



# NourishingLife

HEALTH CENTER

## "Herxing" Detox Guidance

First, please know that "herxing" (die-off) responses to antimicrobial remedies is not uncommon, and is part of the healing process for some people.

That said, our approach is relatively gentle, and we do not regard severe Herxheimer reactions as beneficial or desirable. Therefore, we take special care to start patients off on low dosages and ramp up gradually as your body tolerates.

Many people focus on what antibiotics to take and let the body do the rest from there. But killing the bacteria is only half the job. You must help your body remove the endotoxins that bacteria release once they're killed.

In fact, over 90% of the time you're not feeling well it's due to insufficient detoxification. Choose from among the following suggestions which detox practices and products you want to have on hand so you can do and take these items on an as-needed basis.

*\*Log into your patient account at [Bloom & Reveal Botanicals](#) for products linked below.*

## IMMEDIATE RELIEF

### Enemas:

1. Enemas accelerate the body's capacity for waste removal. Plain water enemas are fine, and coffee enemas provide an added boost to your liver.
2. Receive more guidance regarding administering enemas with [Enema How-To Guide](#).

### Alka-Seltzer Gold + [Liposomal Glutathione](#):

- Alka-Seltzer Gold combined with the antioxidant glutathione are said to be quite effective in reducing an acute herxheimer reaction. (Some 70% are expected to feel better within hours).

- 2 Alka-Seltzer Gold tablets in 8oz of water with lemon or lime juice for alkalization and vitamin C.
- Follow the Alka-Seltzer Gold with up to 1000mg of oral [liposomal glutathione](#).

### Increase Hydration with Lemon Water or Saturated Sea Salt added to water:

- Drink plenty of extra clean spring water with electrolytes (e.g. from lemon juice and/or sea salt) to aid hydration and cellular detox.
- Lemons are known for their exceptional ability to cleanse the body of toxins. It is recommended to squeeze the juice of an entire lemon into 1 cup of water and sip this concoction slowly over a half hour's time.
- Alternatively, add a teaspoon of the [Saturated Salt Solution](#) to your drinking water 2-3x / day.

### [Bupleurum Liver Cleanse Herbal Formula:](#)

- This formula is designed to reduce a herx reaction by supporting liver and gallbladder organ function and clearance of toxins.
- It is available as a tincture, granules, or brew tea. Choose whichever form is easiest, and take a dose every 2 hours until symptoms subside.

### [Quercetin:](#)

- Quercetin is a flavonoid found in many fruits and vegetables such as apples, onions, blueberries, cruciferous vegetables, etc.
- Quercetin acts as an anti-inflammatory agent by reducing the excessive production of cytokines by the immune system. This works particularly well when the inflammation is histamine generated (e.g. causing allergic symptoms, and Mast Cell Activation Syndrome)
- For herxing, the recommended dosage for Quercetin (250mg capsule) is 2 / 3x / day.

### [Epsom Salt + Baking Soda Bath:](#)

- Epsom Salt is magnesium sulfate. It is absorbed through the skin when taken in a hot bath.
- Magnesium acts as a muscle relaxer and the sulfur increases bile production in the liver. Bile is the means of transportation for toxins from the liver to the colon.
- Dry skin brushing before an Epsom Salt Bath will clear any debris from your pores.
- Pour 2-3 cups of Epsom Salt + 1 cup baking soda into a hot bath and soak for 20 - 30 minutes.

### [Figwort Lymph Cleanse Herbal Formula:](#)

- This formula is specifically designed to reduce a herxheimer reaction and has the ability to cleanse the lymphatic system and blood.
- Take 1 dose per hour until herx symptoms have subsided.
- You may find greater relief by combining Figwort Lymph Cleanse with Bupleurum Liver Cleanse Herbal Formula.

# LONG-TERM DETOX

## Juicing:

- Making fresh green juices is one of the best ways to alkalize and encourage gentle yet effective cleansing. Fresh green juices help to alkalize the body and offer plentiful vitamins and minerals for healing. Many people notice improved energy with this daily habit. To learn more, check out [Juicing Recipes](#).

## Cruciferous Vegetables:

- Cruciferous vegetables such as Kale, Collard Greens and Cabbage have the incredibly ability to increase the detox activity of cells in the liver.
- Steam Kale for 2 minutes or Collard Greens for 4 minutes to keep the living enzymes they contain alive. Then add Sea Salt, Black Pepper, Diced Avocado and Extra Virgin Olive Oil.

## Activated Charcoal:

- Activated Charcoal is known for adhering to the endotoxins responsible for a herxheimer reaction.
- As with most binders, take 1st thing in the morning, then wait 30 minutes or more before consuming anything other than water, tea or coffee.
- Used with magnesium citrate, a charcoal/magnesium flush will help soak up excess ammonia in the body caused by Lyme and/or a CBS gene mutation.

## Apple Cider Vinegar:

- When the body becomes ill or is over burdened with toxins, the PH level becomes very acidic and the body becomes an environment where illness can thrive.
- Apple cider vinegar is best known for its ability to alkalize the body which is a level of PH that allows the body to function much more properly.
- It can be used on salads or two teaspoons in a cup, add water and then drink.

## Chlorella:

- Chlorella has the powerful detoxifying ability to bind to toxins and prevent them from being reabsorbed in the digestive tract. It's commonly used in conjunction with cilantro for removing heavy metals.
- Some people can't digest the cell membrane of Chlorella, therefore finding a chlorella product with a "broken cell wall" would be best. Chlorella works best when taken on an empty stomach.

## Milk Thistle:

- Milk Thistle is an herb synonymous with maintaining healthy liver function as well as the kidneys.
- Milk Thistle has the ability to protect the liver from toxic damage while at the same time helping it to detoxify.

- Milk Thistle comes in capsule form and eating Milk Thistle Seeds is also beneficial. Grind 1 teaspoon of Milk Thistle Seeds and place them in your smoothie at breakfast.
- It won't provide immediate relief from a herxheimer reaction but using it every so often can decrease the frequency of a herx due to a clean liver.
- *Pro Tip: Milk Thistle is great for the liver, but it only helps with phase I detoxification. To completely support the liver, phase II detoxification of the liver must be supported as well and liposomal glutathione should be considered. **Take both of these supplements at bedtime to aid sleep.***

## Additional BODY TREATMENTS

### Lymphatic Drainage Massage:

- Lymph massages help to stimulate the lymph flow of the lymphatic system as it can become sluggish while battling Lyme Disease.
- The lymphatic system is responsible for collecting toxins from cells; thus allowing the body to remove them through sweat, bowel movements, and urine.
- A lymph massage is recommended 1 or 2 times per month during the early phases of Lyme treatment.

### Castor Oil Pack:

- Castor Oil Packs are very effective at helping the liver and lymphatic system detox from strong herxheimer reactions much like an Epsom Salt Bath.
- To create and use a Castor Oil Pack, pour the castor oil over the absorbent side of the flannel, lie down and place the side of the flannel with the castor oil directly onto your skin above the liver, and then place the heating pad on top. Leave the castor oil pack on for about 30 minutes.

*Warning: Do not ingest castor oil. It is for external use only. Women who are menstruating should not use castor oil packs as it can cause heavy bleeding. Castor oil will stain so be sure to lie upon a protective barrier.*

### Colon Hydrotherapy:

- Colon Hydrotherapy, also known as a colonics or colon cleansing, is a procedure in which a unique mixture of water, and sometimes herbs, flows through the colon via the rectum to assist the removal of waste and toxins.
- The colon is responsible for absorbing nutrients from food for the body and forming feces for evacuation. Over time, as one ages and depending on a person's lifestyle, a colon can become sluggish, and detoxification becomes impacted. Such consequences include stagnant fecal matter, wall-impacted mucus, toxins being reabsorbed into the body, and even parasite thriving.

### Dry Skin Brushing:

- Dry Skin Brushing utilizes a natural bristle brush to clear the pores of debris, thus allowing toxins to flow out easier.
- It also stimulates the lymphatic system, which harnesses toxins from the body.

- Dry Skin Brushing is most commonly used before an Epsom Salt Bath but can be used daily.

### Exercise (Light):

- Light exercise such as walking or riding a bike is an excellent tool for expelling toxins from the body.
- It forces the muscles to contract which is the catalyst for the lymphatic system. The lymphatic system is in charge of transporting toxins throughout the body for disposal.
- Exercise will inevitably induce sweating which allows the body to remove toxins stored in fats cells through the pores of the skin.

### Sauna:

- Utilizing the skin as a means of detoxification is genius as 20 minutes of sweating is equivalent to the work the kidneys accomplish in 24 hours.
- Portable Saunas are available on Amazon for around \$100. Or, if you are local to Kingston, NY we have a [FIR sauna available by appointment](#).

*Warning: Heating up the body too much can induce a herx by killing off spirochetes. 20-30 minutes / day is enough in the early days of die-off.*

### Bentonite Clay:

- Bentonite Clay is an edible clay that collects toxins as it passes through the digestive tract and remove them from the body. The longer it is used, the more toxins it will remove.

*Warning: Bentonite Clay can cause constipation so it is important to consume plenty of water while taking it.*

If you have concerns or require further guidance, please call or email us at [info@noulifehealth.com](mailto:info@noulifehealth.com) or 845-687-6211. Herxing may be scary but it will pass, and what's most important is the clearing of toxins through the use of cleansing and natural remedies, rather than to suppress the uncomfortable symptoms.