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Wellness Treatment Guide

The following suggestions will enhance your body's natural eliminative processes while on the Unda Complex Numbers and Gemmotherapy, Phytoembriotherapy and Pleo Sanum Remedies. These natural eliminative organs include the digestive system, kidneys, skin, liver and lungs. Implementing these suggestions into your daily or weekly routine will optimize elimination with the least aggravation, while undergoing your specific treatment plan.

For your digestive system....

1. **Eat fresh garlic, basil, tumeric or ginger** as often as possible. These herbs enhance digestive function and eliminate parasites, bacteria and viruses. Ginger tea fresh from boiled slices for 10 minutes will support proper digestion.
2. **Add 1-2 tsp. of organic raw apple cider vinegar to 8 oz. of water or add liquid bentonite clay to 8 oz water for any stomach upset or acidity issue.** Drink before meals as a digestive aid. You may add raw honey for a sweetener if desired. Liquid bentonite clay can be used as an antacid or for any indigestion. Apple cider vinegar can assist with digestion or eliminate acidity in the body.
3. **OR... Take digestive enzymes or (Bioenzymes)** before each meal. Enzymes assist in the process of breakdown and absorption of nutrients. Please do this if you have digestive stress while healing the gut.
4. **Probiotics.** HMF is a strain of human acidophilus. It is an essential component to your daily regime. Include 1-2 capsules depending on the strength taken around meal time. Store in the refrigerator for longest life span. Due to antibiotics and cortisone in most non-organic meat and fish, it is wise to use HMF somewhat regularly to keep immune function high, protect the gut mucosa of the intestines and maintain optimal digestive function. Other ways to increase the gut flora is to make your own sauerkraut or buy Farmhouse Culture Raw Sauerkraut at Mother's or Whole Foods. Another option is to drink Kombucha Tea. This is also a fermented drink that will build your gut flora. You can also make this tea at your home if you enjoy the taste.
5. **Drinks-Water-** Drink at least the equivalent of one-half your body weight in oz. Drink 6 to 8 glasses of filtered (distilled or reverse osmosis) water everyday. Water should be the primary drink of choice for the first month of treatment. Herb teas such as **Hibiscus Tea** sweetened with raw honey or stevia is a good choice for the warmer months. Lemon or Limeade with raw honey or stevia is another excellent choice. **Green Tea, Rooibos or Rooibos Chai Tea** (without black tea) are other great choices in the cooler months. Add Almond

Milk to Chai with raw honey. The coffee substitute **Teecino Organic Dark Roast Coffee Substitute**- is a wonderful way to get off Coffee, but have an anti oxidant rich warm coffee-like tea. This is my favorite! Dandelion Tea is a great liver drainer and a terrific coffee substitute as well. For weight loss, drink at least 3 glasses of Organic Green Tea or White Tea daily. This increases your metabolism and emulsifies fat. Green drinks are also excellent for detoxification and weight loss including chlorella, spirulina, Phytogreens, barley greens or the new all **Organic Greens and Reds** at the office.

For your metabolism

6. **Hydrotherapy**- End your shower with a cool water spray to the body for 30 seconds. This stimulates thyroid function.
7. **Sauna**- Dry saunas assist in the detoxification process eliminating waste material from the skin. The kidneys and liver increase their eliminative function.
8. **Hot Baths**- Warm baths increase circulation and detoxify through the skin. It stimulates the liver and kidneys to eliminate acids that have been stored in the fat and connective tissue. Please add Baking Soda-1 cup/ or 1 cup Apple Cider Vinegar/ ¼ cup Dry Organic Mustard-circulation or Essential Oils like Rosemary-liver detoxification/Thyme-Colds and Flus/Lavender for fever or relaxation

For your skin and lymphatic circulation-

9. **Dry Skin Brushing**- Thoroughly brush from your feet to your heart. Use a circular motion and brush the feet, the inner and outer legs, the abdomen in a clockwise direction, the hands and arms to the heart and outer clockwise circles around the breasts. 5 minutes of lymphatic dry brushing is equal to 30 minutes of exercise. Use a vegetable fiber bristle brush available at Bed Bath and Beyond, Whole Foods or other bath stores. Brush before taking a shower, or after when toweled dry.

For your liver and immune system

10. **Castor Oil Packs**- for the liver, lymphatic circulation and the immune system. Castor oil packs should be done for 30 minutes every other day. Please buy COLD PRESSED CASTOR OIL by Home Health at Mother's, Whole Foods or Sprouts. Place a handful of cold pressed castor oil on the abdomen or where desired. Lay a piece of flannel on top(if available) then add a hand towel over the flannel. Place a heating pad over the towel. You may place castor oil directly onto the flannel and store in a large zip lock bag. Castor oil has been used successfully with uterine fibroids, ovarian cysts, headaches, liver disorders, constipation, diarrhea, intestinal disorders, gall stones, inflamed joints and for general detoxification. **Healing visualization** - While lying down with the castor oil pack, inhale a healing breath and direct it to the area of concern. Exhale the waste or tension away. Envision your body as perfect. Studies show that visualization allows your body to heal 30% faster.
11. **Liver detoxification**- If you have cellulite or varicose veins, you can take Milk thistle capsules along with Kelp capsules daily to support the elimination of these toxic acid deposits.

12. **Wet Sock Treatment-** This treatment is excellent for sinus congestion, earaches, cold and flu symptoms and headaches. Take thin cotton socks and wet them under ice cold water under the faucet. Wring them out. Warm your feet under warm water. Put the wet socks on your feet. Put large, wool socks on over the thin, cotton socks. Wool socks will warm the feet. Go to bed. The body will dry the socks overnight. If you wake up and your socks are dry. Repeat. This treatment will draw any congestion out of the head.
13. **Epsom Salt Baths-** Add 2 to 3 cups Epsom Salt to a very warm bath. Buy them at any drug store or Whole Foods. Soak for about 20 minutes. You can add 30 drops of any organic essential oil like lavender for fever or cold, eucalyptus for the lungs or pine and rosemary for circulation. Make sure you sweat a bit before getting out of the bath. Lay a towel on your bed and rest on the towel with your body covered. Place a wool blanket over you if you have a cold or a flu and sweat for another 20 minutes. If not, place another towel over you and sweat a bit more. This treatment stimulates your immune system, eliminates toxins through the skin, relaxes the musculature and de-acidifies your body.

For your lungs.....

14. **Deep Breathing-** Breathe while doing yoga stretches, inhale and exhale into the area of tension. Breathe while taking a moment of peace anywhere throughout the day. Make sure you inhale and exhale from your belly rather than from your chest. The lungs are an important organ for detoxification. Deep breathing alkalizes the body. Most of us breathe through our chest. Chest breathing is a symptom of “sympathetic” deregulation. In order for the body to digest well and heal we must move back into a “parasympathetic” state. Belly breathing will help allow you to break out of this pattern.
15. **Movement and/or exercise-** Exercise in any form will enhance elimination, keep your mind sharp and relax your body. Walking, hiking, yoga and jumping on a trampoline are great ways to move the body. Make sure that whatever exercises you choose, you enjoy it enough to do it daily. A routine of walking three times per week for 45 minutes and stretching for 30 minutes three times per week would be a great starter plan. Outdoor exercise keeps us in alignment with the rhythms of nature and the light from the, regulates the hormonal system and the pineal gland. Having a partner makes exercise more fun.
16. **5 Tibetal Rites-** The book **The Secret to Longevity- The Five Tibetan Rites-** by Peter Kelder illustrates a group of 5 exercises that balance the entire body. This is excellent for people who do not have a lot of time but would like to have a 10 minute simple program to stay in good health. The exercises have a profound impact on your overall health.

For overall health and longevity...

17. **Sleep-** The best sleeping plan is to go to bed at 10pm and wake up at 6am. Please go to bed before 11pm as the Liver cycle begins after this. Make sure you go to bed at the same time nightly and wake up at the same time every morning. A good night's sleep will **improve your memory and help balance your hormonal system. Regular deep sleep lowers cortisol levels.** It has been shown in numerous studies that over 80% of women have hormonal problems.

If you have difficulty with sleep, please take a bath or shower to calm you before you go to bed.

18. **Take time for things you love-** When you do small things you love on a daily basis, you feel nurtured and taken care of. Taking a hot bath with essential oils, enjoying your favorite tea or reading an inspirational book on the patio are all great stress relievers.
19. **Be Creative and Have Gratitude-** When we create by doing art, working on do-it -yourself projects, playing music, or journaling, we are coming from a place of intuition and joy. Healing can occur when we are in this creative space. Having gratitude for the life that we have been given helps us to see that all things have a purpose or a divine plan. See our life as a gift and an opportunity to grow whatever the difficulty.