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SPEAKERS

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Hi, everyone, my name is Emma, and I'm from the UK, I have chronic Lyme disease, co-infections like the Babesia, and Bartonella and chronic viral infections like EDB. I've been in treatment for a few years now. And I'm a lot better than I used to be. But I'm still kind of dealing with these things. And one of the things that has helped me the most is my recovery is detox. So if that is the tip that I want to share with you guys today. So when we have a heavy load of infections like Lyme co-infections and viruses, often our detox pathways can become compromised, which means that we can't detox in the same way healthy people can. So that can make our symptoms even worse and make us feel even more unwell than we already do from the infections. So I've been doing a lot of things for detox over the last few years. One of them is infrared saunas, so you sweat out the toxins through your skin, but it has to be infrared can't be a normal sauna because a normal sauna, it doesn't penetrate deeply into the tissues enough to actually mobilize the toxins. So I do that and as well epsom salt baths, magnesium ones are really good because the magnesium draws the toxins out through the skin. And as well for the liver, castor oil packs can help move toxins out through the liver and coffee enemas which are really good for the colon and also help flush the liver. And there's herbs like milk thistle that helps the liver detox, glutathione, which is a master antioxidant, which is really good for detox and as well lymphatic drainage, or the pairing technique which helps drain the lymph system.

And dry brushing is really good for lymphatic drainage as well. And the most important thing for me that I've done is take binders so things like charcoal, chlorella, and zeolites, they all bind all the toxins together to help move them out of the body. Yeah, so I think that has helped me a lot. And obviously if you've already, if you're already in treatment, you'll probably be doing all these things. But if you're at the beginning of your journey, detox is really important. So I hope this is helpful.