

DIY

30-Second Detox Recipe



**Lose Up to 10-Pounds
in 10-Days**

RECIPE FOR RAPID DETOX:

To use before/during/after sauna session!

Always on the lookout for the best, most painless techniques to detoxify, there are a couple (must use) ideas that I'd like to share with you. When I'm using the LuxSauna, (every morning for at least 40-minutes) I drink from a large bottle (2 Quarts) of (what I call) sludge. Sounds disgusting but it's really not. It actually tastes ok...

This is a powerful combination to use especially with the LuxSauna. These are the main ingredients: (others can be used as you evaluate what works best for you)

- Large 1-2.5 liter bottle – fill with purified or alkaline filtered water
- Add (level) tablespoons of the following:
 - * **Phytonutrient powder** - combination of green powders (I use NOW products)
 - * **Wheat Grass juice powder** – *(more research below)*
 - * * **Vitamin C powders** (ascorbic acid and Esther C) – taper off after a few days until you do no longer experience Diarrhea. (initially and every other week) Flushing out your intestines will provide a good internal cleanse to help expedite the detox process.
- Add (level) teaspoon of the following:
 - * **Mineral Fizz:** (I use Pure Essence Labs) a synergistic combination of calcium, potassium and magnesium plus D3 and some other vitamins & minerals. Tastes good! A must use in that you're sweating out alkaline minerals as well as the acidic minerals and toxins. So replenishing with a mineral fizz like product will keep the alkaline balance, eliminate muscle (leg) cramps and enable you to use the sauna (and benefit) for longer durations.
- **Niacin:** – *(more research below)* (**Start Slow** – 100mgs>) Before using a sauna try ½ or 1 capsule of niacin (100mgs): Only the flush kind - if it says "No Flush" don't get it. It's a water based B-3 vitamin that will cause you to flush – sending blood throughout your body. Great for the skin, helps melt fat and will expedite sweating, pushing oxygenated blood to even the smallest capillaries. You'll notice it pretty quickly, red skin and itching at first. You'll really like it once you get used to it and it feels good in the sauna along with the heat. Great for expediting the detoxification process.

- **Cayenne capsules:** 1 or 2 before the sauna (one in the drink – one taken with niacin: 40,000 H.U. **Especially for men!** This pepper powder capsule(s). Cayenne has been proven to kill cancer cells on the prostate upon contact. It's also proven to kill bacteria and worms/bugs in the stomach that can cause ulcers. In addition, although seemingly counter intuitive; it is alkaline.

RESEARCH – BENEFITS OF KEY INGREDIENTS:

WHEAT GRASS JUICE:

Benefits: 39 Points about Wheat grass & its Nutritional Values

1. Wheatgrass Juice is one of the best sources of living chlorophyll available.
2. Chlorophyll is the first product of light and, therefore, contains more light energy than any other element.
3. Wheatgrass juice is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
4. Chlorophyll is the basis of all plant life.
5. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly-oxygenated environment.
6. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
7. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and uses up very little body energy.
8. Science has proven that chlorophyll arrests growth and development of unfriendly bacteria.
9. Chlorophyll (wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal within 4

to 5 days of the administration of chlorophyll, even in those animals which were known to be extremely anemic or low in red cell count.

10. Farmers in the Midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones.)
11. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil.
12. Wheatgrass has what is called the grass-juice factor, which has been shown to keep herbivorous animals alive indefinitely.
13. Dr. Ann Wigmore and institutes based on her teachings has been helping people get well from chronic disorders for 30 years using wheatgrass.
14. Liquid chlorophyll gets into the tissues, refines them and makes them over.
15. Wheatgrass Juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr Earp-Thomas, associate of Ann Wigmore, says that 15 pounds of Wheatgrass is the equivalent of 350 pounds of carrot, lettuce, celery, and so forth.
16. Liquid chlorophyll washes drug deposits from the body.
17. Chlorophyll neutralizes toxins in the body.
18. Chlorophyll helps purify the liver.
19. Chlorophyll improves blood sugar problems.
20. In the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends chlorophyll for its antiseptic benefits. The article suggests the following clinical uses for chlorophyll: to clear up foul smelling odors, neutralize Strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infection, reduce varicose veins

and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.²¹ Wheatgrass Juice cures acne and even help to remove scars after it has been ingested for seven to eight months. The diet must be improved at the same time.

21. Wheatgrass juice acts as a detergent in the body and is used as a body deodorant.
22. A small amount of wheatgrass juice in the human diet helps prevents tooth decay.
23. Wheatgrass juice held in the mouth for 5 minutes will help eliminate toothaches. It pulls poisons from the gums.
24. Gargle Wheat grass Juice for a sore throat.
25. Drink Wheatgrass Juice for skin problems such as eczema or psoriasis.
26. Wheat grass Juice keeps the hair from graying.
27. Pyorrhea of the mouth: lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheat grass, spitting out the pulp.
28. By taking Wheat grass Juice, one may feel a difference in strength, endurance, health, and spirituality, and experience a sense of well-being.
29. Wheatgrass juice improves the digestion.
30. Wheat grass juice is high in enzymes.
31. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.

32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4 ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass juice is great for constipation and keeping the bowels open. It is high in magnesium.
34. Dr. Birscher, a research scientist, called chlorophyll "concentrated sun power." He said, "chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs."
35. According to Dr. Birscher, nature uses chlorophyll (wheatgrass) as a body cleanser, rebuilder, and neutralizer of toxins.
36. Wheat grass juice can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production.
37. Wheatgrass Juice reduces high blood pressure and enhances the capillaries.
38. Wheat grass Juice can remove heavy metals from the body.
39. Wheatgrass juice is great for blood disorders of all kinds

BENEFITS OF NIACIN

The benefits of niacin include improved circulation, lowered cholesterol, healthy skin, prevention of diabetes, and treatment for osteoarthritis.

Niacin, also known as vitamin B3, is naturally produced in the body and is found in many of the foods we eat. These include meats, tuna fish, poultry products, eggs, peanuts, vegetables, cheeses, potatoes, oats, brown rice, barley, wheat flakes and milk. Also rich in vitamin B3 are foods such as cereals and breads therefore they improve the benefits of niacin.

Niacin and Circulation

Histamine which niacin helps to produce is a compound that is capable of dilating blood vessels, which in turn improves circulation. This helps blood to circulate to the hands, feet and all parts of the body, which helps to prevent atherosclerosis or what is sometimes called hardening of the arteries. An additional effect of this benefit of niacin is reducing the risk of heart attack or other vascular diseases.

Niacin Lowers Cholesterol Levels

In spite of the many different cholesterol medications on the market one of the best benefits of Niacin is the lowering low-density lipoprotein or LDL cholesterol as well as triglyceride levels. In addition to lowering LDL, the bad cholesterol, B3 or niacin increases the good cholesterol HDL or high-density lipoprotein levels. The HDL levels can be increased by as much as 15 to 35 percent, which is more significant than the 5 to 25 percent lowering of the LDL, which is still impressive nonetheless. If you have had a heart attack studies have shown that taking cholesterol-lowering drugs in combination with niacin can decrease the likelihood of a second heart attack.

Healthy Skin and Niacin

Niacin can help keep skin healthy and is used for a variety of skin problems, including inflammation, acne, rosacea, dull skin tone and sagging skin. Regular use can help reduce these problems. Niacin also helps the skin with moisture retention and aids skin's elasticity and tone. You can use supplements but to increase the benefits of niacin on your skin, eat fish, meats, grains and green vegetables or other foods high in vitamin B3.

Niacin Helps Prevent Diabetes

There is evidence that niacinamide a substance contained in niacin may help delay the onset of insulin dependence for type 1 diabetics. There have been studies performed on animals in which have shown niacinamide can improve the effectivity of drug treatments that are used for diabetes.

Type 2 diabetes is another story. This can cause higher levels of cholesterol and fats in the bloodstream. Niacin along with other medications can lower these however niacin may also raise blood sugar that can result in hyperglycemia. This can be very dangerous for someone with diabetes. Therefore you should only take niacin for diabetes as directed by your physician.

Osteoarthritis and Niacin

Niacinamide has been found to increase joint mobility. Also Niacin can reduce joint and muscle fatigue along with increasing muscle strength. Therefore vitamin B3 has been successfully used to treat

osteoarthritis. If high doses are taken the benefits of niacin can be seen in around three to four months. The anti-inflammatory effects of niacin have been proven to be effective in treating rheumatoid arthritis. Taking vitamin B3 has also shown to rebuild worn out cartilage in arthritis sufferers.

Other Benefits of Niacin

In addition to those discussed above there are many other claimed niacin benefits, however they have not all been fully established. These include the following:

- Treating Alcoholism
- Decreasing the risk of cataracts
- Mental Confusion
- Promoting relaxation
- Preventing Migraines
- Production of adrenal hormones
- Crohn Disease
- Production of hydrochloric acid in the stomach
- Treating depression
- Lowered risk of Alzheimer's disease
- Preventing motion sickness
- Production of sex hormones
- Treating Schizophrenic symptoms
- Treatment for peripheral artery disease (PAD)

WHAT ARE THE BENEFITS OF CALCIUM, MAGNESIUM, POTASSIUM & ZINC?

Minerals such as calcium and magnesium, and trace elements such as zinc, are a few of the essential nutrients you should consume daily for optimal health.

CALCIUM

Calcium is essential for growth, maintenance of your body and reproduction. It's also essential for healthy bones and teeth and protects you from the bone-thinning disease called osteoporosis. It also plays a role in blood clotting, muscle contractions and in heart function. You can safely consume 2,000 to 2,500 mg of calcium from food and supplements daily, advises MedlinePlus.

MAGNESIUM

Trailing calcium as the fourth-most abundant mineral in your body is magnesium. About 50 percent of it is in your bones and the other half is found in cells, tissues and organs, according to the Office of Dietary Supplements. Magnesium is involved in 300 biochemical reactions in your body. It works with calcium to help maintain strong, healthy bones and supports the immune system. This mineral also plays a role in muscle and nerve function, blood sugar and blood pressure regulation and energy metabolism. General recommended daily intake for men 18 years and over is between 410 and 420 mg; for women of the same age, it's between 310 and 360.

ZINC

The body contains only 2g or 0.07 oz of zinc, but this nutrient plays a vital role in several functions. Zinc is found in enzymes that pass on genetic information, metabolize food and regulate blood pressure and reproduction. It's also found in enzymes that control appetite and others that help wound healing. Zinc also boosts your body's immune system and is essential for healthy fetal growth, notes the USDA. The recommended amount of zinc is 12 mg per day. However, speak to your doctor about taking supplements and about the specific dose for your health needs.

POTASSIUM

Potassium may be looked upon as an essential health nutrient, due to a number of health benefits of potassium:

Stroke: Potassium plays an important role in keeping the working of brain in normal state. It is of great importance in preventing the occurrence of stroke in human brain. It is a fact that a person suffering from this dreadful disease may be found deficient in this essential body nutrient.

Low blood sugar: Decrease in potassium level causes a drop in blood sugar level. Decrease in blood sugar level causes sweating, headache, weakness, trembling and nervousness. Intake of potassium chloride and sodium provides immediate relief from such situation.

Muscle disorders: Potassium plays an important role in regular muscle contraction. Right concentration of potassium, is required for the regular contraction and relaxation of the muscle. Most of the potassium ions of the human body are present inside the muscle cells. It maintains muscle function and optimal nerve.

Cramps: Muscle cramps result due to low level of potassium in the blood, a condition called as hypokalemia.

Brain function: Potassium channels play a key role in maintaining the electrical conductivity of brain and affect the brain function. It is also involved in higher brain function like memory and learning.

Blood Pressure: Potassium is helpful in reversing the role of sodium in unbalancing the normal blood pressure. Thus, it acts as a vital component, which maintains the normality of blood pressure in human body. This further abolishes the possibilities of heart diseases and hypertension. Regulation of blood pressure is an important function of this mineral.

Anxiety and Stress: Potassium is of great importance for people suffering from anxiety and stress. It is considered a perfect stress buster.

Muscular Strength: This is in fact, one of the most appreciable benefits of potassium, as it ensures proper growth of muscle tissues and proper utilization of energy released during metabolism to add significant worth to muscular strength. The muscles, together with cardiac muscle, are prone to paralysis due to deficiency of potassium in diet.

Metabolism: It assists in metabolic process of various nutrients like fats, proteins and carbohydrates. Thus, potassium is of great value in extracting the energy out of nutrients consumed by man.

Heart and Kidney Disorders: The health benefits of potassium ensure good health for heart as well as kidneys. It plays an irreplaceable role in regulating the functions of potassium. Apart from this, this mineral assists kidneys to remove waste by the process of excretion. However, it is strictly advisable to consult your doctor to get recommendations about dosage.

Water Balance: Potassium has another significant role to play in maintaining the desirable water balance in human body. There are different types of cells, which require having proper water balance for proper functioning and potassium aids these cells in regulating this balance.

Electrolyte: Potassium plays the significant role as an electrolyte in human body. It helps in regulating the level of fluids in human body and thus performs a number of critical body functions.

Nervous System: Potassium helps in boosting the spirit of nerve reflexes to transmit message from one body part to another. This in turn helps in muscle contraction to perform various activities every day.

THE BENEFITS OF HYDRATION: Especially when using the LuxSauna!

Drinking three to four quarts of quality water per day will transform your health

Staying ultra-hydrated by drinking 3-4 quarts of clean, filtered water per day will dramatically improve the way you think and feel.

These are the Top 5 Benefits to staying hydrated!

Energy! As mentioned above, when we are dehydrated by just 5% most of us will experience a 25-30% loss of energy. And to be honest, I estimate that 90% of us are more than 5% dehydrated. When was the last time you truly drank enough water during the day? And when you did, how good did you feel?

When we are dehydrated we get headaches, foggy thinking, fatigue in our mind and our body, mood swings, we overeat, our metabolism grinds to a halt, we underachieve and we lose motivation.

Water is needed for almost every body metabolic function - it is simply vital that we stay hydrated.

When we are dehydrated our body just cannot do its job and our energy and mental state will suffer as a result.

Fatigue is a hydration problem. If you're feeling tired drink 2 quarts of water over the next 90 minutes and see how you feel then!

Weight Loss! Our brain literally does not distinguish between the sensations of thirst and hunger. Both are derived from the same place - low energy levels. When we experience these low energy levels the sensations of thirst and hunger are generated at the same time, and we instinctively assume that regardless of the driver, both of these sensations are 'the need to eat'. In other words **we eat food even though the body needs (just) water**. By staying hydrated we separate these two messages and often eat a lot less - the right amount.

Clear Skin! When you start to stay hydrated and consume 3-4 quarts of water per day you will also begin to notice some dramatic changes to your skin. Problems such as acne, dryness, eczema, psoriasis and more will start to disappear. Why? When dehydrated, the body preserves the water supply to critical organs, such as the brain and the heart, but "cuts off water" to peripheral organs such as skin.

Being hydrated also ensures that your body's cells are able to function effectively, for nutrient absorption, blood building and circulating and to help the body remove toxins.

Alkalinity & pH Balance! When you drink clean, filtered water with a pH of 8.5+ (as recommended in this report) you will notice that you begin to feel a surge of health, energy and vitality. Our body is

designed to be alkaline, maintaining a pH level of approximately 7.365 in our cells, particularly the blood. When we eat and drink too many acid-forming foods and drinks such as colas, sugars, breads, sweets, pizza, chips, alcohol, white rice & pasta, trans-fats, fast food, refined food, sauces & condiments, dairy, meats and more we put our body under an incredible strain to maintain this pH balance at 7.365.

By hydrating our body with high pH water (see how in a few pages!) we help maintain this alkalinity, flush toxins & acids from the body (such as yeasts/candida and bacteria growths) and our energy and vitality will go through the roof!

Being over-weight is also an acid problem, so when you start to hydrate & alkalize you will also start to see the weight fall away. Seriously, just by drinking 4 quarts of alkaline water per day you will begin to see huge improvements with your weight.

Anti-Aging! The cause of premature aging is an over acid, dehydrated body. Aging occurs when we do not dispose of the internally generated wastes and toxins in our body. This is the process of getting old. Because this accumulation of waste products inside the body is the aging process, supporting the body to remove these old, acid wastes is the anti aging process.

Antioxidants are often referred to as a way to prevent anti-aging because they help to detoxify the body from these wastes - and so drinking alkaline, antioxidant-rich water is a fantastic way to slow and reverse the aging process.

When we are hydrated, our cells function optimally, our digestive system works wonderfully and we can remove these aging toxins easily!

Our body is designed to be alkaline. The pH of our important fluids such as our blood is designed to be at a pH of 7.365, which is slightly alkaline. In just the same way that our body will do whatever it takes to regulate our temperature to stay within a very tight range, it does the same for the pH of our fluids. And while our body does create acids naturally through our bodily functions, we have a small alkaline buffering system that works to neutralise these acids created by our body through its day to day activities.

Your body HAS to keep the pH of your blood, cells and other fluids at this slightly alkaline level (pH 7.365) and it will do ANYTHING it has to in order to maintain this pH balance. To do this, your body calls upon this store of alkaline buffers, which is perfectly adequate when we are living a natural, healthy diet. However, this store of buffers is very easily depleted because most of us eat and drink such strong acidic foods and do very little exercise - while our lifestyles of high stress, smoking, drinking and getting too little sleep only compounds this problem. To put this in context, the pH scale is logarithmic – so pH 6 is 10x more acidic than pH 7, pH 5 is 100x times more acidic than pH 7 and pH 4 is 1000x more acidic. Cola has a pH of between 2 and 3.

So you can see how a diet filled with meats, dairy, fizzy drinks, alcohol etc would quickly deplete these buffers as it would take a solution that is somewhere between 10000 and 100000 times more alkaline than cola to balance this out.

And when we deplete these buffers and still ingest more acids...what happens? The body is forced into drawing upon the alkaline minerals it has to buffer which causes havoc in the body – for instance, if the body is constantly drawing calcium to neutralize the acids we consume then the symptoms of osteoporosis emerge (hence the recent scientific studies linking cola consumption with osteoporosis). Think about this: it takes 10, 10oz glasses of alkaline water (@ 9.5 PH level) to neutralize just ONE COKE.