



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