

DETOXING

Whether in the EE System or just for better health reasons...

After your EE System™ session, your body will begin “cleaning house,” as Dr. Sandra Rose Michael, the inventor of the EE System, says. This means that you need to invite the toxins out of your body as the body begins that cleansing process. There are several important considerations around detoxification of your body.

Why do I need to detoxify after an EES session?

First, it is important to remember that the EE System does not heal you; your body heals itself when you go into the system and receive a charge to your cells. Once the body's cells are charged, they begin pushing out toxins to work on the areas of your body that need healing.

Dr. Marcial Vega, MD's research on blood composition before and after an EES session showed that all of his test subjects had increased toxins in their blood after a session: “I found that every single person showed an increase in the toxins in the blood immediately after treatment, but the blood was more fluid. Somehow, the healing chamber [EE System] was stimulating the tissues to dump the toxins into the blood, and the blood became more fluid to get the toxins out of the body. The toxins disappeared after a few days. The chamber was cleaning the system because disease cannot flourish in a scalar wave environment, which has no time and no space. The blood of people who got a headache right after they were in the chamber was full of toxicity: parasites, fungi, and viruses that were not there before they went into the chamber.” —Dr. Marcial Vega, MD.

This research indicates the importance of helping your body release the toxins. You can do this in several ways:

1. **Detox Bath:** The most important action you can take to detoxify your body after an EES session is to take a detoxification bath or foot bath. The bath is an easy way to use the largest organ in your body, the skin, to eliminate the toxins in your blood. By using sea salt, baking soda, and borax in your bath water, you help your body get those toxins out.

Note: Do not use Epsom Salt for the detox bath.

Salt Formula Bath

- 2 cups Sea Salt or Himalayan Salt
 - 2 cups Baking Soda
 - 1 cup Borax
2. Soak for 45 minutes in very warm water, then shower off afterward. This can be used as a foot bath if no bath is available (in a shower with a seat, using a deep bucket, a plastic 13-gallon trash can, and a hand towel saturated every 10 minutes to gently wipe the torso and arms). This is half as effective as a full bath detox.

Additional Options:

- Far Infrared Sauna

- Ionic Footbath
 - PES Foot Detox Bath
 - Manual Lymphatic Drainage
3. If you experience prolonged detoxification symptoms, you can take another bath. Additionally, Dr. Michael says that getting right back in for another session is very helpful in aiding the body in the detox process.
 4. **Hydration:** It is very important to keep your blood fluid to get the toxins out. If you are dehydrated, the body has a difficult time doing this work. It is very helpful to use natural electrolytes like fresh lemon juice in your water. High-quality water is also important, so if you have a water filter, that is helpful. A squeeze or squirt of organic lemon will alkalize your water.
 5. **Minerals:** It is not recommended to use Epsom Salt in your bath because, as your body pulls in the magnesium, it will also pull in any toxins from the city water. You must use a shower filter, handheld into filling the tub, to be safe. However, getting additional magnesium and other minerals is very helpful to the body in the detoxification process. After your bath, it is recommended to use magnesium lotion or spray on your skin, which is the optimal way to absorb minerals. Additionally, there are several mineral drop products (electrolytes) that you can purchase to put in your water, or you can put a pinch of Celtic sea salt in your water. Trace Co. Electrolytes are a good product many use.
 6. **Fresh Foods:** It is important to support your body with whole foods in their natural form, like fruit and leafy greens. You can squeeze a tangerine or lemon on your greens instead of using oily dressing or vinegar. Fruit smoothies with spinach are delicious, too. All of this gives your body the fuel it needs to do the work of healing. Heavy meals with cheese, meat, and wheat will make it more difficult to eject toxins, so either don't eat them before or after your session or eat them very sparingly.
 7. **Sleep and Rest:** Build in some time for good quality sleep and rest and/or meditate. Every time you close your eyes, you are telling your body that you are going within, and this assists it in the healing process. Overstimulating yourself with screens is not beneficial to healing, so try reading a book instead. A daily meditation practice is highly beneficial to your healing, even if it is only a few minutes a day.
 8. **Sunshine and Nature:** Earthing is the practice of putting bare skin on the earth, usually your bare feet. We are electromagnetically connected to the earth for a reason—it helps us heal. But shoes disconnect us from the earth. Getting outside in nature is shown to lower blood pressure and reduce stress, and sunshine is always the best medicine.
 9. **Reduce Daily Toxins:** If you use toxic lotion or sunscreen on your skin or expose yourself to hormone-disrupting scented laundry soaps and other scented products, your body has to deal with these products instead of putting that energy into healing. Organic produce is far better than the chemically produced options and has more nutrition. Replace toxic cleaning products with the many green options for cleaning your home.
 10. **Mental and Emotional:** Sometimes, when we detoxify, we see past traumas emerge as an emotional detox. A good cry will help with this, so if you find yourself getting teary, let yourself cry. Physical and mental pain can be challenging to deal with. If you experience either of these, remember that everything changes and that you are taking steps to heal yourself. Honor yourself for taking these healing steps. Allow yourself to feel these

feelings instead of pushing against them or ignoring them. If you have toxic people in your life, consider taking steps to reduce time around them or, better yet, learn how to make healthy boundaries.

11. **Listen to Your Body:** It is likely that you found yourself needing some healing because you have not been listening to your body. Your body is intelligent, but you must listen to what it is saying. You came to the EE System for a reason, and that is an example of you listening to your body. You were unsure if it would do anything for you, but you followed your intuition. That is an example of listening to your body.
12. **Bowel Movements:** If you are not having at least one bowel movement per day, toxins could build up in your gut, so ensure that you have regular bowel movements. Dr. Sandra recommends Smooth Move tea as a situational remedy that can be taken before going into an EES center and before any detox treatment to come to a session more toxin-empty.

EE Session DETOX CHECKLIST

- Take your detox bath or foot bath after every session.
- Drink plenty of good quality water; squeeze fresh lemon into it.
- Get plenty of minerals in your body by drinking them or spraying them on your skin.
- Make sure you have regular bowel movements (at least one, but two is better).
- Get plenty of rest in the form of a good night's sleep.
- Don't drink alcohol before or after your session.
- Meditate or do breathwork daily.
- Eat whole foods like fresh fruit and leafy greens.
- Avoid fats, especially seed oils, and never eat canola oil.
- Get out in nature, get sunshine, and put your bare feet on the earth.
- Get exercise, even if it is just a walk in the woods.
- Observe your thoughts. Don't judge them; feel them and learn to let them flow through you.
- Use high-quality body products instead of chemical lotions, shampoos, laundry soaps, etc.
- Do not use scented products, as many contain hormone-disrupting chemicals.
- Do not eat fast food, ever.
- Find a way to heal your deep-seated trauma.
- Laugh—find any way you can to laugh a lot.
- Cultivate gratitude every day.

There are many ways to achieve each item on this detox checklist. There are many more ways to detox. Find the right ways for you. Honor your body for working so hard for you. It always wants to heal. You have taken an important step by charging your cells in the EE System.

Symptoms of Detoxing

When your body starts pushing toxins out, the symptoms of this can vary widely from person to person. The symptoms can range from none at all to a slight headache, lethargy, and/or

achiness. Sometimes, the symptoms can look like a full-blown flu, a really bad cold, a migraine, or anxiety/stress. You could have loose bowels or constipation. You may urinate a lot more. You could sleep more or get insomnia. You could sweat a lot at night and/or get a fever. You may feel weepy and emotional. The most common side effect of the detoxification process that people report is feeling really tired. This is good because it means your body is working hard to eject those toxins. Think of it like doing a really hard workout at the gym or in the garden, making your muscles sore but knowing that this is temporary and that it means your body is building muscle or processing a workout. Be kind to yourself as you go through these symptoms.