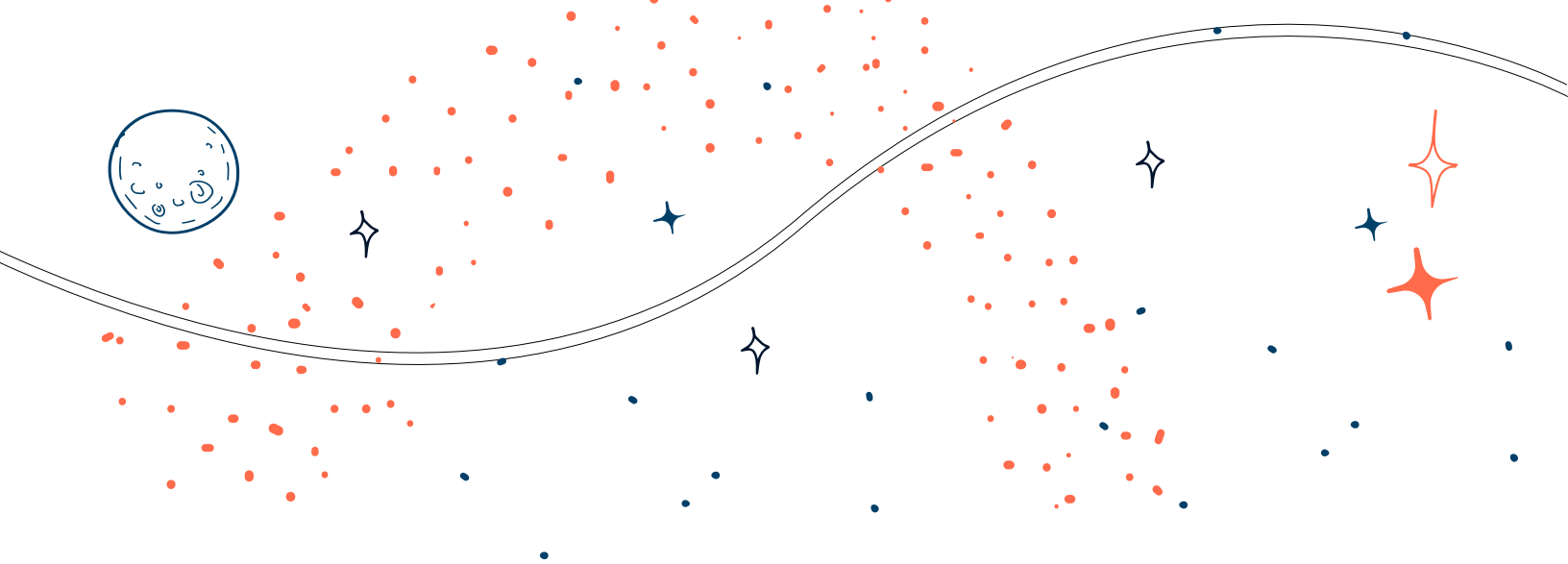
Detox Evening

-GUIDE-



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We throw the word “toxic” around to mean anything from a crabby co-worker to the spray a neighbor uses on his crabgrass. But let’s face it, we all live in an increasingly toxic environment.

From chemicals in the cosmetics we use to the pollutants in the air we breathe, toxins are everywhere.

A healthy body does an amazing job of removing most of these toxins, but many factors can interfere with the process.

Stress, nutrient deficiency, and toxin overload are some of the causes of toxic build-up in the body. Symptoms can include fatigue, bloating, poor sleep, headaches, and dull skin.

You’ve probably read about various detox (short for detoxification) diets or cleanses that help restore the body. They can be very helpful, but **these days I think you really need to detox daily.**

This doesn’t mean you need to quit doing anything fun or live in a bubble! It’s about building in healthy habits that you will come to truly enjoy as they help restore both your energy and your calm!

In this guide, I am showcasing my three top detox practices for evening. These will help you relax, detox, and sleep even better!

Enjoy!

Bridgit Danner, LAc, FDNP

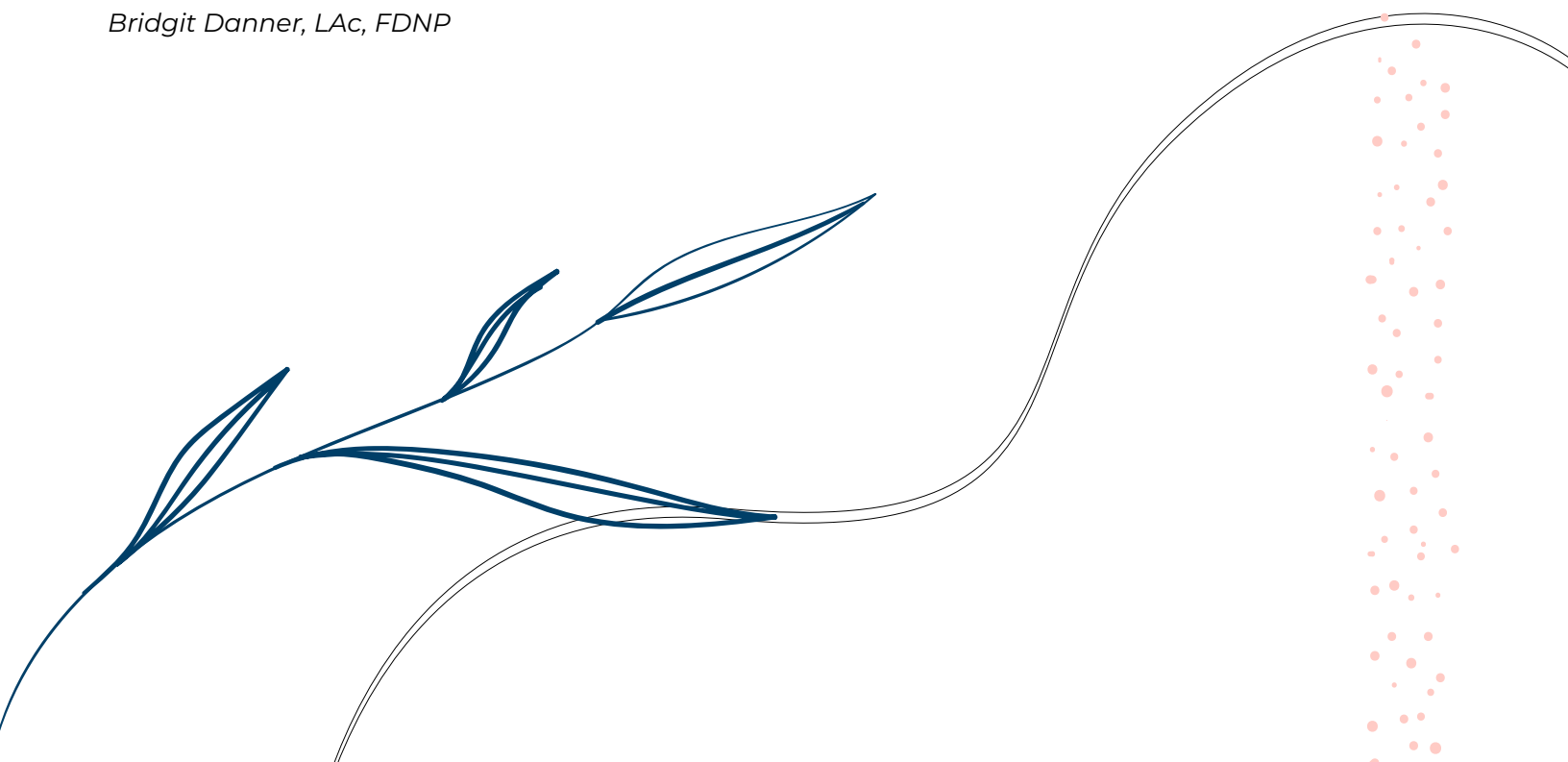




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WHAT IS IT?

An epsom salt bath is a detox upgrade to your regular bath!

WHAT ARE THE BENEFITS?

You can help restore balance to your largest organ – your skin – as well as to your internal organs by soaking in an Epsom salts bath.

Epsom salts contain magnesium, and many of us are magnesium-deficient without realizing it. Lack of magnesium can lead to increased pain, constipation, anxiety and insomnia.

The sulfur in Epsom salts is needed for your liver's function. And it couldn't be easier to prepare a soothing and nourishing bath.

You can read more about the benefits of Epsom salts in my [blog](#).

HOW TO DO IT

Pour two cups of epsom salts (you can buy at most drugstores and health food stores) into the water while the faucet is running comfortably warm water.

If you'd like, you can add a few drops of your favorite essential oil to aid in your relaxation and detoxification and help promote sleep before bedtime. Three of my favorites for the bath are clary sage (great for hormonal balance), ylang ylang (restore your inner queen) or lavender (a classic).



WHAT ARE THEY?

Castor oil is an ancient treatment that can help with detoxing your liver and your digestive system. It involves using a warm castor oil compress on your skin, commonly over your liver (though you can do it other places too).

I have gotten into the habit of doing my castor oil pack while in the sauna at night. Although they can be messy until you get the hang of it, these packs can become an important addition to your health and beauty routine.

WHAT ARE THE BENEFITS?

Castor oil can help move the bowels, recycle more glutathione in the liver, and promote neurotransmitter production for a better mood. It can also return the body to balance by enhancing its natural rhythm, coordinating its regulatory systems, and lowering stress levels. To learn more about benefits and science.

- Anti-Inflammatory Benefits
- Dry Skin Treatment
- Anti-Microbial Properties
- To know more benefits [visit my article here.](#)

HOW TO DO IT

- Several layers of [flannel to cover the affected area](#)
- A [high-quality bottle of castor oil](#)
- [Plastic wrap larger than the flannel](#) by about two inches on all sides
- Hot water bottle (optional)
- An old towel or blanket



I very much prefer a Queen of Thrones castor oil wrap as it is cleaner and easier than the traditional flannel arrangement. Purchase the castor oil bundle [here.](#)



HOW TO USE A CASTOR OIL PACK

1. To make your own pack, simply place the flannel into the container and saturate it with castor oil. It should be covered and moist all over without dripping excess oil back into the container.
2. Prepare the area where you are going to lay by setting out an old towel or a blanket. If castor oil drips beneath you, it will stain so be sure to protect your couch, bed, or chair appropriately.
3. Place your new castor oil pack over the affected body part that you wish to treat, usually over the abdomen, uterus (helps with cramps) or liver (right side). Cover it with plastic wrap and place the hot water bottle on top. For the next twenty minutes or so, your only job is to lean back and relax. This is a great time to catch up on some reading, to pop in your favorite movie, or to simply meditate for a while.
4. When you are done, you can clean the skin with a solution of baking soda and water in equal parts. Store the castor oil pack in the container and keep refrigerated. You will be able to reuse this pack multiple times, which is excellent because it does require quite a bit of castor oil to soak the flannel.
5. Be sure to drink plenty of water to complete the detox process. Try to stick with this routine three or four times each week for optimal results.

NOTE: I usually do it during a coffee enema. I don't like doing it overnight as Marisol suggests bc I still find it too messy.



WHAT IS IT?

The word “sauna” comes from the Finnish term for “wooden room.” We use it to describe a small room that is heated to temperatures between 150°F and 195°F and used for relaxation and therapeutic purposes.

WHAT ARE THE BENEFITS?

Did you know that sweating is one of the ways your body rids itself of toxins? You can help stimulate this helpful natural process by taking a run or a hike, but there are other ways to boost your body temperature.

My favorite way to work up a good, healthy sweat is with my super sauna routine. It utilizes three types of infrared technology to build heat and sweat out harmful toxins. Along with detoxification, benefits include boosting the immune system and even slowing down the aging process.

I explain the benefits of infrared sauna therapy, how to choose the sauna that’s right for you, and how to get the most detox benefits out of your sauna session in my [blog](#).

HOW TO DO IT

My preferred brand is [Sunlighten](#), but other options include using a sauna at the gym or buying a sauna blanket.

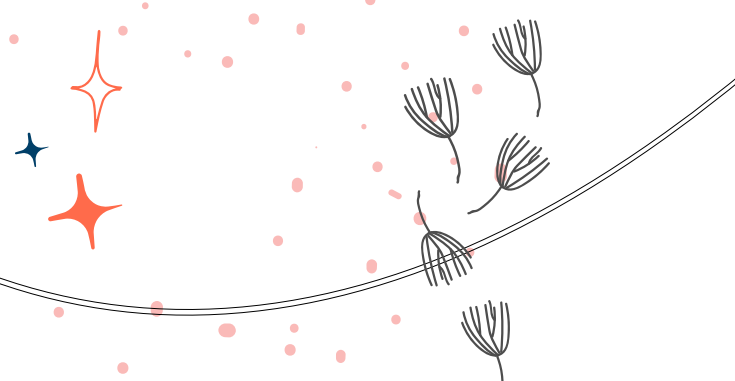
Here are some basic guidelines to help you get started in the sauna:



1. **Set a time limit in the very beginning.** Your body will not be able to tolerate an hour-long session at first. Take it slow with ten to fifteen minute sessions until you are able to sit in your sauna and sweat it out for a half hour or more. Take it slowly and listen to your body--if your body says it’s time to get out, just get out!
2. **Make sure that you are drinking enough water** to remain hydrated with your treatments. Experts recommend drinking a couple of glasses before you sit down in the sauna, as well as a couple of glasses when you are finished.
3. **Always take a full shower**, soaping all of your head and body with a non-toxic soap, after your sauna.

These are my ‘special tips’ to supercharge your sauna experience. They are not required, but you may want to experiment with them:

1. **Use glutathione before getting in the sauna.** This can be 100-200 mg of a liquid or capsule, or 12 sprays of our [ACG glutathione](#).
2. **Drink electrolytes.** You can do this during or after your sauna. Look for a clean brand, free of sugars, or make your own! This is a brand I like, [Ultima](#). Or you can drink straight coconut water.
3. **Take binders.** You will be mobilizing toxins, and they won’t just come out through your sweat, but also through your urine and stool. To make sure they continue outward and don’t recirculate back into you, take 2 capsules of [GI Detox](#) before or after your sauna and away from food and medications.
4. **Bathe with charcoal soap after the sauna.** The above binding supplement contains charcoal. Charcoal can also be used in toothpastes, masks, or in a soap! Check out this [charcoal bar soap and mask from Beautycounter](#) as a way to really pull those toxins off of you after a sauna.



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To Your Health,

Bridgit Danner, LAc, FDNP

