

*Dr. Audrey Rowan*

# How To Begin A Successful Cleanse!

Dr. Audrey Rowan travels the world in search of secret elixirs, fantastic experiences, and esoteric teachings, which she blends with her science-based knowledge, to share with her private clients so that they too can experience the transformative information within their own lives.

She's experienced cleansing her own body many times after being exposed during her travels.

There's been emergency roadside stops while romping through Mexico and vomit baggies to the rescue on airplanes flying out of Guatemala. She's even been fortunate enough to suffer a wide assortment of mysterious symptoms for two weeks upon return from Egypt. Not to mention the on-and-off diarrheal episodes living part-time in Bali. It's a never-ending relational dance between our inner-terrain and the microbial world!

It's pretty safe to assume you'll always need to cleanse after traveling.

Parasites and undesired exposures are not only travel related however.

They're vastly more common in every-day life than we think! And if you've never done a parasite cleanse, you should.

As someone who loves to travel, Dr. Rowan is always doing some-thing-or-other to heal herself from who-knows-what kind of bugs.

She's had a lot of personal experience and opportunities to experiment. This list contains many of the tools and practices she uses herself, as well as with her clients.

To your health and wellbeing...

## **Preparing for a parasite cleanse / detox ...**

You CANNOT, and I emphasize this, just jump into a parasite cleanse and have it go well.

You run the risk of over-burdening a system that isn't prepared and can make yourself more ill.

It is not in the same category of say, a "liver detox" cleanse, or "gut-healing" protocol.

These are examples of things that should actually come first!

If you've never done any detoxing or cleansing before, proper preparation is especially important.

Usually at least a month of general systemic organ cleansing and targeted nutrient support is a helpful time-frame to wrap your mind and plans around.

And even if seasoned, it's still recommended to prepare for 2 weeks ahead of time.

This way you will mitigate "die-off" and "detox" reactions for a smoother experience.

Listen, it's never that fun nor easy!

So we want to do the best we can and thus efficiently dispose of toxins and eliminate the garbage from your body! Hurray!

This list is only meant to get you started, to give you an idea of what to expect, and give you some simple tools, techniques, and products you will want to have in place during your cleanse.

**1. The organs of elimination need to be in good shape and ready for drainage.**

- These organs are the liver, your intestines, the kidneys, skin, and your lymphatic system, primarily.
- A protocol of specific herbs, nutrients and self-care practices, will get these organs flushed and draining properly ( while many generalized therapies work here, there are also instances where getting individualized recommendations are very useful and important )
- I'm talking about having good bile flow, and dripping sweats, daily poops, and proper mineral-rich hydration, etc. etc.

**2. Getting your supplies together and ready to go...**

- Order and purchase everything on your list of needed supplements and herbs (your liver support, your binders, the ones for killing the bugs, etc) have them lined up and easily accessible out on the counter. In your face makes it easier!
- Purchase and have all your Tools: enema kit, castor oil pack, gua sha tools, sauna, epsom salts, essential oils, candles, journal, etc.. have everything you need set-up ahead of time. Your bathroom and bedroom and kitchen all become the sanctuary and the treatment rooms.
- Foods/Fluids: get your fridge and pantry stocked up! Make sure the water is super clean and filtered, and the food organic.

**3. Having a plan in place...**

- Creating space in schedule

- It is not recommended to just be going about daily life when doing a parasite cleanse. As it can be quite taxing on the system. While taking time to retreat may not always be possible, we can do our best and plan for perhaps a long weekend during the most intensive portions of the cleanse, book extra child care, use those sick days, etc.
- Daily practices outlined
  - Having an idea of what each day will look like - for example, when and how often you take which supplement, or do that enema, and for how long, is key to success. The less you have to think about the details, and just follow the instructions, the better. Free the mind from our normal multitasking, planning, doing, go-go-go.
  - For example, Monday morning: take x, drink lemon water. Late morning: coffee enema, hydration. Before bed: take x, journal, stretch, castor oil pack.
- Support team
  - Doing this with a friend or solo, it's good to let close family/roommates know your plan so expectations for privacy and wonky behavior (inevitably) are communicated ahead of time, relieving the potential for stressful encounters. Often we have no desire to interact and feel more deeply inward or more easily triggered.
- Possible location change/retreat
  - It's best to be totally outside of your "normal" environment when trying to go deep with a parasite cleanse. I have rented an airbnb for this purpose a number of times. Sometimes not too far from home, and sometimes I planned my own personal travel retreat

experience out of it! Why not make it a yearly thing? You will get so much more out of it this way. Psychologically even just the time and investment will have more meaning and greater success.

- But of course, we do the best we can, and it's highly recommended to at least create a "zone" in our home that we can retreat to.

#### **4. Intention and desired outcomes clarified...**

- Having your "why" when the going gets tough! And it does. So writing these things down, posting it up on the fridge or vision-board it out... come back to it, again and again.

#### **5. Awareness of the challenges (emotional detox as well as physical reactions possible) and what to do...**

- Know How-To sop up toxins when you feel the "shitty" of detox reactions physically. Like tossing back some binders for example.
- Have some Go-To self-soothing practices ready when the emotions get stirred up and your nervous system needs support.
- For me, taking a walk outside always helps when my mind or emotions are feeling unbalanced. I also love a good cry in a detox bath (with a ritual playlist soundscape soothing in the background) and my journal close by, or dancing! And of course, a nice cup of herbal tea :)

Thank you for downloading this guide to cleansing and detoxing your body.

For more information about Dr. Audrey Rowan and her services and travel,

visit: [www.DrAudreyRowan.com](http://www.DrAudreyRowan.com)

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