



Dragonfly Healing Center
inspiring the light within

Body Detox

As spring approaches and we begin to emerge from our winter slumber, many begin to consider doing a cleanse or detox regimen. The following recipes, created by Catherine Perry, Community Herbalist & Aromatherapist, offer gentle yet effective ways to support the body's waste removal processes. While these recipes may be used in combination with detox programs/diets, the herbs and essential oils utilized here may support the body's natural detoxification process, improve energy and overall sense of wellbeing anytime you want to give your liver & kidneys a little extra love! All of the ingredients for the recipes are available at your local herb shop, health food store or through organic herb companies online such as Mountain Rose Herbs. Be sure to source organic herbs and essential oils for the highest quality remedies!

Gentle Detox Tea

This tea is packed full of incredible benefits and is refreshing for an overworked system! Dandelion and burdock roots may be helpful for inflammation and congestion of the liver, support kidney function, treat various skin eruptions and improve the ability of the liver, kidneys and skin to eliminate waste effectively. Schizandra berries (also known as the *five flavor berry* in Traditional Chinese Medicine) have been shown to increase the production of enzymes in the liver & organs of digestion, which improves toxin elimination from the body. Licorice root has been identified as protective for liver cells and provides a slight sweetness to the tea, which otherwise is tart and a touch bitter.

As the herbs included here are hardy (roots and berries), it is suggested that you follow the instructions to make a decoction, rather than simple infusion (as is done with leaves and flowers). This allows the plants' healing properties to be more effectively extracted.

You will need:

- 1 T raw (not roasted) dandelion root
- 1 T burdock root
- 1 T schizandra berries
- 1 t licorice root (omit with high blood pressure or other cardiac problems)

Instructions:

Bring 4 cups of water to a boil on the stovetop in a medium-sized pot. Add the dried herbs to the water and stir well. Reduce heat and simmer herbs on low heat for 20-25 minutes **with the lid on the pot**. Turn heat off. Strain out herbs and dispose of in the compost bin. Drink 2 cups per day during a cleanse or as needed!

Revitalizing Foot Soak

This foot soak has an incredible aroma, invigorates the senses, leaves the feet refreshed and the combination encourages removal of waste from the body! I suggest using this soak prior to the evening, as sensitive individuals may find themselves more energetic than their night-time selves would appreciate!

You will need:

1 cup Dead Sea salt
Peppermint essential oil
Lemon essential oil
1-2 handfuls of fresh mint leaves (optional)

Instructions:

Fill a foot tub or large pot with hot water (temperature of your liking). Place a towel upon the floor in front of your favorite lounge chair. Now, place the container of water upon the towel. Mix Dead Sea salts into water until dissolved. Add 2-3 drops peppermint oil and 5 drops of lemon oil to the water. If you are using fresh mint leaves, tear the leaves roughly by hand and drop into the water. Kick back, relax and soak for 10-20 minutes daily when cleansing or as needed to refresh tired tootsies!

Note: Be sure to speak aloud affirmations around your healing intentions as you prepare your foot soak; this is the secret ingredient!

Purifying Seaweed Soak

This recipe draws upon the healing qualities of seaweed—an ultimate detoxifier! In this recipe, we will be using Kelp. Kelp encourages liver detoxification and stimulates lymph drainage, which promotes waste removal. Dead Sea salt contains quite a number of minerals which are known to support detoxifying and cleansing of our bodies. Baking soda offers detoxifying qualities & softens the skin. Cypress essential oil decongests veins and lymph. Marjoram is an excellent essential oil for physical and emotional tension. For added benefit, do a *dry skin brushing* before the soak with *long strokes moving towards the heart*. This practice really improves lymph flow, encouraging healthy waste removal.

You will need:

2 cups Dead Sea salt
1 cup baking soda
½ cup kelp powder
Cypress essential oil
Marjoram essential oil

Instructions:

Combine dry ingredients in a bowl. Stir well. Add 10 drops each of cypress and marjoram essential oils. Pour soak to bath water once it has been drawn. Slip into the warm water and relax as your tensions melt away and your system is supported in its natural cleansing abilities. Ahhhhh!

**Please reference Dragonfly Healing Center and Catherine Perry as well as provide a link to the Dragonfly Healing Center website (www.dragonflycenter.org) when using any of the information included in this document. We appreciate your acknowledgment and are happy to be in collaboration in the spirit of love and community.*