



ASPEN INTEGRATIVE  
MEDICINE

## General Detox Protocol

### 1. Coffee Enemas

1-2x/day to flush out the liver. Do the enema after you poop in am; hold for 10-15 min then evacuate. Do 2x/day if needed but not after 4pm. If you don't poop, do the enema to help you poop and then repeat after pooping

\*Fleet enemas from the local pharmacy will do, dump out sodium phosphate and add lukewarm, organic coffee.

### 2. Epsom Salt Baths

Use 1 cup of salts—soak 30 min 3x/week

### 3. Ozone Saunas

[180 Degree Wellness](#) (aka Midland Fitness) in Glenwood Springs or at [Fahrenheit Spa](#) in Basalt 30 min 2x/week

### 4. Home Infrared Sauna Therapy

30-40 min 5x/week (if available)

### 5. IV Therapies

Aspen Integrative Medicine (Basalt) or 180 Degree Wellness (Glenwood Springs) or Rescue Lounge (Aspen)

Vit C, Myers nutrients (b-vitamins and minerals), glutathione, alpha lipoic acid, ozone, EDTA, NAD+, or MIC (methionine, inositol, choline)

### 6. Oxy-Powder by Global Healing

4 pills at dinner if constipated; 2 pills if not constipated. Stop if getting diarrhea.

Find on [globalhealing.com](#)

### 7. Liver Cleanse by Thorne

Use as directed.

Find on [iherb.com](#)