

**The Liver is responsible to cleanse the blood, filters all pollutants / toxins**

**Suggestions to gently and naturally cleanse & replenish**

**Less meat, more plants**

**Lemon water upon waking w Celtic salt**

**Avoid eggs, cheese, gluten**

**Water & coffee enema**

**3-5 cups of veg everyday**

**Ghee**

**Micro greens**

**Cabbage**

**3 teas per day**

**(nettles, lemon balm, dandelion, astragalus, Holy basil)**

**Glutamine (glutathione)**

**Yoga + breathwork**

**Lymph Massage**

**Castor oil packs**

**Magnesium both orally & topically**

**Dry brushing**

**Sweating**

**Avoid alcohol & coffee**

**Avoid all oils except avocado, olive & coconut**

**Take Fulvic + humic acids everyday**

**Take a b complex + sublingual d3 everyday**

**If you have questions - Please email me**

**[Nicole@selfrituals.com](mailto:Nicole@selfrituals.com)**

**SELF RITUALS**