

## Other Daily Techniques to Help You Re-Balance

Changing what we **eat** helps support our body's natural elimination rhythm but we can also do other things where we do not change **anything that we eat** and still support our body to eliminate effectively. Some of these are listed below.

**Rise and start your day between 5am and 7am.** This helps your bowels get going and is the peak time of activity of our large intestine. Getting up stimulates your body to have a bowel movement, instead of leaving the unwanted faeces in our body for further unnecessary time. If you do not rise between this time your body may not have a bowel movement until after lunch, a possible extra 6 hours. This may take time if your routine needs changing. Your weekly re-balance of a light meal may help you get to bed earlier and then rise earlier. This will hopefully spill over into the rest of the week. Take one step at a time so you do not overdo it and get too tired.

**Gargle with oil first thing in the morning.** Using sunflower (cold pressed and organic if possible, or any other oil) as a gargle first thing activates the elimination of toxins into your mouth. We often have bad breath in the morning, this is our body's natural method of eliminating toxins. Gargle for 5 to 20 minutes and spit out in the toilet. Then rinse your mouth several times with water and brush your tongue (& teeth if you like). If you don't fancy the oil gargle, at least brush your tongue before you consume anything.

**Drink 1 mug of warm water before your breakfast.** This helps clear the colon lining of yesterday's food so it's not all mixed up with today's food, reducing further toxins entering your body.

**Stop eating food after 7pm.** If you are hungry try drinking water or do some light exercise or at least just eat fruit as this is most easily digested. This leaves your liver to do its daily elimination process in the night and not have to digest the food you ate late in the evening. If you find that socially you are eating late and then do not rise early and have a late or no breakfast you are out of rhythm of your internal organs. Your weekly re-balance can help you get back into rhythm, it is then like a self-regulating routine.

**Eat your carbohydrates at different meal times from protein** (food combining principle). If this is too challenging at least try it for your evening meal. This helps speed up digestion and absorption of food, providing you with more energy and reducing the risk of your microbiome getting out of balance.

**Eat Sauerkraut with your meals.** The sauerkraut contains probiotics and can help create more effective digestion of food. If you are buying this make sure it is **unpasteurised** and has no sugar or vinegar added (only cider vinegar is properly fermented and is alkaline forming). Or see the recipe in the appendix to make your own.

**Try drinking water between meals** rather than having a snack. We are often thirsty rather than hungry between meals but we too often eat instead of drinking water. If you are still hungry (between meals) after drinking water, remember the rescue plan if you get hungry (see appendix). Do **not** over stretch yourself as this causes stress on a cellular level and reduces your ability to absorb water and minerals, so if you really need a snack **have one**.

**Stop drinking by 8pm.** This helps your body really rest so it can do its cellular regeneration and elimination. If you are thirsty in the night just rinse your mouth out with water. This is so that you do not swallow all the toxins that your body is trying to eliminate during the night. You may then find you drink more water during the day and your night time thirst starts to subside.