

aroma yoga™
RADIANT
Health Building Cleanse

Wheel of Life

**PHYSICAL HEALTH
& WELL-BEING**

PERSONAL GROWTH

SPIRITUALITY

RELATIONSHIPS

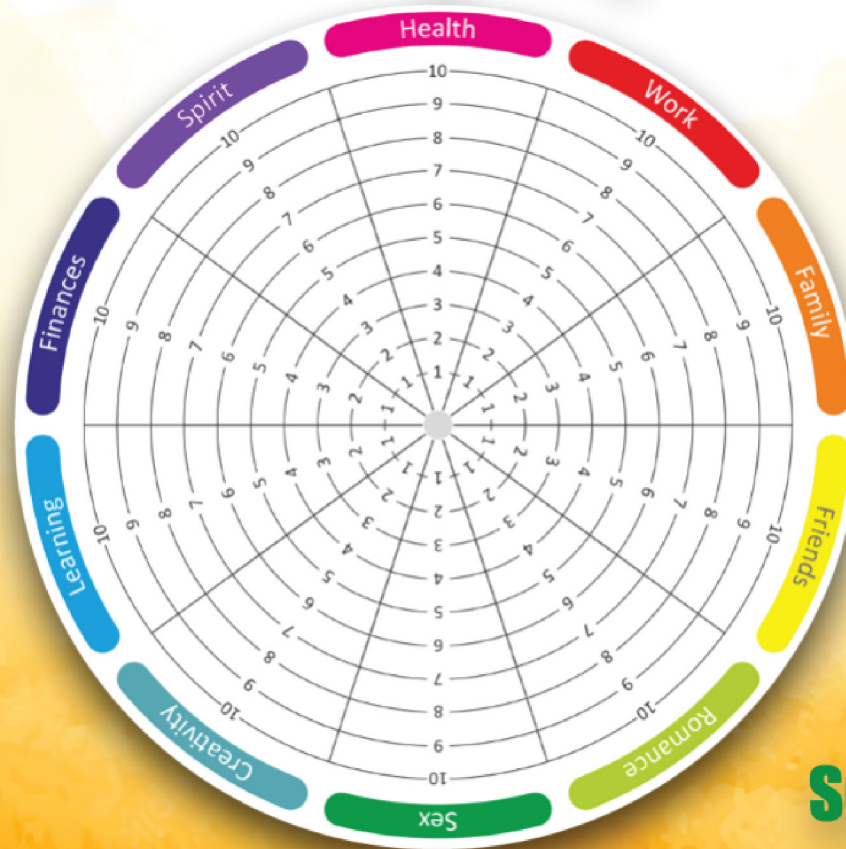
FINANCES

CONTRIBUTIONS

FUN

SOCIAL

MENTAL & EMOTIONAL WELL-BING





RADIANT
Health Building Cleanse

Why cleanse?

- **Bloated belly**
- **Skin issues**
- **Negative thoughts & feelings**
- **Poor sleep**
- **Low energy**
- **CRAVINGS:** *Sugar, Caffeine & Alcohol*
- **Joint pain & Inflammation**
- **Food Allergies**
- **Brain fog**
- **Excess weight**

- ❖ Dry skin body-brush
- ❖ Hot/Cold shower access
- ❖ Tongue scraper
- ❖ Enema bag
- ❖ Juicer
- ❖ Citrus Juicer
- ❖ Blender / Vitamin Mix
- ❖ Glass pitchers
- ❖ Sprouting jars
- ❖ Organic body oil *Almond, Sesame, Etc.*
- ❖ Cleansing teas
- ❖ Intestinal Cleansing Products
- ❖ Epsom salts *For bathing and/or scrubbing*
- ❖ Find a way to sweat everyday
- ❖ Cleansing Journal *Inspiration: book/ media*



- Cleansing Tool List -

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Colon Kindness

CASTOR OIL PACK

Neutralizing, Calming, Soothing



- Castor oil
- Wool flannel
- Glass bowl.
- Hot water bottle or heating pad
- Old clothes that you don't mind getting stained
- Plastic bag
- Large towel



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CASTOR OIL PACK



1

Relax in your sweats



2

Pour a little Castor Oil
on your belly



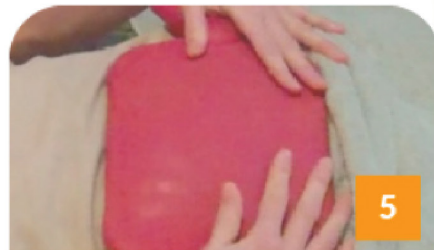
3

Massage in a
clockwise direction



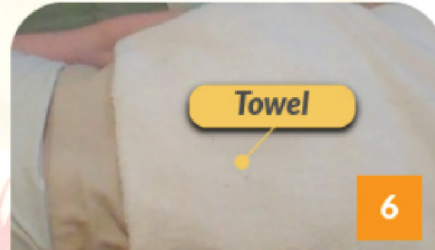
4

Place saturated flannel
cloth on belly



5

Place hot water bottle
on flannel cloth



6

Place towel over
hot water bottle

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DETOXIFICATION: THE COFFEE ENEMA

- Concept of Enema: rectal administration of fluid
- Excretion of toxicity from liver depends on bile production and flow

POTENT COMPOUNDS:
PALMITATES

Increase of normal activity levels
600-700%

ENZYME SYSTEM:
GLUTATHIONE S-TRANSFERASE

Responsible for detoxifying carcinogens and free radicals (which cause cell damage: NH₄⁺, N)

OTHER POTENT COMPOUNDS:
CAFFEINE
THEOBROMINE
THEOPHYLLINE

- Dilate bile ducts
- Cause increased bile flow

4

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 Add Vitality to Your Life

Item: Enema Bucket Set 1500 CC