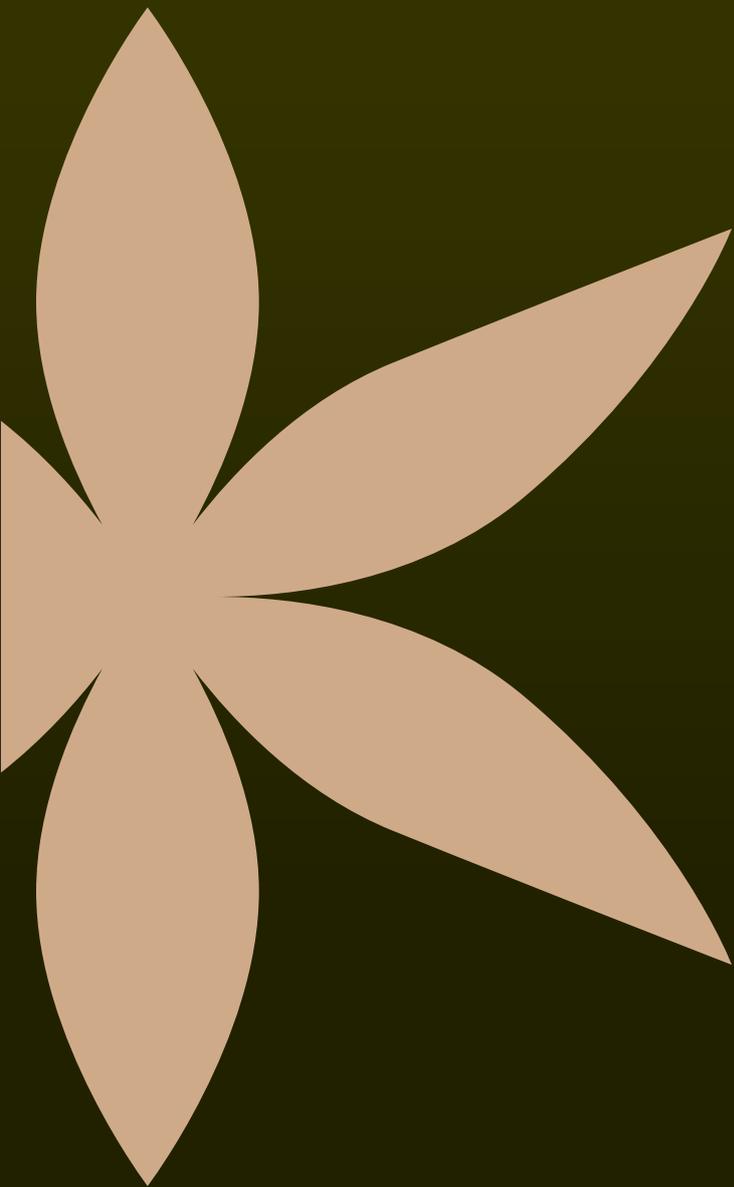


**asha rani**

natural  
nutritional  
therapy



## **naturopathic techniques**

*"Nothing is more important  
than reconnecting  
with your bliss.  
Nothing is as rich.  
Nothing is more real."*

*Deepak Chopra*





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## introduction

Naturopathic techniques have been used for centuries all over the world. They have been used to assist the body when it has been struggling. These techniques are powerful in the process of cleansing.

Techniques can donate energy to the areas of the body that are suffering or stagnant. It assists the body in moving toxicity out of the body helping to create a balance. The aim is to remove challenge from the body so there is ability for movement so the body can start to detoxify. The body has to detoxify before it can re-nurture.

Techniques need to be used with care, creating too much change too quickly can over load the body. Giving the body too much work will only cause further problems.

If the speed of detoxification is kept to an even rate it will be more comfortable i.e; less headaches, spots, rashes etc. and it will ensure that no areas are left unsupported and the body won't use little areas to dump things on the way out.

There are various techniques that are illustrated in this booklet. If these techniques are used correctly they can be a very powerful tool.



## castor oil

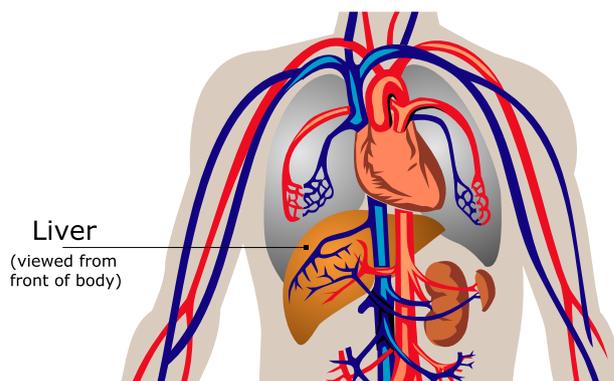
Castor oil is a vegetable oil extracted from the seed of the castor oil plant whose botanical name is *ricinus communis*. It can be used as a rub or a pack for various ailments including abdominal cramps, muscle pains, skin problems inflammatory conditions and improve liver function. Castor oil packs are a simple home therapy and can be used in almost any situation.

### How to make a castor oil pack

You Need:

Unbleached flannel  
Castor Oil  
Cling Film  
Hot water bottle  
Old t-shirt

- 1) Fold the flannel 3-4 times, pour the oil over the flannel so that it is saturated but not dripping. Place it on the liver area (see below).



- 1) Wrap cling film around to keep it in place.
- 2) Put on an old t-shirt and place a hot water bottle over for 1 hour.
- 3) Relax.



## castor oil

It is important to pack the liver first as this opens up the main route of elimination for it to receive the toxins. Once you have packed the liver you can then pack any other part of the body as required. Do this 3 times a week for 3 weeks. As the castor oil can release a lot of toxins you may need to follow this up with a water/coffee enema. This technique brings deep relaxation and soothing and is very effective for painful areas. I personally like to do this in the evening as it really helps me sleep well. You can re-use the pack several times. You can store the flannel in an air tight container.

### **How does it work on the body**

Castor oil is composed of atoms, giving off vibrations and has a specific activity on the tissues where it is placed. It enhances immunological function as it increases the number of T-cells which are cells that identify and kill viruses. The combination of the castor oil and the heat seems to bring about a more substantial therapeutic effect.

### **Castor oil can be beneficial in the treatment of the following ailments:**

- Liver and gallbladder disturbances
- Abscesses
- Headaches
- Appendicitis
- Haemorrhoids
- Constipation
- Intestinal obstructions
- Abdominal complaints
- Muscle pains
- Skin eruptions and lesions
- Relieve aches and pains
- Reduce inflammation
- Improve digestion
- Improves blood flow and circulation
- Stimulates lymphatic drainage and autonomic activity



## castor oil

This remedy was often suggested by the American healing Psychic Edgar Cayce given in many healing readings in the early mid 1900's.

Cayce brought castor oil packs to fame in the 20th century, he advocated for more than fifty different conditions of illness in the human body, which he attributed some remarkable qualities.

He also suggested that use of packs can affect the peyers patches (lymphatic system) and have a direct effect on the autonomic nervous system.

### **Please Note**

Castor oil can benefit anyone, in natural nutrition castor oil creates freedom and movement within the body.

It should be avoided during pregnancy, breastfeeding, menstruation, hypertension and haemorrhaging problems. Castor oil should not be taken internally.



## enemas

The colon is the end part of the digestive system (the large intestine) and its main function is to conserve water in the body and eliminate the waste from the body. The colon, as well as other eliminatory organs, (skin, kidneys, liver, lungs and urinary tract) are responsible for eliminating waste however, over time it might lose its ability to properly eliminate due to blockages and stagnation in these organs.

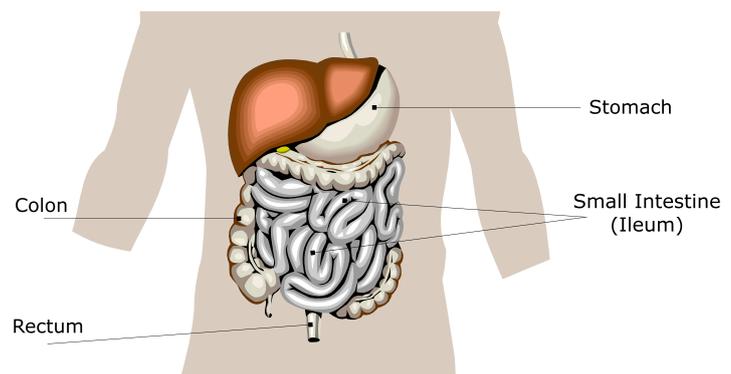
This in turn causes an array of health problems and the accumulation of toxins, bacteria, parasites etc.

Enemas stimulate the reflex points within the colon helping remove the toxic load strengthening body function, removing parasites from the intestines, it stimulates the immune system, circulatory system and restores proper ph balance to the body.

### Benefits of Enemas

Enemas can greatly help with relieving the following conditions:

- Constipation
- IBS
- Thrush
- Fatigue
- Haemorrhoids
- Overweight
- Flatulence
- Menstrual Problems
- Allergies
- Colds
- Bloating





## enemas

### **When to do an enema**

Enema's are very effective and supportive during a detox programme, as it helps remove the toxic load from the changes the body is experiencing. It is also beneficial at the onset of flu or cold as it helps release mucous from a stagnant lymphatic system.

Enema's encourages movement within the colon and therefore is also beneficial if you are feeling constipated. After a longhaul flight a water enema is great to hydrate the body. Castor Oil Packing can release a lot of toxins so an enema may be beneficial on the 4th day as it will take the pressure off the liver.

Depending on what type of enema you do it can also help you relax and feel energised. The best time to do an enema is on a full/new moon or before an equinox.

This can be a very powerful time where there is a lot of energy, the effect will be double.



## enemas

### How to do an enema

Materials needed:

A gravity feed enema bag

Enema fluid (2 pints)

Lubrication

Sterilization tablets

- 1) Prepare enema fluid (always use filtered/distilled water, you may want to begin with 1 pint)
- 2) Pour enema fluid in bag (make sure nozzle is closed or the fluid will leak out)
- 3) Hang enema bag (2-3 feet from the ground)
- 4) Lubricate the rectum or the tip of the tube
- 5) Lie down on your back in a bath knees up or on your right side, it may be easier to do this in a warm bath as the abdominal muscles relax
- 6) Insert nozzle into rectum release the nozzle a little so water starts flowing gently, massage your abdomen as the fluid enters
- 7) Hold the fluid for as long as you can, you may find this difficult at the beginning in which case move to the toilet and evacuate and repeat the process until liquid has been taken in. This will become easier once the bowel strengthens
- 8) Wait until you have the urge to go and evacuate
- 9) Once you have completed this sterilize all the equipment, you can use the enema bag about 10 times
- 10) Don't be in a hurry to leave the house, stay near the toilet as you will get the urge to let go



## enemas

### Types of Enemas

#### Coffee Enema

Coffee enema is great to stimulate the liver. The coffee is absorbed via the haemorrhoidal vein and taken up to the liver by the portal vein. Toxins are eliminated in bile acid. The caffeine causes the liver to contract and release the toxic bile. It is very effective as part of a detoxification programme. It has been used by 'The Gerson Cancer Therapy for decades.

How to make a coffee enema:

- 1) 1 teaspoon of organic ground coffee in half a pint of filtered water
- 2) Bring to boil then simmer for 15 minutes
- 3) Sieve the coffee, top it up with the required amount. Make sure it is not too hot
- 4) Pour into the enema bag

#### Chamomile Enema

Chamomile enema has the opposite effect of the coffee enema. It helps to relax and calm the mind and body. It also helps to detoxify the liver.

How to make a chamomile enema:

- 1) 1 tablespoon of organic chamomile flower head infused in hot water for 20 minutes
- 2) Sieve the fluid and top up to the required amount again making sure it is body temperature
- 3) Pour into enema bag



## enemas

### Types of Enemas

#### Aloe Vera Enema

Aloe Vera has a great anti-inflammatory effect on the body, promotes good bacteria and is alkalising. It can be beneficial before bed as it often has a calming effect.

How to make an aloe enema:

- 1) Just add between 1-10 tablespoons to the enema fluid
- 2) Pour into enema bag

#### Magnesium Citrate Enema

Magnesium acts as a muscle relaxant in the body. This can be beneficial if there are aches and pains and muscle cramps.

How to make a magnesium enema

- 1) Dissolve 1-3 capsules into enema fluid
- 2) Pour into enema bag

#### Please Note

Avoid doing enemas when hungry. Enemas can cause loss of electrolytes especially the coffee enema. Be sure to take pro-biotic and multi-vitamin supplements afterwards.



## epsom salt bath

Epsom salts contain magnesium and sulphate which easily absorbs through the skin. It is a great way to acquire magnesium in the body.

Magnesium is an anti-stress mineral. It is responsible for regulating body enzymes and relaxes muscles and nerves in the body. It is also an electrolyte so is responsible for the day/night cycle, it also ensures the proper usage of calcium in our body's cells.

Combined with calcium they are seen to be the relaxers and soothers of the body

Taking an Epsom salt bath can benefit anyone with aches and pains, cramps, inflammation and also jet lag. It is really nice to take an Epsom salt bath after a flight.

Add 1kg of Epsom salts into the bath, you can add coconut oil or urine to the bath but avoid substances with chemicals as it will affect the elimination process. Once you have finished, add cold water to the bath or take a cold shower to bring the temperature down.

This technique can benefit anyone, especially during a detox programme.



## hot & cold hydrotherapy (showers and tubbing)

Hot and cold hydrotherapy is a valuable and easy home therapy which has been used all over the world for centuries.

This technique is beneficial to the circulatory and lymphatic system as it creates a lot of movement within the body.

The heat stimulates blood flow to the surface of the body eliminating toxins. Cold water stimulates blood flow to the core of the body towards the internal organs bringing fresh blood to the organs and glands.

When the body is cold it will bring about heat as it will want to regain its temperature.

Alternating hot and cold makes the circulation move in and out, unblocking any stagnation and moving nutrients to various parts of the body.

### Benefits of hot and cold hydrotherapy

- Invigorates the circulatory, lymphatic, immune and digestive systems
- Promotes blood flow
- Heat brings calmness to the body and relaxes tight muscles
- Cold water stimulates the body and mind and releases endorphins
- Cold water stabilizes blood pressure as it triggers the autonomic nervous system which raises blood pressure



## hot & cold hydrotherapy (showers and tubbing)

There are 2 ways of doing hydrotherapy:

### 1) Hot and Cold showers

Start with a normal shower then switch to cold for about 20-30 seconds, then switch to hot without being scalded) until the body is hot (2-3 minutes). Alternate three times, ending on cold. Make sure your bathroom is nice and warm when you finish. Do not get out into a cold room. This may initially be too intense at the beginning as your body may not be used to it. Set the temperature accordingly and increase temperature slowly as it suits you. Work your way up to the hottest water without scalding and the coldest you can endure. This technique will leave you feeling energised and revitalised. It's great first thing in the morning after skin brushing.

### 2) Hot and Cold Tubbing

This technique is more intense than the hot and cold shower. This works on a deeper level creating even more space and movement within the body. It is a great way to cleanse the cells however care must be taken as it can cause problems if not used correctly.

Take a hot bath adding more hot water to raise the body temperature. It is advisable to put a cold towel on the forehead to keep it cool. Stay in the hot bath until it is too hot (10-20mins) then add cold water for a further 10-20 minutes. This warms up the cell membrane phorus making the exchange of electrolytes easier thus enabling the day/night cycle. The heat thins the lymph which helps open up the cell.

### Please Note

Avoid cold showers during menstruation as it is too much for the reproductive system, at this time the body needs heat, a lukewarm shower is recommended. Avoid hydrotherapy if suffering from heart condition/pregnant consult your practitioner. If there is a particular part of the body that needs attention you can also massage this area increasing the circulation. Contrast between the 2 temperature extremes should be to the limits of comfortable tolerance.



## urine therapy

Urine Therapy may seem to be unorthodox but it has been practised for thousands of years as a natural medicine.

Urine is entirely sterile after secretion, it is in fact a by product of blood filtration, urine is filtered blood. It has an antiseptic, antibacterial and antiviral effect.

Urine consists of water, urea, minerals, salts, hormones, enzymes and other vital substances. The kidneys job is to keep vital elements and water levels balanced. The kidneys remove unused vital elements such as hormones, enzymes and other minerals from the blood because the body does not need it at that point.

Therefore urine is full of vital elements and substances that are specific to you. It is full of your energy, it supports and strengthens our life force. It can have a homeopathic or isopathic effect.

Urine Therapy is a method based upon the principles of 'natural cycles'. The body produces urine which is perfectly suitable for re-cycling.

If urine is ingested and rubbed into the skin, it purifies blood and tissues, provides useful nutrients and sends the body a signal about what is in or out of balance.

It can benefit people with:

- Skin disorders
- Wounds and scars
- Ear problems
- Sore eyes
- Candida
- Allergies
- Headaches
- Increases immunity
- Constipation



## urine therapy

### **How is it used?**

It can be used as a rub or an enema. You can use fresh urine or you can save urine for up to 10 days. Rub the whole body until the urine is absorbed, you can use it on your hair or add it to your bath.

For children under 7 years of age mothers urine must be used. Urine can also be used in an enema, it can help restore ph and help with diseases such as candida and thrush.

Urine Therapy can be used as preventative measure against disease.



## skin brushing

Dry skin brushing is again a simple inexpensive home therapy, all you need is a long natural bristle brush.

The skin is the largest organ of elimination, excreting toxins everyday. When our other eliminative organs become over whelmed toxins are released via the skin. If the skin is overused it can get clogged up with dead skin cells impairing the elimination process.

Dry skin brushing removes this waste and the scurf layer (outer layer of the skin) which holds toxins and acidity.

It is important to take care of the skin and keep the pores open.

### **Benefits of skin brushing**

- Stimulates circulation
- Strengthens the immune system
- Improves blood flow
- Energise the whole body
- Promotes the movement of the lymphatic system
- Removes dead skin cells and waste



## skin brushing

The detoxification process begins with toxicity being released at cellular level into the lymphatic system. The lymphatic system has two main functions, maintaining fluid balance in the internal environment and immunity.

The lymphatic system carries watery fluid called lymph which bathes our cells carrying food to them and removing their waste.

The lymphatic system is not pumped by the heart, so will require assistance from outside forces to keep it moving and circulating around the body.

Dry skin brushing helps with lymph movement and assists the body to release its toxins into the lymph ducts. These lymph nodes are scattered around the body and act as biological filters, they collect and destroy bacteria and viruses supporting the body's defence mechanisms.

### How to do skin brushing

Begin with brushing the sole of your right foot. The soles of your feet and the palms of your hands are both reflexive maps of the body. They have nerve endings which affect the whole body. Next brush on top of your right foot and work your way up the leg and brush your buttocks towards your waist. Do the same for the left foot and buttock.

Next brush the front torso and the back torso upwards towards the heart.

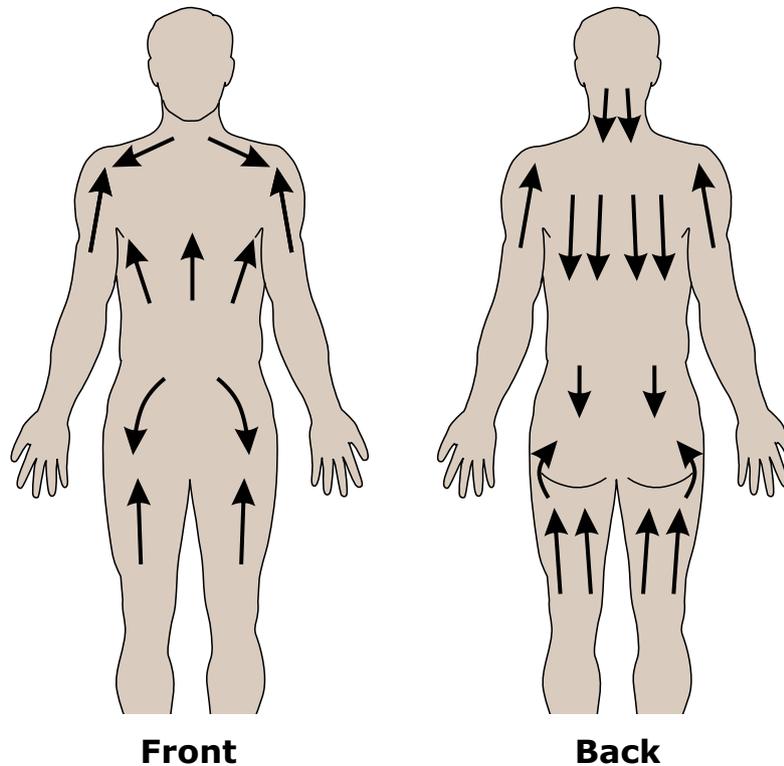
Brush your right hand and arm up towards the shoulder and again repeat on the left hand and arm.

Brush from the neck down towards the heart on the back and front torso. Remember women it is important to brush around the breasts as there are lymph nodes in the armpits.

Do this for 5-10 minutes, using rhythmic strokes, lighter strokes around the breast. Brush each part of the body several times, the entire surface of the skin should be brushed.



## skin brushing



It can be done as part of a detox programme, as this is when the lymph will need support or just on a daily basis. Again this technique is great first thing in the morning especially if followed up by a hot/cold shower.

### **Please note**

Skin brushing should not be done over varicose veins rashes or open wounds. It is also important not to do any brushing if you are feeling constipated as the brushing moves a lot of mucous especially during a detox.

If bowel is already stagnant you don't want to be off loading more, you will become more stuck. If there is decent bowel activity there is potential for movement.



**additional information**