

DAILY DETOX



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Man is a creature of habit. Every single day, we follow a routine that we have set for ourselves. We get up at a particular time, we follow a pattern of all the things that we consider to be our morning ritual, we eat foods that we have decided are healthy or needed for us, we arrange our things in a manner that is acceptable to us, and so on.

Once in a while, after partying all night, or after our body is exhibiting signs of dis-ease, or even simple physical problems like acidity or bloating, we may decide that our body is in need of a detox. However, what we don't realize is that detoxification can also be a daily process, a daily habit that we need to incorporate into our life.

A natural body detox doesn't have to be complicated. Here are some easy-to-do habits that will guide you towards a healthier lifestyle.

A word of caution: While each tip on its own is simple, trying to incorporate too many new things into your daily routine all at once is a recipe for none of them to stick.

You may already be doing some of these things on a regular basis. Review the list first and then pick one or two new things to start. Once these become habitual, then pick a couple more items.

If you do this consistently each month, by the end of the year you'll have a bunch of new natural body detox habits that support your physical (and mental) health!

Ways to Naturally Detoxify Your Body Every Day

1. Drink more filtered water. It takes liquid to flush out those unwanted toxins. Try upping your hydration level today. You'll be amazed by how great you'll feel!



2. Start your day with lemon water. Get the hydration habit going with 8 oz. of water with one whole lemon in the morning before you eat or drink anything else.
3. Oil Pulling. Oil pulling is the process of swishing 1 tablespoon organic coconut oil around in your mouth for between 10 and 20 minutes. The chemical reaction between your saliva and the oil literally "pulls" bacterial toxins out from the deepest crevices in your whole oral cavity. Oil pulling can also strengthen the stomach, heart, liver, lungs, and reproductive organs. Give it a try - and don't forget to spit it out afterwards into the garbage can so you don't clog your sink drain. Cold pressed organic coconut oil is the most beneficial for this.

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4. Tongue scraping. Besides oil pulling, another effective way to target the oral cavity for detoxification is through the Ayurvedic practice of "tongue scraping." Scraping the tongue daily removes any build-up on the tongue, which, if left untreated, ...may house a significant number of bacteria. Tongue scraping requires an inexpensive tool (stainless steel works best) that can be purchased at any medical store. The tongue should be scraped very gently from back to front 7 to 14 times.
5. Eat more organic green leafy veggies. Kale, celery, spinach, parsley, cilantro, and mint... all these greens are your friends. They contain vital nutrients, plenty of fiber and chlorophyll, which helps to cleanse the blood. Try them in a smoothie or in a raw salad, or very lightly sautéed in coconut oil if eating them raw is not for you.
6. Add some probiotics. The gut is the first line when it comes to nutrient absorption, and probiotics are the "food" of healthy gut bacteria. Probiotic rich raw sauerkraut and kimchi or a refreshing kombucha is very effective.

7. Try some chlorophyll. Another great addition to your diet can be chlorophyll (wheatgrass) in tablet or liquid form. Chlorophyll is the green pigment found in plants and algae. Chlorophyll can increase red blood cells and bind with toxins and heavy metals, sending them on their way out of your body.

8. Consider gentle detoxifying teas. Add some dandelion, turmeric, or Holy Basil tea to your evening routine or try lemon tea for a mid-afternoon pick-me-up. Chia, milk thistle, garlic, and spirulina are all great natural detoxifiers.

9. "Unplug" during a meal. Take a media break while you eat. This is just a good habit to get in for proper digestion. While you eat your lunch or as you sit down with your family for dinner, instead of focusing on who is texting you or what is playing on TV, why not focus on what is going on around you or with each other? Chew your food slowly as well – chewing is the first stage of digestion. Let's practice some mindful eating.

10. Play out your stress. Take a detox from the mundane and dive into your creativity! Spend at least an hour engaging in a healthy creative activity, allowing all concepts of time to go out the window. Get lost in the play of painting, dancing, writing, doodling, needlepoint, being in nature, playing games or whatever brings you joy.

11. Breathe more. Pay attention to your breath. Does your breathing become shallow when you are stressed or upset? Decide to take a deep breath instead. Deep breathing can help cleanse the respiratory system and oxygenate the blood.

12. Try meditation. Meditation not only calms the mind, it also helps relax those stress responses that are pumping too much cortisol into your body, creating inflammation and toxic build-up. Start with even 5 minutes and simply focus on your breath as you close your eyes and go within.

13. Do some aerobic exercise. Get moving! Aerobic exercise pumps life-giving oxygen and feel-good hormones into your body. But did you also know that during a workout the muscles act like the liver and produce an enzyme that clears out depression-causing chemicals?

14. Stretch and release. Stretching not only keeps muscles and joints flexible, it can also lower inflammation and "fight or flight" responses that can lead to chronic disease. A 2009 study of women with breast cancer found that those who underwent a 75-minute restorative yoga class for 10 weeks had less instances

of depression than those who did not. Stay motivated and detox from stress by doing a few stretches throughout the day.

15. Hot and cold shower cycling. Now that you have worked up a sweat and stretched it all out, consider keeping the detox going as you step into the shower. Cold showers can lower stress and improve circulation. Hot showers, on the other hand, relieve tension and congestion and help you sleep better. Turn the shower temp to a little hotter than you would normally have it. Then alternate the temp to as cold as it will go for 30 seconds. Work up to alternating hot & cold intervals for 5-minutes.

16. Spend time in nature. Shinrin-yoku, or "forest bathing," is a Japanese term for being in nature in order to gain the physical benefits it can offer. A 2010 review of 24 studies found that spending some time in nature kicks in parasympathetic nerve activity that can help heal and detoxify. Don't live near a forest? Try the beach or a park. Nature can be found almost anywhere!

Connecting with Nature

- Reduces ADD symptoms
- Improves the senses
- Stimulates ability to pay attention
- Calms and focuses the mind
- Improves academic performance
- Enhances immune system
- Lowers stress hormones

17. Get some sun today. Sunshine provides us with vital vitamin D, a truly "healing hormone" that has been linked to lower inflammation, lower blood pressure, improvements in muscle tone, improved brain function, and even cancer protection. Try 10 minutes of sun exposure without sunscreen.

18. Make your home electro-pollution free. Make sure your bed is located as far away as possible from Cellphones or other electronic devices. Turn off your Wi-Fi routers before you snooze so that EMFs do not disturb the quality sleep you need to detox and heal.

19. Take a bath. "Hyperthermia," or using heat to heal, is a great detox modality. Your bathtub can be your own hyperthermia tool. Take a hot bath and release tension with some added Epsom or mineral salts and calming essential oils, like lavender. After getting out of the bath, wrap yourself in a blanket for a few minutes for some extra sweating power.

20. Body brushing. Brushing your skin for detoxing? You bet! And right before a bath or shower is the best time to do it. Using a soft-bristle brush, gently start at your feet and arms and work your way towards your heart. Dry brushing is a core modality for Ayurvedic detoxification protocols because it stimulates the lymphatic system.
21. Give an enema a try. A simple filtered water enema with a bit of aloe or lemon juice added can be a soothing way of flushing the colon as well.
22. Castor oil packs. Castor oil packs have been shown to improve the detoxification capacity of the liver, support reproductive organs, improve lymph flow, and reduce inflammation. Try using a "castor oil pack" along with a heat source on your abdomen for at least an hour. Or simply drink a tablespoon of castor oil for an internal cleansing.
23. Foot massage. Relax and unwind by giving yourself a soothing foot massage. Reflexology is the Chinese practice of corresponding points on the foot with organs in the body. When you are massaging your feet, you are really loosening up the entire body. Or treat yourself to a Reflexology session at Prisim.
24. Connect with others. Connect with someone in your life that means a lot to you. Make a phone call or send a text just to say "hi." If no one is around, sit in a coffee shop or a park and strike up a conversation. Make time for family.



Sherina Tanwani is an authorized System BrahmaSatya trainer and healer since the year 2001. She conducts various workshops:

- Brahma Satya Energy Healing - Level 1, 2 & 3
- Reiki - Level 1 & 2
- Magnified Healing
- Crystal Chakras
- Goal Empowerment with Art & Huna Healing
- Chakra Meditation
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Services offered:

- Aura Scan & Analysis
- Aura Cleansing with energy
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- Numerology Report
- Angel Therapy
- Crystal Grid to resolve all personal & environmental issues
- Clearing of space - house/ office
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