



**Dr. Carmen Marcadis**

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Nutritional Medicine & Chiropractic  
[www.NutritionalMedicineDC.com](http://www.NutritionalMedicineDC.com)

## **Home Remedies for Detoxification, Cold, and Flu**

### **Castor Oil Packs**

The oil of the castor bean is absorbed into the lymphatic circulation providing a soothing, cleansing and nutritive treatment. The pack can be used in cases of headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones, and painful joints.

Use a 10" x 12" undyed cotton flannel or flannel wool. Drizzle unrefined cold-pressed castor oil until the cloth is soaked but not dripping. Fold the cloth into 2 to 4 thicknesses to cover the abdominal area. Apply cloth to skin, lay plastic sheet over cloth, place heating pad or hot-water bottle to tolerance. Lay quietly, with a towel over the entire area for 1 hour. When finished, wash tummy of excess castor oil and store flannel in air proof container or zip lock bag in the freezer. The cloth can be re-used up to 20 times by adding a little more oil when needed.

### **Ginger Compress**

A ginger compress stimulates the digestion and may help with stagnation of liver chi. Place it over the kidney area for fatigue and low back pain.

Grate about one-third cup of fresh ginger and wrap in cheese-cloth or a white cotton handkerchief. Tie off the cloth to make a golf-ball size sack. Place sack into a pot of hot water kept just below the boiling point and brew for 20 minutes (or longer). Dip a towel into the ginger water, wring out well, and apply heated towel directly to the area to be treated. Place a sheet of plastic (e.g. a small trash bag) a dry towel, and then an electric heating pad or hot-water bottle. Lay quietly for 20-30 minutes.

### **Cayenne Cold/Flu Drink**

Chop a couple of cloves of garlic, ½ -1 tsp of ginger root, add to 8 oz of hot water with a couple of dashes of cayenne pepper, the juice of ½ lemon, 1 tsp of honey or stevia for taste. Take a hot shower before or after the drink. Then wrap up in a warm blanket for therapeutic sweating.

### **Cayenne Gargle**

This may help sore throats. Make up a solution of 1 tsp cayenne, 1 tsp sea salt and 2 tbsp apple cider vinegar. Mix  $\frac{1}{4}$  to  $\frac{1}{2}$  of this solution in water and gargle. Adjust the amount of water according to preference.

### **Potassium Broth**

Take 3-4 potatoes (including the skin), fresh parsley, unpeeled carrots, beet greens, onions, garlic, and any other organically grown green vegetable on hand. Prepare broth by washing and chopping the vegetables, and then simmering in a large covered pot of water for 30 to 40 minutes. Strain and drink the essence, discarding the vegetables. Excess may be stored in glass containers in the refrigerator for up to 2 days or frozen.

### **Skin Brushing**

Skin Brushing is an excellent support for the lymphatic system. Use a medium-to firm natural bristle body brush. Brush your entire body vigorously at least once daily, either dry or in the shower.

### ***Therapeutic Baths***

#### **Epsom Salt Bath**

Supports a broad spectrum of detoxification and helps clear lymphatic congestion.

Put 1 to 1-1/2 lb of Epsom Salts into a hot tub and soak until water cools off, approximately 30 minutes. For additional support of lymph detox, rub lemon juice over the chest and lymph area and leave on for 10 minutes before soaking in tub.

#### **Vinegar Bath**

Helps balance body's acid alkaline balance. Put 2 quarts of apple cider vinegar in hot water. Stay in tub for 30 minutes, adding more warm water as the bath cools.

### **Clorox Bath**

If you have exposure to heavy metals, aluminum or pesticide sprays this bath may help. Use approximately one-half cup of Clorox (only original Clorox brand should be used) in a tub of hot water. Stay in tub until water cools for 30 minutes. Add warm water when needed. Wait for 4 hours to shower.

### **Salt and Soda Bath**

Do this bath if you have been exposed to environmental radiation or X-rays. Use 1 pound of salt (any bulk salt, sea or rock) and 1 pound of baking soda in the bathtub, with enough water to cover the body. Soak until water cools or add warm water for longer soak. Wait for 4 hours to shower.

### **Bentonite Soak**

Bentonite Clay is helpful in detoxification. Mix 1-2 pounds of powder dissolved in a tub of hot water, soak until water cools. Add warm water for longer soak.