

## My Personal Wellness Spa

Simple Cost-effective ways to maintain and support your wellness at home

ENERGY FOR LIFE CONNECTION  
Stacey Quade, CHTP/I, COTA/L, Herbalist  
[www.energyforlifeconnection.com](http://www.energyforlifeconnection.com)  
[stacey@energyforlifeconnection.com](mailto:stacey@energyforlifeconnection.com)  
218.591.2104  
507N.Blackman Ave Duluth MN5811

**Detoxification is performed by many organs, glands, and transportation systems, including the skin, gut, kidneys, liver, lungs, lymphatic system, and mucous membranes. There are many ways to stimulate these organs of detoxification; here are a few.**

- **SKIN HEALTH** -The skin is the largest most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day.  
The skin eliminates over one pound of waste acids each day in the average adult, most of it through the sweat glands. The skin is known also as our third kidney. The skin receives one third of all the blood circulated in the body. The skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency.
  
- ❖ **DRY BRUSHING** –Dry Brushing was recommended by the Finnish Dr., Paavo Airola for his patients 30 years ago and is still popular in European spas and many cancer treatment centers today. The Russians, Turks and Scandinavians have used this treatment for centuries. Dry brushing is promoted as a preventative for dry skin and a way to exfoliate the skin, thus stimulating skin renewal that is super soft to the touch, but there are many other benefits as well:
  - Removes cellulite - Cellulite is a non-scientific term defined as toxic deposits of subcutaneous fat material and fibrous tissue that are not able to be eliminated. Cellulite can affect men and women of any body weight or size. Physical and Emotional toxin can be stored in this layer of our body.
  - Cleans the lymphatic system. **All detoxification occurs first and foremost through the lymph.** The Lymph System is considered part of our immune system and is made of white blood cells called lymphocytes and the interstitial fluid that bathe our cells, bringing our cells nutrients and removing their waste. Our bodies contain far more lymph than blood. Dry brushing moves the lymph containing large proteins and particulate matter that cannot be transported in any other way back into the circulatory system. If these proteins stayed in our systems outside the blood vessels, it would attract other fluid. This can result in swollen ankles, limbs, skin issues, and cellulite.
  - Stimulates the hormone and oil glands helping all of the body systems perform at peak efficiency. The skin is your body's largest organ. When improperly maintained, the elimination duties of the skin are forced upon the kidneys. Chemical analysis of sweat shows that it has almost the same constituents as urine. If the skin becomes inactive, its pores choke with millions of dead cells, uric acid and other impurities, which will remain in the body putting extra stress on the liver and kidneys.
  - Strengthens the immune system. Dry skin brushing may reduce duration of infection and accelerate the clearing of toxins. It helps support the immune system during cancer and other chronic illness treatment. **By stimulating the lymph vessels to drain toxic mucoid matter into organs of detoxification we can purify the entire system.** *After several days of dry brushing, sometimes you may notice a gelatinous mucoid material in your stools. This is a normal sign that the intestinal tract is renewing itself.*

### Dry Brushing: How to Do It

- A high-quality dry brush, with moderately stiff bristles made from natural materials and a long handle so you can reach your entire back and other hard-to-reach spots.
- Do daily for best results, or even twice a day if you like (avoid doing it too close to bedtime, as it may leave you feeling energized).
- Use long sweeping strokes.
- Start at your feet and work your way up your legs to your arms, chest, back, and stomach.
- Brush toward your heart, and the major lymph nodes in your inguinal and axillary areas.
- Avoid brushing your face (unless you have a special brush designed for this delicate skin), your genitals, or any areas with irritations or abrasions (including varicose veins).
- The pressure you apply while brushing your skin should be firm but not painful (avoid "scrubbing").

- Your skin should be pink after a session (not red or irritated) and you can brush for as long (or as little) as you'd like.
  - An average dry brushing session may last between 2 and 20 minutes.
- ❖ **COCONUT OIL** – In addition to using it for oil pulling, coconut oil is reported to have a myriad of other health benefits and uses. Reported to assist with heart health, managing cholesterol levels, improving digestion and brain functioning. It is wonderful to cook and bake with, great for topical skin treatments and using as a carrier oil. However, you do need to use it as a part of your routine, in balance with all other components. See links.

➤ **ORAL HEALTH** – Your mouth is an easily accessible indicator for overall health. Historically the tongue has been and is still used for identifying imbalances in our system, the condition of our gums and teeth add to the information. Saliva production and quality along with PH are important factors that we have control over. There are many diagrams on line, for using your tongue as a map to your total wellness. Studying with a teacher who can teach you how to interpret the condition is important. **Scrape your tongue with a tongue scraper or an upside down spoon as part of your morning routine.** Use PH tape to monitor the acidic state of your body.

❖ **OIL PULLING** – This oral therapy is a type of Ayurvedic medicine -a traditional Indian system- that dates back 3,000 years. It involves swishing approximately 1 tablespoon of oil -- typically coconut, sesame, or sunflower oil -- in your mouth for about 20 minutes and then spitting it out. *Using coconut oil* has extra benefit. While you can get the same bacteria-fighting benefits with sesame or sunflower oil, coconut oil has the added benefit of lauric acid, which is well-known for its anti-microbial agents.

- *Start with just 5 minutes a day.* Twenty minutes of swishing is a long time, and while the longer you pull, the more bacteria you'll remove, 5 or 10 minutes will still offer some benefit. Also, if your jaw starts aching a few minutes in, slow down. Don't work too hard. A gentle swishing, pushing, and sucking the oil through the teeth is all that's required.
- *Spit it out in the garbage, not down the drain, especially coconut oil.*
- Most microorganisms inhabiting the mouth consist of a single cell. Cells are covered with a lipid, or fatty, membrane, which is the cell's skin. When these cells come into contact with oil, a fat, they naturally adhere to each other.
- Studies show that oil pulling helps against gingivitis, plaque, and microorganisms that cause bad breath.
- Other reported benefits are Whiter teeth, stronger teeth and gums, less jaw pain (TMJ sufferers noted great improvement), decreased sleep problems and sinus issues, alleviation of headaches, hangovers and skin issues. Reports have shown improvement in acne, psoriasis and eczema.
- After beginning oil pulling you may notice some detoxing effects such as sinuses draining. Some people have reported headache symptoms similar to a caffeine withdrawal.

❖ **CASTOR OIL** – Castor Oil is a very pale-yellow liquid that is extracted from castor seeds (*Ricinus Communis*). It is an anti-inflammatory and anti-oxidant oil which has been used for centuries for its therapeutic and medicinal benefits. It is believed that most of castor oil's benefits are derived from its high concentration of unsaturated fatty acids. Castor Oil is unique among all fats and oils in that:

- It is the only source of an 18-carbon hydroxylated fatty acid with one double bond.
- Ricinoleic acid (12-Hydroxyoleic Acid) comprises approximately 90% of the fatty acid composition.
- Product uniformity and consistency are relatively high for a naturally occurring material.
- It is a nontoxic, biodegradable, and a renewable resource.
- The unique fatty acid composition makes it highly absorbable and allows superior binding to certain receptors in various systems of our bodies. This is what allows the many wonderful health benefits it provides.
- **Castor Oil is also commonly used to induce labor, so pregnant women should always consult a doctor before using it.**
- **Castor oil packs soak through the skin and improve the body's ability to assimilate nutrients, eliminate toxins, and stimulate circulation.**

➤ **LIVER FUNCTION** -The liver is the major detoxification organ in the body. According to Arthur Guyton's "Textbook of Medical Physiology," the liver breaks down all externally-produced chemicals, as well as your body's own hormones, so that they can be easily excreted from the body. Additionally, over half of the body's lymph fluid is produced in the liver. The lymphatic system is responsible for healthy immune function, as well as acting as your body's internal janitor, collecting cellular waste products for elimination. A well-functioning liver keeps the blood cleansed of toxins and chemicals, allowing you to feel your very best.

- Castor oil packs can help to support this process in many ways. Topical application of castor oil has multiple effects on the body.
- The lipid structure is easily transmitted through the skin's surface and into **lymphatic** circulation.
- A study indicates that the topical application of ricinoleic acid, the main component of castor oil, produces significant pain relieving and anti-inflammatory effects. Using castor oil packs at home is an easy way to derive the positive health impacts of this natural product. Castor oil packs are typically recommended because of their ability to promote healing, reduce inflammation, and improve circulation, especially lymphatic circulation.

They are typically made with a number of layers of flannel and cold-pressed castor oil, which is then placed on the affected area. Here is a traditional method:

- Three layers of undyed wool or cotton flannel large enough to cover the affected area.
- Castor oil.
- Plastic wrap cut one to two inches larger than the flannel (can be cut from a plastic bag).
- Hot water bottle.
- Container with lid.
- Old clothes and sheets. Castor oil will stain clothing and bedding.

Method:

1. Place the flannel in the container. Soak it in castor oil so that it is saturated, but not dripping.
2. Place the pack over the affected body part.
3. Cover with plastic.
4. Place the hot water bottle over the pack. Leave it on for 45-60 minutes. Rest while the pack is in place.
5. After removing the pack, cleanse the area with a dilute solution of water and baking soda.
6. Store the pack in the covered container in the refrigerator. Each pack may be reused up to 25-30 times.

Uses of Castor Oil -

- Arthritis natural remedy -The anti-inflammatory properties of Castor Oil make it an excellent massage oil for relieving arthritic joints, nerve inflammations, and sore muscles.
- Constipation remedy- Mix the oil in juice to take away from the bitter taste without affecting the laxative effects. Do not take it continuously for more than 3 days. If symptoms persist for longer than 3 days, consult your physician immediately. An external poultice or rubbing oil on the abdomen in large clockwise circles is often enough to stimulate the bowels, making it unnecessary to take the oil internally.
- Ringworm treatment- Undecylenic Acid- a component of castor oil has been found to be very effective at treating this fungal infection
- Skin - Sunburn, abrasions, acne, dry skin, boils, warts, stretch marks, liver/age spots, athlete's foot and chronic itching and inflamed skin. A small version of a poultice can be applied using a cotton ball or a band-aid. For stubborn fungal infections that affect the skin or nails, it is recommended to soak the affected skin in Epsom Salt for 10-15 minutes to soften and disinfect the skin before applying Castor Oil. This can help speed up the healing process.
- Wrinkle treatment- Castor oil is a natural emollient that penetrates the skin and helps stimulate the production of collagen and elastin, which can soften and hydrate the skin. Apply it on wrinkled skin before going to bed. Use only a small amount of oil when applying it to the skin near the eyes.

- Sty treatment - Apply a very small drop of the oil directly onto the sty 2 or 3 times per day.
  - Side Effects of Castor Oil- Over dosage of Castor Oil may result in diarrhea, nausea, vomiting, abdominal pain or cramping. Pregnant and lactating women and people with intestinal blockage, acute inflammatory intestinal disease, appendicitis, or abdominal pain should not take Castor Oil without their doctor's approval.
  - Castor oil is normally safe if used in moderation. Precautions must be taken when taking the oil internally. Always follow the directions on the package and consult your doctor or naturopathic professional before consuming it. A typical recommended dosage for the oil is no more than one-half to one full teaspoon per dose.
  - **Where and How to Buy Castor Oil** - Castor Oil is best purchased from a health food store, since the oil that can be found in a supermarket may be meant for industrial use only (which is not safe for human consumption). **Look for cold-pressed or cold-processed oil only and confirm it** before taking it.
- ❖ **ESSENTIAL OIL USE** – essential oils—substances that occur naturally in plants. Essential oils are obtained from a variety of plants by steam distillation or cold expression—such as from a fruit peel. They are comprised of hundreds of chemical components that can complement one’s physical and emotional well-being. These chemical components determine the essential oil properties—such as antibacterial, antiviral, anti-inflammatory, sedating, or uplifting—to name a few.
- **The Safe Use of Essential Oils**
- In general, when used properly essential oils are quite safe and highly beneficial. However, because their uses are still relatively unknown, people can and do hurt themselves by using these highly concentrated botanical substances improperly.
- Do not use essential oils internally.
  - Do not apply directly to skin; always dilute with carrier oil.
  - Keep out of reach of children.
  - Avoid contact with eyes and mucous membranes.
  - Do not use citrus oils before exposure to UV light.
  - Use only pure essential oils; avoid synthetic fragrances.
  - Do not use essential oils on infants, children, pregnant women, the elderly, or those with serious health problems, without advanced medical study.
  - Avoid prolonged exposure without ventilation.
  - Store essential oils and carrier oils properly to avoid degradation and rancidity.
- **BASIC ESSENTIAL OILS**
- **Orange** (*Citrus aurantium*) cleansing, antidepressant, astringent, calming, mildly sedative, tonic anxiety, depression, insomnia.
  - **Peppermint** (*Mentha piperata*) decongestant, energizing, stimulating, centering, focus, grounding, awakening.
  - **Lavender** (*Lavandula officinalis*) analgesic, antidepressant, antimicrobial, antiseptic, bactericidal, balancing, calming, soothing, anti-inflammatory, anxiety, fear, insomnia, hysteria, depression, panic, restlessness.
  - **Lemon** (*Citrus limonum*) anti-infectious, antiseptic, bactericidal, uplifting, refreshing, nervous conditions.
  - **Eucalyptus** (*Eucalyptus globulus*) antiseptic, antiviral, bactericidal, decongestant, expectorant, stimulating, frustration, anger, stress, tension, depression.

- **Rose** (*Rosa damascena*) antidepressant, aphrodisiac, antiseptic, calming, centering, anxiety, depression, hopelessness, insecurity.
- ❖ OSHIBORI - The word oshibori comes from the Japanese word *shiboru* , meaning "to wring", An oshibori can be moistened with hot water or steam to make a hot, or placed damp into a refrigerator to make a cold, depending on the intended use. Often used for cleaning hands before/after a meal. Can be used to help regulate body temperature. Pairs well with essential oils.

Sources and great links of info

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