

## Breathing

### Two wonderful breathing techniques for cleansing:

“*Sounding Breath*” is done lying down in corpse pose, letting all your limbs relax. Exhale completely and then slowly draw in your breath through the nose. As you inhale, feel how your lungs and abdomen fill up. As you exhale, contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow.

“*Sitting Breath*” is done while sitting. Exhale with a deep sigh in order to reset your diaphragm. Then breathe slowly through your nose for a count of 7, and hold your breath for a count of 7. Then for another count of 7 you exhale through your nose. Repeat this three times, and this will help calm your spirit and relax your nerves.

### The benefits of doing Pranayama (breathing exercises) every morning (or evening) for 20 to 25 minutes include:

- Increases lung capacity and improves breathing efficiency
- Improves circulation, normalizes blood pressure and improves cardiovascular efficiency
- Boosts the immune system and enhances immunity
- Increases energy levels, giving lots of positive energy
- Strengthens and tones the nervous system
- Combats anxiety and depression, and improves sleep
- Improves digestion and excretory functions
- Provides massage to the internal organs, stimulates the glands and enhances endocrine functions
- Normalizes body weight and provides great conditioning for weight loss

“*Power of Breathing*” Undoubtedly, the most important component to human health and vitality is oxygen. Human life would not be possible without it: Oxygen produces ATP (adenosine triphosphate) and without ATP our bodies would immediately shut down. When a person breathes, there is an exchange of carbon dioxide and oxygen. The oxygen, which is taken in by the body from the atmosphere around us, is picked up by the hemoglobin in the blood and distributed to all of the body's trillions of cells where it is then used to fuel the cells and release energy (ATP).

In addition, the makeup of the human body is largely composed of the element oxygen, especially factoring in that water is composed of 33% oxygen. It's clear that optimal oxygenation of your cells through proper nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health and create a vital life.

## Power of Lymphasizing

### The Benefits of Rebounding

- The vertical use of acceleration, deceleration, and gravity provide the ideal conditions for cleansing cells.
- Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.
- It leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.
- By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.
- Rebounding will let you improve the working of your heart muscle by improving the quality of the muscle itself and by increasing the coordination of the fibers as they wring blood out of the heart during each beat.
- It provides the stimulus for a free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria, viruses, and other waste the cells cast off.
- When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen. Further, it may be possible to train your body (through consistent lymphasizing) to store this glycogen and have it released when you need it for a sudden burst of energy.
- Something To Think About - The G-force (gravity) at the top of the bounce is eliminated and the body becomes weightless for a fraction of a second. At the bottom of the bounce, the G-force suddenly doubles over what is ordinary gravity on earth, and internal organs are put under pressure. Their cellular stimulation is increased accordingly so that waste materials within cells get squeezed out. The lymphatics carry the waste away to be disposed of through the urinary tract and other excretory mechanism.



**I have found the power of breathing and lymphasizing to be a master principle of a vital life.**

## Cleansing Meditations

### Chewing Meditation

As you enjoy a meal, take the time to chew each bite fully, 30–50 chews per bite. The objective is to liquefy your food. Focus on the taste and texture and how it might change and sweeten the longer you chew. Go slowly and really savor the experience. The added benefit of this meditation is improved digestion. Don't forget to chew your soups and smoothies too!

### Savoring Simplicity

This is a bit more general, but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods. Spend at least five full minutes with each simple food.

### Breathing Meditation

This is a wonderful meditation that will calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10–20 breaths.

*To practice:* Close your eyes place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to deepen the breath, taking 10–20 slow deep conscious breaths deeply into and out of the belly. Do this meditation often.

### Visualization

Now is a wonderful time to put attention on what you would like to bring into your life and one of the most powerful tools you can use is images. By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want. If creating images in your mind is difficult, cut pictures out of magazines or other media that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want. When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes.

### Gratitude Meditation

So simple yet immensely powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

## Cleansing Meditations Continued...

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Sit quietly with your eyes closed and meditate on all that is good in your life. If you are having trouble finding something good, simply feel gratitude for the gift of breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items after or before meditating on them. Do this for as long as you want. You can also do this while walking in nature.

### **Walking Meditation**

With walking meditation, the intention is on fully taking in the smells, the sights, the sounds, and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This can be a great meditation if you have trouble sitting still.



## Toxin Reduction Tips

### Water

Water myths abound and usually include drinking at least half your body weight in ounces. In truth, water requirements vary from person to person and it is just as easy to over-hydrate as it is to under-hydrate. The kidneys can only handle so much fluid. Much like the engine in your car, overuse will wear them out. What counts is the quality of your water, not the quantity. Be sure to drink reverse osmosis water that has been remineralized. I use a product called Concentrace minerals drops to create an alkaline environment. Drink at least 8 cups of water per day (more if you exercise) and don't drink for at least 3-4 hours after eating to allow your body to properly digest food.

### Lemon Water

This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and to alkalize the body. It assists in breaking up mucus, and provides energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice.

### Body Brushing

This is one of the best ways to stimulate the lymphatic system. This is beneficial because it assists the lymph nodes in keeping blood and other vital tissues detoxified. It energizes, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in long strokes towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2-3 minutes prior to your shower is fine.

### Toxin Elimination Bath

Each evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels, go under the covers, and sweat some more. You should feel very relaxed and sleep soundly.

### Exercise

Moving will be a key component to your cleanse. Tune into to what kind of exercise feels appropriate, rather than just doing what you usually do or what you think you should do. Walking, yoga, swimming, tai chi, hiking, biking, and strength training are all great ways to get moving. A powerful exercise for removing toxins is using a mini-trampoline or rebounder to help enhance your lymphatic system. I call this Lymphasizing, see page 3 for more details.

## Toxin Reduction Tips Continued...

### Castor Oil Packs

This can be a self-administered and inexpensive way to nurture and support the liver while you cleanse. Castor oil is able to penetrate deeply – as much as 4 inches – into the body. These packs can be used to stimulate and detox the liver and gall bladder.

#### Directions:

You will need 100% pure, cold-pressed castor oil, wool (not cotton) flannel, and a hot water bottle (or heating pad).

1. Fold the wool flannel into three or four layers, and soak it with castor oil.
2. Put the flannel in a baking dish and heat slowly in the oven until it becomes hot, but not hot enough to scald or injure your skin.
3. Rub castor oil on your stomach, lie down, and place the hot flannel on top of your stomach.
4. Seal off the flannel with plastic wrap.
5. Cover with a hot water bottle or heating pad for one hour, keeping the flannel as hot as safely and comfortably possible.

After you are done, wash the oil from your abdomen. The oil-soaked flannel can be kept sealed in a glass container until further use, as castor oil does not become rancid as quickly as other oils. It is recommended that you use the pack once a day for 3 days, then take 3 days off, and then use it for another 3 days.

This is a safe regimen to continue throughout the spring season, especially if you suffer from liver-based symptoms like eye problems, PMS, pre-menopausal symptoms and menopausal irritability, mood swings, bloating, tender breasts, hot flashes, anxiety, migraines, skin rashes and breakouts, angry outbursts, or tension between the shoulders.

Many people report a remarkable sense of well-being and tranquility while applying the castor oil pack. Because the emotion of anger is closely tied to the liver, you may experience angry feelings resurfacing. Stay with your feelings and try to channel them constructively. You may try to transform this anger into forgiveness - first for yourself and then for others.

**Castor Oil Kits are available at Whole Foods and most health food stores.**



## Essential Oils



Mankind has used essential oils for healing and health for thousands of years, including extensive use by the ancient Egyptians. Essential oils are derived from the distillation of leaves, stems, flowers, bark, and roots of plants. They can affect the body's physiological system directly or indirectly. For example, a couple of drops of peppermint oil taken orally can ease digestion, while inhaling lavender oil will have a calming effect.

I have found therapeutic grade essential oils to be a profound healing tool that I use daily and recommend to my clients. I've found Rocky Mountain Oils to be the highest quality and half the price of Young Living because they are not an MLM company.

A few top picks:

### **Tranquility**

Formulated to promote relaxation allowing us to relax so the blood can get up to the brain. Grounding and integrates energy allowing us to visualize our goals and dreams more vividly and accurately. Assists in reducing depression, eases anxiety, stress, and tension bringing joy to the heart, balances and stabilizes the emotions, gives patience and calms worries. May assist hyperactive children in creating serenity in their life. Has been found beneficial when used with children that have frequent nightmares. It may assist in curing the smoking habit.

### **Resolve**

Formulated to assist in overcoming traumatic situations, feelings of depression, anxiety and despair. It balances extremes in emotions, heals emotional wounds, its supporting and uplifting in cases of low self-confidence or fear. May assist in overcoming feelings of despair and feelings of being pushed over the edge. Assists in letting go of the negative past by removing negative programming from the cells and increases oxygen around the pineal and pituitary glands.

### **Love**

Formulated to bring joy to our lives. When inhaled it brings back memories of being loved, being held and sharing loving times and feelings. Opening our lives where perhaps we have shut down to love, to receiving love or to self-love. When there is grief the adenoids and the adrenals shut down, this blend may open these glands. Helps overcome grief, forgiving others and letting go of negative experiences. What seems like obstacles are no longer obstacles, but opportunities to learn.

Descriptions courtesy of RockyMountainOils.com