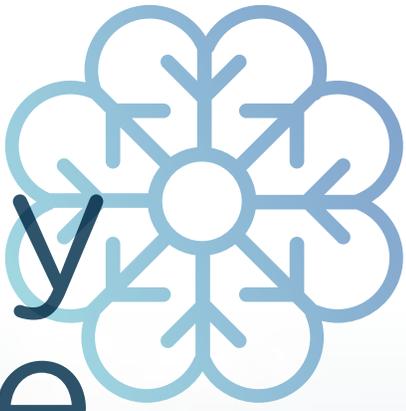


CRYO  
Body  
Cove



Getting the  
most from your  
treatments





# Preparing For Your Treatments

## HYDRATION IS KEY

**T**he adult human body is composed of almost 60 percent water. Every single organ, from the brain to the liver, requires water to function. As the filtration system of the body, the kidneys require water to secrete urine. Urine is the primary waste product that allows the body to get rid of unwanted or unnecessary substances. When water intake is low, urine volume is low. A low urine output may lead to kidney dysfunction, such as the creation of kidney stones.

It's crucial to drink enough water so that the kidneys can properly flush out any excess waste materials. This is especially important during a kidney cleanse. The recommended daily intake of fluids is roughly 3.7 liters and 2.7 liters a day for men and women, respectively, according to the Institute of Medicine. Your kidneys are essential. They remove waste and excess fluid from the body. They also help balance the body's fluids, release vital hormones that help regulate blood pressure, and control red blood cell production.

# 10 FOODS TO ADD INTO YOUR DIET

When the liver becomes overwhelmed with toxins and pollutants, its natural working cycle slows down. Besides alcohol, drugs and other taxing chemicals, we tend to overload our livers with processed and fried foods, especially when consumed in large quantities. But what foods cleanse your liver? The good news is there are many foods you're probably already eating that can help to cleanse your liver naturally. These delicious options stimulate the liver's natural ability to expel toxins from the body.

**Garlic:** Garlic contains selenium, a mineral that helps to detoxify the liver. It also has the ability to activate liver enzymes that can help your body naturally flush out toxins.

**Citrus Fruits:** Fruits like grapefruit, oranges, limes and lemons all boost the liver's cleansing ability. Even consumed in small amounts (we know some of these can be tart!), citrus fruits help the liver to produce the detoxifying enzymes that flush out pollutants.

**Walnuts:** Walnuts are high in the amino acid arginine and assist the liver in detoxifying ammonia. They're high in glutathione and omega-3 fatty acids, which all provide support to natural liver cleansing.

**Beets:** Beets assist with increasing oxygen by cleansing the blood, and can break down toxic wastes to help them be excreted quicker. They stimulate bile flow and boost enzymatic activity. Beets also contain fiber and Vitamin C, which both are natural cleansers for the digestive system.

**Avocado:** Avocados are basically a superfood. In addition to cleansing your arteries, they help the body naturally produce glutathione, the compound that helps the liver rid itself of toxins. The liver is the organ that filters, processes and breaks down what passes through your body. It's responsible for filtering your blood and helping it to clot, breaking down any chemicals, alcohol and drugs you take in while producing glucose and bile, two important substances you need to stay healthy.

**Vegetables:** Cruciferous vegetables like broccoli and cauliflower contain glucosinolate, which helps the liver to produce detoxifying enzymes. They also contain sulfur compounds that aid with liver health. Leafy vegetables are high in chlorophyll, which leaches toxins out of the blood stream. They can neutralize heavy metals to protect the liver.

**Turmeric:** This herb works wonders for the liver—it helps the enzymes that flush out toxins and contains antioxidants that repair liver cells. It also assists the liver in detoxing metals, while boosting bile production.

**Carrots:** Carrots are very high in plant flavonoids and beta carotene, which stimulates and supports liver function overall. They also contain Vitamin A, which prevents liver disease.

**Green Tea:** If you're thirsty from all the liver-benefiting foods, try some green tea. This beverage contains catechins, plant-based antioxidants known to improve liver function. Be careful to stick to green tea and not green tea extract, which can potentially negatively impact liver health.

**Apples:** Apples contain high levels of pectin, a chemical that helps the body cleanse and release toxins from the digestive tract. With fewer toxins in the digestive tract, the liver can better manage its toxin load, being able to better cleanse the rest of the body.



# Ancient Detox Techniques

## OIL PULLING

Oil Pulling, called "gundusha" in Sanskrit, oil-pulling is the now ever-popular practice of using oil as your mouthwash. This practice helps: Whiten teeth, prevent cavities and gingivitis, improve digestion, alleviate headaches, improve breath, strengthen teeth and gums, lessen jaw pain, alleviate headaches and hangover, reduce acne, psoriasis and eczema

Oil pulling helps pull the bad bacteria from your mouth without killing the good bacteria the way antibacterial mouthwash does. Just like our guts, we need good bacteria in our mouths to keep the bad bacteria in check. Antibacterial mouthwashes kill all of our good bacteria, which actually allows the bad bacteria to flourish, making us addicted. When we swish oil in our mouths for a long-period of time, at least five minutes but ideally twenty minutes, we help remove the stored bacteria on the roofs of our mouths, tongues, gum-lines and cheeks, allowing us to have healthier mouths and bodies.

Remember: digestion begins in the mouth. If your mouth is coated in toxins, your body is not able to decipher what you are eating and secrete the right enzymes to break down your meal. When we put food into our mouths, our taste buds send signals to the rest of our bodies telling us exactly what micro and macronutrients are in that meal. If our tongues are coated with toxins, we are unable to accurately dictate what we are consuming and as a result, our digestion will suffer. Oil-pulling is more than just oral health-it's full body health!

## Recommended oils

Extra virgin organic coconut oil is what you want to start off with so you can adjust to using oil as your mouth-wash. For extra benefits, use Dr. Tung's Oil Pulling concentrate which contains over 24 Ayurvedic herbs and botanicals for extra benefits. It brings your oil-pulling time down to just three minutes with the same benefits because it's so concentrated. You can also dilute the mixture with your own oil so the container lasts you longer.

## How to oil pull

After brushing your teeth and tongue scraping, take ½ to 1 tablespoon of oil in a spoon and put it into your mouth. Begin gently switching the oil in and around your mouth. It doesn't have to be a vigorous swish because you'll be doing it for 5-20 minutes. Allow the oil to circulate your mouth, letting it seep through your teeth. No need to stand in place and stare in the mirror. You can get ready and walk around while doing this so time flies by. The oil will double in size in your mouth, so don't exceed more than 1 tablespoon. For some people, hard coconut oil is a bit unpalatable so try warming it up before.

After you are done, spit out the oil into a trash or your toilet. You want to avoid spitting into the sink because the oil will be full of toxins and actually clog your drain over-time. You also want to make sure you don't swallow any of the oil because it's filled with your toxicity.

After spitting, rinse your mouth with warm salt water to gently kill any leftover bacteria. If 20 minutes of oil pulling seems daunting, don't worry! Start with just one minute for the first few days. Maybe even 10 seconds is all you can handle with now. Working your way up to five minutes, then eventually 10 and finally 20 minutes. That day will come when the time is right- just keep practicing!

## Something to note

You may experience a headache the first few days of oil-pulling. These are known as "detox headaches" because your body is eliminating toxins stored in your system. Continue to stay hydrated to aid your body in the detoxification process and avoid caffeine, alcohol and smoking.



# Transformation Kick Start

## 14 DAY LEMON DETOX

**T**he lemon water detox can be rated as one of the easiest cleansing diets for flushing out toxins. By consuming warm lemon juice early in the morning on an empty stomach lemon juice can improve digestion and encourages the production of bile. It is also a great source citric acid, potassium, calcium, phosphorus and magnesium.

The lemon is the main ingredient of this diet. Water with lemon strengthens the digestive system of the body and provides more energy to the body cells. While Lemon juice accelerates all digestive processes it also contains pectin, which helps the body to fight hunger. It is believed that people who support this as part of their alkaline diet, lose weight much faster.

# LEMON DETOX PROTOCOL

## Day 1

Mix together one squeezed lemon with a cup of water and drink right after you wake up (before eating anything else).

## Day 2

Mix together two squeezed lemons and two cups of water. Add one tsp honey for taste. Drink right after you wake up.

## Day 3

Mix together three squeezed lemons with three cups of water and a little honey. Drink half first thing in the morning and the other half just before lunch.

## Day 4

Mix together four squeezed lemons with four cups of water and a little honey. Consume it through out the day. In the morning right after you wake up, before lunch and in the evening before going to bed.

## Day 5

Mix together five squeezed lemons with five cups of water and honey. Drink it three times just like the day before.

## Day 6

Mix together six juiced lemons with six cups of water and a little honey. Consume the mixture three times a day before meals.

## Day 7

Mix together three juiced lemons and ten cups of water. Consume through out the day before meal

### Day 8

Mix together six squeezed lemons with six cups of water. Consume through out the day before each meal.

### Day 9

Mix together five squeezed lemons with five cups of water and honey. Consume through out the day before each meal

### Day 10

Mix together four squeezed lemons with four cups of water and a little honey. Drink it first thing in the morning.

### Day 11

Squeeze three lemons and mix the juice with three cups of water. Add a teaspoon of honey. Drink it first thing in the morning.

### Day 12

Mix lemon juice from two lemons with two cups of water and drink it in the morning before breakfast.

### Day 13

Drink juice from one lemon and one cup of water. Make sure this is the first drink you have in morning.

### Day 14

Prepare a drink from three lemons and ten cups of water. Consume before breakfast and lunch.

### After the detox:

After you've finished the detox, I recommend drinking one glass of lemon water every morning indefinitely.