

Skin Purge Instructions:

An at home spa-type treatment that has its roots in age-old tradition.

Get ready for an experience that will make your grandmother smile. You too will be smiling! Arise & Shine's recipe for a Skin Purge is a relatively quick way to refresh, internally and externally. Read the complete instructions below to learn if skin purging is for you. Careful! The results may simply leave you radiantly glowing!

You will need the following dried herbs:

Yarrow flowers, 2 oz.
Ginger root, chopped, 2oz.
Chamomile flowers, 1 oz.
Thyme leaf, chopped, 1 oz.
Yellow Mustard Seed, powder, 1 oz.

You can most likely find those in a local natural foods store, or you may consider starting an herb garden! If these items are hard to locate in your area, give us a call for suggestions.

Suggested Usage: Please read and understand these instructions before beginning! If you are planning to do this program at night, it is best to eat very lightly during the day and take enough Chomper®, or an herbal laxative, the night before to really cleanse the bowels.*

Preparation

You will need the following:

- Large stainless pot (minimum 2.5 gallon capacity)
- Mesh strainer, large
- Ice cubes in a zip-lock bag
- 2.5 gallons of distilled water
- 2 containers, 2 quarts each
- Towels
- Enema bag

Step 1 - Base Liquid:

Boil 2.5 gallons of water.

Add Ginger Root, cover and simmer for ten minutes.

Add Yarrow/Chamomile/Thyme mixture and stir well. Turn off heat and stir occasionally. Let steep for 20 minutes, then strain mixture.

Step 2 - Divide Liquid:

Put 2 quarts of liquid in one container, and then 2 more quarts in a second container. You will have some remaining liquid. Keep the remaining liquid in the original container and add mustard (optional). You now have three containers of liquid, 2 containers with 2 quarts of tea, and a 3rd container of liquid with mustard added.

Step 3 - Drink Tea:

Drink as much of the 2 quarts of liquid from one of the containers as you can. It will have a strong taste. You may add some peppermint if desired.

Step 4 - Internal Purge:

When cool enough, use the liquid in the other 2-quart container for an enema. Allow the liquid to remain in the colon for 2-4 minutes at a time. Toward the end of the enemas, fill the bathtub with hot water (as hot as you can tolerate, but not to exceed 104°F).

Step 5 - In the Bath:

Get ready to sweat! This "purging" will generate a "heated" feeling, and an opening of the pores of the skin, aiding in the elimination of toxins.*

Make sure the bathroom is nice and warm. Pour the remaining liquid (with optional mustard) (1.5 gallons) into the bath. Have a zip-lock bag with ice cubes handy to cool the back of your neck. Use caution, staying in a hot bath too long can cause dizziness and headaches. Limit yourself to 15 or 20 minutes and use the ice pack on the back of your neck. The longer one stays in the hot tub, the more one sweats and releases; be careful and don't overdo it.

Step 6 - After the Bath:

This is a rapid detoxification and an intense sweat. Be aware of how you are feeling as you exit the tub. Drink plenty of water, and consider replenishing your electrolytes with ElectroLife® or Alkalizer, or the Alkalizing Vegetable Broth recipe on our website. If you need time to rest, take a quick nap and you may feel like a new person when you rise!

For additional benefits, try dry skin brushing with a Vegetable Bristle Body Brush while the herbs are brewing.

PLEASE NOTE: For safe and beneficial results, do not undertake a Skin Purge while cleansing.

*These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.