

# Detox Introduction

As was discussed in the nutrition section, certain foods are more likely to lead to cravings and addiction. Many of these types of foods, such as sugars, salt, fat, animal products, and processed foods may build up toxins in the body. In the Balanced Living Program, eliminating or rebalancing these foods in your diet helps you to detox from the desire for these foods. Your body already has processes working to eliminate impurities or byproducts. A proper diet will serve to enhance and facilitate these natural capabilities of the body. A healthy gut is imperative because if you are not defecating, voiding, and sweating well, you will not detox well.

During your program, we recommend you participate in the following activities.

**Trilogy:** This is the combination of cryotherapy, infrared sauna or BioMat sessions, and salt room sessions. Although best done in concert, you can do them on separate days. We recommend participating in this at least three times per week. You may also do this daily if desired.

**Lymphatic Massages with Castor Oil Pack:** Our lymph system is designed to help the body eliminate toxins. Lymphatic massages are light, slow strokes in a specific pattern to drain the lymphatic channels located throughout our body. The castor oil packs will be done at the same time as the lymphatic drainage massage to promote circulation to the liver and further drainage.

**Dry Brushing:** This is a great tool to exfoliate, increase circulation, rejuvenate, and detoxify. We recommend doing this weekly at least during the program.

**Biofeedback Rebalance:** This treatment helps your body rebalance during the intensive 12 weeks. We recommend adding this on every 4 weeks to maximize the benefits of your program. The Program Coordinator can schedule these sessions.

We have included more detailed information on these activities in this section. Please let your team know if you have any questions.