

# Level Up!

## 9 Ways to Boost Detoxification and Cleansing

---



### YOGA

Light movement will improve your program, helping to remove toxins by activating the lymphatic system, making you sweat, and encouraging bowel movements.



### MEDITATION

Following your breath for 5 minutes each day can reduce stress, improve digestion, and deepen your experience on the program.



### ALTERNATING HOT & COLD SHOWERS

Turn the hot water at maximum hot for a minute, then switch to maximum cold. Repeat this 5-6 times.



### INFRARED SAUNA

Spend 15 minutes a day in the sauna as often as you can during your program.



### COLONICS

Colon hydrotherapy can be very useful during the program, even if you are not constipated. You can get colonics as frequently as your body and budget allow.



### SKIN BRUSHING

Use a natural-bristle brush to improve detoxification through the skin. Make circular strokes from feet to head a few minutes each day. Moisturize afterwards using olive oil or coconut oil.



### MASSAGE

Feels great, releases tension, and encourages circulation. Do this as often as you can.



### ACUPUNCTURE

A unique approach that may improve and deepen your experience.



CULTIVATING LOVE, FREEDOM & PURPOSE