



Eat to Boost Your Brain Cleanse Supporting Self-Care Practices



"A body well taken care of will have more stamina and energy."
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Epsom Salt Baths

Epsom salt is good for the mind. It helps stabilize mood and relieve stress, anxiety and depression. Epsom salt helps relax muscles and relieve muscle pain. Research has shown that magnesium from Epsom salt helps reduce inflammation in internal organs.

How to take an Epsom salt bath:

The first step is to schedule yourself at least 40 minutes, as you need about 20 minutes to remove the toxins, and for the second 20 minutes, the body absorbs the minerals in the bath water. Fill up your bath with warm water. If possible, use a water filtration system in your house, as you don't want to bathe in tap water that has toxic chlorine, fluoride, dioxins and heavy metals. Add in the Epsom salts in the following amounts:



Additional strategies to apply with an Epsom salt bath

Adding in a 1/2 cup of olive oil is also very good for the skin, as the polyphenols soak into the skin and give extra antioxidant benefits. Adding ginger or cayenne can increase your heat levels, which will help you to sweat out toxins. You can add anywhere from 1 tbsp to 1/2 a cup to stimulate sweating, and these herbs are loaded with antioxidants that will enhance the detoxification process as well.

Do not use soap with an Epsom salt bath, as it will interfere with the action of the minerals and the detoxification process. Try to rest for an hour or two afterwards unless you have arthritic joints, in which case you will want to stay active as much as possible to prevent congestion in the joints.

Oil Pulling

Oil pulling is the practice of swishing or holding oils from plants in the mouth for long periods of time to produce health benefits. It is an ancient folk remedy that has been researched and while not all of the claims of oil pulling have been proven it does have its uses.

Enthusiasts claim that toxins and bacteria in the body build up in the mouth. Oil pulling is also used for dental purposes, many claim that it strengthens gums, whitens teeth and eliminates odour.

Oil pulling helps with detoxification, which can be a real energy drain.



Some popular oils used in oil pulling are sunflower, coconut, sesame, olive and palm. I like to use coconut oil 😊

Directions:

Take 1 – 2 teaspoons of coconut oil and swish it around in your mouth for at least 10 minutes. Spit out in garbage (NOT in sink), as it may congeal and block the drain. Afterwards, brush your teeth

Oil Pulling takes a little getting used to – I gagged the first time I did it – now, I oil pull nearly every day – even my dentist notices a difference.

****I keep a jar of coconut oil in our bathroom and oil pull each morning while in the shower.***

Dry Skin Brushing

An effective technique for aiding the body and its need for daily detoxification is to practice skin brushing. When you do skin brushing, you help the lymphatic system to cleanse the body and rid itself of toxins.



Dry skin brushing increases circulation, it can give you a natural energy boost, therefore it is advisable to do this in the morning.

Directions:

The brush used should be a long-handled bath type brush. It should contain only natural vegetable bristles. Synthetic bristles should be avoided as they may scratch or irritate the skin. The brush should be kept dry and not used for bathing.

When one performs skin brushing, the body should be dry for proper effect. Wet skin may allow sliding while dry skin brushing gently stretches the skin promoting lymph flow and the sloughing off of dead skin cells. The brush should pass over every part of the body, always toward the heart.

Water

Inadequate amount of hydrating fluids can contribute to constipation. Drink regular purified water, (not distilled water, which has no minerals, and not club soda, as it contains carbonic acid and is therefore acidic to the body). Fill up your good quality water bottle and get sipping! Frequently, increasing eliminations can happen simply by drinking more water throughout the day.



Essential Oils

Essential oils are a powerful tool for cleansing, relaxation, enhancing brain function and more. Make sure to use a good quality and be careful to follow instructions. My go-to essential oil resource to purchase and for information is Young Living: https://www.youngliving.com/en_CA

Remember, you can't pour from an empty cup – You have to take care of yourself first.

Congratulate yourself for taking the time for self-care!