**How to avoid detox symptoms**

**1. Promote good regularity**

Keeping the bowels moving during the cleanse is crucial. If you are constipated after all these vegetables, hydration and movement then contact me.

**2. Epson Salt baths**

Adding  a quart of Epsom salt to a warm bath and soaking in it for at least a twenty minutes is an excellent way to draw toxins out of the body via the skin (as well as for dermal infusion of magnesium).  Please take one every day of the Main Ghee Cleanse.

**3. Garshana (Dry skin brushing)**

Brushing the skin of the entire body (always towards the heart) while it’s dry with a soft bristle brush is a fantastic method both for exfoliating the skin as well as stimulating and supporting improved functioning of the entire lymphatic system.

**4. Castor oil packs over the liver (for cleansing/clearing) or lower belly (for constipation or bloating)**

A clean cotton or wool flannel cloth, soaked with castor oil, applied over the liver/gallbladder or lower belly with a warm water bottle on top for at least twenty minutes is wonderful for constipation, bloating and clearing.  Castor oil pack's not only help the liver to better do one of its main jobs, which is blood filtration/cleansing, but it’s also tremendous for catalyzing the lymphatic’s, which are integral to cleansing the body on a cellular level.  A  castor oil pack on the lower abdomen is an effective, non-invasive way to encourage movement in the small and large intestines.

**5. Rebounding (mini-trampoline)**

If you have access to a mini tramp (you can buy them for about $50), bouncing on this piece of equipment for a few minutes is one of the best things you can do during a cleanse to support your body’s ability to naturally move the lymph. Even just bouncing gently for a minute or two without leaving the yoga mat is beneficial, as this action directly stimulates and mobilizes the body’s entire lymphatic system, assisting it in the transport, processing and elimination of wastes and pathogenic materials.  Please always use on an empty stomach.

**6. Abhyanga (daily self oil massage)**

Autumn is the perfect time to learn the simple art of self-massage (always massage towards the heart). Ayurveda recommends massaging oils into the body at any time of the year.  Rubbing a thin protective film of oil over your body nourishes your skin, muscles and nervous system.  It is also an effective strategy for staying hydrated.

**Ayurvedic daily oil massage is good for:**

- improving circulation
- lubricating the joints
- calming the nerves
- improving sleep

It also helps keep you supple as you simultaneously relax your muscles by massaging them and stretch yourself by reaching your own back and shoulders etc.

Self-massage can boost your immunity and protect you from colds and chills. For maximum protection, pay attention to the area across the top of your back around, and just below, your shoulders. Keeping this area protected by a thin sheen of oil will help prevent you from catching a cold.

**7. Hydration with electrolytes (water with mineral salt or coconut water)**

And finally, always be sure to drink plenty of high quality water with electrolytes (coconut water is also a fantastic hydrating electrolyte), hydration is absolutely vital for anyone cleansing.  Please continue to be as gentle with yourself as possible during your process of inner purification.