The Importance of Detoxification
Research shows that the human body can easily process and eliminate a normal level of toxic exposure.

But the real question is, what’s normal these days? There has never been a time in history where we have been subjected to so many chemicals and toxins on a daily basis. For this reason, it’s a good thing to consider focusing on a cleanse and detox every now and again.

There are things we can do to enhance our natural detoxification system and keep our immune system strong.

Using essential oils during your next detox and cleansing regimen can be a great way to support your body to clear out excess toxic load, however we must remember that the oils themselves are not a magic pill, in fact no one thing is.

Living a lifestyle that allows our body the energy and vitality to detox at an optimum level all the time is a wonderful aim and one that can be accomplished if we focus on crowding in key elements to holistic (well-rounded) health. I’ve mentioned a few in this guide.

Essential Oils in a Cleanse and Detox
These are 3 ways essential oils can be incorporated in a cleanse or detox protocol:

Topical Application
Diluted your essential oils with an organic carrier oil (which you can pick up from any health food store or purchase fractionated coconut oil directly from doTERRA - this is the essential oil brand I love and trust around my family).
I’ve added a conservative dilution chart on the last page of this guide for you.

Aromatic Diffusion
Inhaling the essential oil compounds in the air are a wonderful way to experience the effects for the whole family.

Orally
(for adults only unless under the guidance of your Integrative GP or practitioner) Safe, occasion ingestion of the oils.
Lemon is a powerful oil for immune and lymphatic support and aids detoxification of the liver.

- Massage the feet with diluted lemon oil to support liver detox & the lymphatic system.
- Add 4-5 drops to a magnesium bath for detoxing the skin.
- Add a drop to a dandelion tea along with a tsp coconut oil for digestive cleansing and support.

Clove + Cinnamon Essential Oil

Clove essential oil, another iron chelator, is arguably the most potent antioxidant available on earth. Cinnamon oil is not far behind + wild orange oil While researchers are still discovering just how powerful antioxidants are and how important they are to our health, they have known detoxifying agents and a key to reducing ageing through oxidative stress.

Rosemary Essential Oil

Traditionally used for its ability to help with gastrointestinal complaints, rosemary is also a fantastic detoxifier. Studies have been done in India uncovering how supplementing with rosemary greatly enhances your body's bile flow (which is essential for fat metabolism and detoxification) and reduces plasma liver enzymes (which has been linked to type II diabetes).

Wild Orange Essential Oil

Wild orange oil has been used to support widespread conditions, including: poor digestion, chronic fatigue, depression, oral and skin infections, colds and flu. It’s an effective digestive stimulant and circulation-booster and may help to boost mood during a detox.

- Pop a drop under the tongue once per day for 10 days
- Diffuse into the air and inhale aromatically (good for kids)
- Dilute 4-5 drops into 10ml carrier oil and roll under the feet at night (good for kids)
- Gargle with 1 drop of OnGuard and water each night. (bonus points for supporting the vagus nerve - aiding digestion.)
# Oils to Support Cleansing & Detoxing

## Peppermint

Peppermint oil is recommended for its soothing effects on the gastric lining and colon due to its ability to reduce muscle spasms.

- Rub across the belly in a clockwise direction diluted with a carrier oil
- Diffuse and inhale aromatically (inhaling may also help reduce hunger cravings)
- Add 1 drop to your herbal tea with 1 tsp coconut oil

## Frankincense

Frankincense oil can help relieve gastrointestinal discomfort. It helps speed up the digestion of food, similar to digestive enzymes. Frankincense also fights inflammation, which is the root cause of all dis-ease in the body. Studies have demonstrated that frankincense has immune-enhancing abilities that may help destroy dangerous bacteria and viruses.

- Place a drop in your dark tea - such as rooibos or dandelion - along with 1 tsp coconut oil
- Add 3 drops to a bath for a relaxing soak
- Diffuse into the air and inhale aromatically
- Dilute into a carrier oil and massage the whole body

## Zendocrine

Zendocrine essential oil blend supports the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin. Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver function, while Tangerine and Geranium have purifying effects against unhealthy substances. Zendocrine helps cleanse the body of toxins and free radicals that can slow the body’s systems down.

- Place one drop under the tongue each day for 10 days
- Diffuse into the air and inhale aromatically
- Dilute and rub over the kidneys and liver

**Ingredients:** Tangerine peel, Rosemary leaf, Geranium plant, Juniper berry, Cilantro herb
Emotionally grapefruit is the oil of honouring the body

"Grapefruit helps curb emotional eating not because of its flavor but because of its uplifting aroma which encourages positive relationships with one’s physical body based out of love, tolerance and acceptance. All these feelings of anxiousness, bad moods and stress impact our hormones and thus our weight. So Grapefruit comes in to encourage us to respect our physical needs."

- Diffuse and inhale aromatically
- Add to a green smoothie with some healthy fats like coconut oil or avocado
- Dilute with carrier oil and massage the whole body before bed

DigestZen is a wonderful companion to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas and bloating. (It's known as the 'tummy tamer'). Detoxing can create some unpleasant symptoms and the DigestZen is key to calming these.

- Add a drop to your herbal tea (peppermint and licorice work well) to take internally.
- Dilute and rub on the stomach when experiencing upset (great for kids)
Signs You Are Detoxing

1. Fatigue & Disrupted Sleep Patterns
Stimulating the body to purge toxins requires a larger internal workload than the body is used to. This creates fatigue and sometimes disrupted sleep. Expect to feel more tired and respond to the feeling by resting more than you normally do.

2. Headache
A dull, prolonged headache is one of the most common detoxification side effects. Headaches during detox are most common in the afternoon and evening, as the body has been active all day. One reason this happens is because you have altered your normal daily routine and most likely ditched some bad habits such as drinking alcohol, caffeine, smoking or cutting out sugars or processed foods, etc. This creates a situation of withdrawal, which can cause a headache, as your body is no longer receiving these.

Second, you will find you will need to urinate more frequently and perhaps experience loose stools, both of which can be dehydrating to the body. Dehydration will cause a headache. It is imperative to drink a lot of water, that being a minimum of 8-10 full glasses of filtered water daily.

3. Frequent urination, Loose stools & Digestive upset
As discussed under number 2, urination and loose stools are some ways the body eliminates toxins. Some of the herbs in a cleanse may be slightly diuretic, which stimulate the body to urinate and have a bowel movement. (Your DigestZen or Peppermint Oil will come in handy here)

5. Cravings
When choosing to do a cleanse it is important to eliminate poor dietary and lifestyle habits such as drinking alcohol, caffeine, processed sugary foods and perhaps smoking.

Eliminating stress is also an important part of cleansing. Changing diet and lifestyle practices can create a situation of temporary withdrawal. This will most definitely trigger cravings associated to those areas you have changed and eliminated. For example, if you drank coffee every morning, it makes sense that your body, being used to that, will desire it once again.
You don’t have to become a one hour a day yogi in a simple cleanse and detox, however I do recommend the 20-25min classes with Adrienne from ‘Yoga with Adrienne’ which you can watch for free by clicking these buttons below. Adrienne has a plethora of tutorials for anything from 5mins to an hour. The ones below are for detox and digestion. Your digestive system and bowel is going to have some ‘junk’ to remove, so these yoga sequences will help to process this all along.

Functional foods are foods that have a potentially positive effect on health beyond basic nutrition. They promote optimal health and help reduce the risk of disease. The majority of functional foods I recommend are based on providing the immune system with additional support and healing and supporting our digestive system. Here’s some of my favourites.

It’s so much easier to commit to a 30 day pattern of mindfulness when you are guided through your meditations by the teachings of Abraham Hicks. I love these meditations because you don’t have to be sitting cross-legged at your alter burning sage to reap the benefits. You can listen to these in the car, while making breakfast or dinner, going for a walk, or like me, when I get into bed each night. Repeated listening positively changes our thoughts and focuses on the law of abundance and attraction.

The human body is comprised of over 70% H2o. Water is essential for the kidneys to function. If the kidneys do not function properly, waste products and excess fluid can build up inside the body.
SAFETY + DILUTION

CARRIERS

5 ML  10 ML  15 ML  20 ML  50 ML  100 ML

1  2  3  4  6  10  20

1% CHILDREN/ELDERLY
2% ADULTS/GENERAL

Never ingest oils unless you are sure they're 100% pure.

HOW TO PURCHASE YOUR OILS

Click here to learn how to purchase your doTERRA oils.

To get more oils for less money, you will be able to get effective detox and cleanse support from the oils in the Home Essentials Kit or the Essentials Collection. OR you can choose single oils and blends and create your own 'bundle'.

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