



THE  
**5 Detox**  
METHODS OF  
FABULOUS CELEBRITIES

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FABULOUS CELEBRITIES  
METHODS OF

## *The 5 Detox Methods of Fabulous Celebrities*

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# Introduction

Do you want to feel more energetic, look better than you may have in years, and enjoy all kinds of amazing benefits? If so, then this guide is for you. A good detox will boost your energy, even if you cut out things like added caffeine and sugar, and along the way, it will rid your body of all sorts of excess waste that does nothing but weigh you down.

If you need to lose some weight, a detox diet is a great way to give yourself a good jumpstart. It can help you ditch poor eating habits and teach you how to enjoy some of the best, healthiest foods. If you're frequently ill, then detoxing can help to improve your immune system. A good detox will boost your ability to absorb nutrients.

Detoxification can also improve the way you look. Since your skin is your body's biggest organ, it is not at all surprising that it receives some benefits whenever you treat yourself to a cleanse. People who suffer from issues such as dry skin, acne, and eczema often see improvement after detoxing – especially when they follow a clean, healthy diet. Your hair is likely to improve too, although this is something that takes place over time. Since your hair's growth occurs down in the follicle, where you can't see it, it will take you some time to see more shine and enjoy a softer touch. Your hair is also likely to grow faster when internal toxins aren't slowing down your body's processes.

When you detox, you might feel unwell for a few days as all the toxins leave your body. But after a short while, you'll

find that you are able to enjoy an improved sense of well being. You'll feel good all over, and you are likely to enjoy a renewed zest for life.

No surprise, cleansing diets and detoxes are all the rage in Hollywood! Celebrities rely on their good looks for their livelihoods. While you may not have plans to star in a blockbuster of your own anytime soon, there's no reason not to do all you can to look and feel your best! If you want to join the likes of Gwyneth Paltrow, Anne Hathaway, Beyonce, and many other superstars, then you're on the right track. These are just some of the famous people who keep a tight focus on their health.

Detoxifying your body involves more than simply eating clean, organic foods, it also involves helping various systems rid themselves of impurities faster. If you'd like to enhance the 14-day detox and lose more weight faster, try these methods as they can often help. Do not do them all at once. Rather, spread them out over the course of several days, with the exception of the body brushing and detoxifying foot bats / foot pads.

While Hollywood's brightest stars don't always share specifics about the methods they use to keep themselves in top shape (inside and out!) it's common knowledge that they are always on the lookout for the hottest new trends in natural health and cleansing. I'm sharing the most famous detox methods with you here, along with tips and tricks to get the most out of the process.



# DETOX METHOD 1:

## Colonics

**A**lso known as colon hydrotherapy, colonics remove excess waste and loads of impacted fecal matter from the tiny nooks and crannies deep inside the colon. I know you might be cringing right now, but please keep on reading. A single colonic can do you a world of good, and the professionals who offer them have your best interest in mind.

Let me put you at ease before I go on. There are *lots* of famous people who enjoy (or enjoyed) regular colon cleanses. Luxury spas of course keep mum about who goes in for what, but there's nothing quite like a colonic to get a flat belly fast – especially when the red carpet is calling!

Mae West, John Lennon, Janet Jackson, Damon Wayans, and James Coburn are just some of the stars who are known for their appreciation of what a thorough colon cleansing can do. You might also be surprised to discover that Princess Diana, famed for her slim figure, glowing skin, and gor-

geous looks, was also well-known for her spa visits, which included regular colonics. She reportedly used colonics to help alleviate symptoms of allergies, tiredness, headaches, candida, and depression.

As it turns out, the late Princess Diana, who sadly suffered from bulimia, was one of colon hydrotherapy's most vocal advocates. She credited her regular detoxes for her silky hair and glowing complexion, declaring that "For years I've been trying to bury my troubles under mountains of food, but after I binge, I worry about my figure. And I make myself throw up. It's a terrible, vicious compulsion. But now that I'm getting regular colonics, I don't worry so much about what I eat. I know all the excess food will be washed away, along with the poisons that cause my terrible headaches. My migraines are caused by food allergies, and I haven't had one since I started the treatments."

Oprah Winfrey is another celeb who has gone public about her appreciation for what a good colon cleansing can do. She is famous for endorsing the procedure on her show, and has mentioned that colon cleansing helped her to detox and lose weight. Oprah's transition from obesity to health – and her continued passion for healthy living is famous, as is her down-to-earth approach to a variety of topics that some people might find embarrassing.

Madonna, who is famous for her good looks as well as her incredible music career, is another star who has claimed that colon cleansing helps her stay in shape. She also advocates a healthy diet and plenty of good exercise. Dancing,

anyone?

Leonardo DiCaprio, Britney Spears, Pamela Anderson, and Sylvester Stallone are some of the other famous figures who appreciate what a colonic can do. Tracy Piper, founder of the Piper Center for International Wellness (a spot that's famously visited by models, celebrities, and socialites) said in an interview for *Shape* magazine that "Hollywood celebs that embark on colon therapy are way ahead of many people who look down on it. They have figured out that cleansing the body in this way enables them to perform better, reduces stress, improves attitude, skin, and endurance, allows them to age seamlessly, and of course, look amazing on the red carpet!"

A colonic works a bit like an enema, but with lots more water, none of the discomfort, and no odor. The entire process lasts about an hour. Before I tell you what's involved, let me tell you why you should consider a colonic.

The average person's colon weighs about four pounds empty, but it's not at all unusual to find between ten and twenty pounds of stagnant old fecal matter stuck inside the colon during a colonic. Now do I have your attention? I hope so!

It's not just the weight that matters, although the noticeable lightness you'll feel after a colonic is amazing. The waste material that might be inside your colon right now has likely been there for years, stagnating and putrefying, adding a huge toxic load to your body. Many people who have potbellies (maybe you are one of them!) have several



pounds of old fecal matter clogging their colons. A colonic is one of the only ways to experience immediate, lasting weight loss.

Now that you know why colonics are important and how they can help you, let me describe the procedure. As you know, there's just one way for digested matter to leave your body. It's through your rectum then, that the therapist passes a small tube, which is connected to a pump that slowly flushes up to twenty gallons of water up into your colon. The therapist will often vary temperatures and water pressures to keep you comfortable, and he or she will also massage your abdomen to help the flush along. The waste and fluids exit through a second tube, after which the initial process may be repeated. A colonic usually lasts for about an hour.

You may have some misgivings about colonics, which is normal. But the therapists are true professionals who have undergone rigorous training. During the procedure, you're kept modestly covered and you are encouraged to relax. The professionals who take care of this type of detoxification have encountered all kinds of people and have seen all sorts of bodies. Like doctors, nurses, and others who deal with intimate parts of the human body's anatomy, they do their very best to help you by maintaining discreet, professional behavior. For them, colonics are part of their job. Like others in caring professions, they have chosen this line of work because they want to help people! So please, don't be embarrassed. After your first colonic, you might find yourself wondering why you ever worried at all.

You might have heard that colonics rid the body of good bacteria along with impacted fecal matter. While you do lose some good bacteria (just as you do each time you defecate!) these flora replenish themselves within 24 hours, unless you are unusually unhealthy. You should ensure that the good bacteria are replenished by taking a probiotic after your colonic. Most therapists will provide you with this supplement so that you don't have to buy it separately.

As with most things, there's the potential for overdoing it with colonics. If you are extremely toxic, consider having a series of up to six colonics spaced one week apart from one another. If you have irregular bowel movements, you'll find that your body begins functioning normally soon. If you have regular daily bowel movements now, you may not need multiple colonics.

Besides the natural feelings of uncertainty and embarrassment that some people feel the first time they go in for this procedure, there are no drawbacks to having a colonic, so long as it is administered by a trained colon hydrotherapist.



# DETOX METHOD 2:

## Saunas

**N**ot only does a trip through the sauna help the detox process along by encouraging skin to release its toxic load, it also help provide you with a healthy, attractive glow. In addition, you burn some extra calories while relaxing, which is just one more reason I love taking time out for saunas!

Celebs love saunas too. Infrared saunas are all the rage in Hollywood, being renowned for their ability to improve the look of skin. Stars who enjoy their sauna time say that they enjoy a bit of weight loss, better sleep, and of course detoxification.

Lady Gaga, famous for her wild outfits and amazing talent, is a frequent sauna user. She has even posted about her experiences on Instagram, saying she gets some natural pain relief along with the rest of the benefits her time in the heated chamber provides. “I still deal with bone inflammation from my hip injury two years ago. But I keep control of

pain with infrared sauna. A great investment for everyone, I use mine everyday. Getting my body ready for the show tonight!”

Of course, you don’t have to buy your own sauna – especially if you have a limited budget or a limited amount of space in your home! But if you do have the room, it would definitely prove to be a quality investment.

A-list model Cindy Crawford, who is famous for her ageless appearance – despite the fact that she’s somewhere around 50! – has maintained flawless skin for decades. Not surprisingly, sauna time plays a part in her beauty routine. In an interview with *Into the Gloss*, she revealed that she spends at least 20 minutes per week in the sauna. She said she uses the time for detoxification, relaxation, and better circulation, as well as improved skin tone and better sleep. She also mentioned that she appreciates the “20 minutes of uninterrupted reading time” that the sauna affords her.

Jennifer Anniston, who is famed for her appreciation of all-natural beauty treatments, is another fan of the sauna. During an interview with *Forbes*, she shared a number of beauty and fitness tips, citing her love of sauna time. She mentioned detoxification as a benefit, along with relaxation, skin rejuvenation, and weight loss. She said that her flawless skin is thanks to a combination of good hydration practices and the cell generation benefits that time in an infrared sauna provides.

Another star who swears by saunas, Gwyneth Paltrow spends plenty of time detoxing and even dedicates a section of her website, [Goop.com](http://Goop.com), to saunas, colonics, and detoxing! Gwyneth mentions how time in the sauna can help get lymph moving and produce a wonderfully healthy detoxifying sweat.

These are just a few of the celebrities who appreciate their sauna time. And who wouldn't? Warm, wonderfully relaxing, and good for your entire body, the sauna is a place to let it all go.

So, what's a sauna? These small rooms or buildings (or even smaller heat chambers) are inspired by ancient Finnish baths and South American Temzcal, as well as by the sweat lodges used by Native Americans. Modern saunas feature temperatures around 104 degrees Fahrenheit, which induces cleansing sweat, muscle relaxation, and improved breathing.

Saunas provide loads of benefits, cleaning, detoxifying, and freshening your skin better than any fancy cleanser or moisturizer can. Within 15 or 20 minutes, most people burn an average of 300 to 500 calories, which is about the same as one or two hours of exercise. While your muscles and cardiovascular system don't get the same benefits they do during a workout, it never hurts to burn some extra calories!

The muscles do benefit though, because the heat from the steam provides relaxation that can help ease pain and tension. At the same time, the relaxation eases stress, which in turn helps with the detox.

And since you're exposed to high heat, your body's overall health improves via the elimination of extra toxins, bacteria, viruses, and other bad "bugs" on the body's exterior. Additionally, the sauna strengthens your immune system by causing an artificial "fever" that increases your white blood cell count and helps to knock out viruses and illnesses before they have a chance to catch on.

There are a few different types of saunas, including those found at the spa or gym. Steam saunas provide moist heat, which many people enjoy, particularly when allergies and sinusitis are a problem. Traditional dry saunas and infrared saunas produce radiant heat that penetrates deeply. Temperatures are often a bit lower than steam saunas, and because two to three times more sweat is eliminated during a dry or infrared sauna session, toxic waste and chemicals stored in the body are removed more quickly.

Showering before and after your sauna will help reinvigorate and refresh you. In addition, be sure to hydrate yourself well before, during, and after your saunas. Enjoy a session once or twice weekly during the detox for best results, and continue the habit afterward to help keep your body clean and continue enjoying the many health benefits that saunas provide.

Perspiration is a normal response to the heat of the sauna, and it's part of the detoxification process. If you notice that the heat becomes unbearable, or if you begin to feel ill or faint, then you have overdone it and it's time to leave the sauna. Many who are new to this detox method begin with

just a few minutes in the sauna and progressively increase the amount of time they spend there.

If you find that you enjoy the sauna (most people do!) at the spa or gym, then consider purchasing a home steam sauna. These are simple to add to your bedroom or bathroom, and prices begin at around \$200 on Amazon.com.

One caveat regarding saunas: If you have a heart condition, asthma, or sensitive skin, check with your doctor before using a sauna of any kind. In addition, saunas are not typically recommended for women who are pregnant.

Lastly, you should know that it's quite common in some places for people of both genders to enjoy sauna time in the nude, as it's best to sweat freely without towels or clothing getting in the way. If you are uncomfortable with nudity and plan to use a public sauna, look for one that has special times when bathing suits are required, or that have sessions reserved for one gender at a time.

Also, it's quite common in many places to follow up a trip through the sauna with a quick exposure to very cold water or air. This is quite shocking, but can also be extremely invigorating. Try it if you dare!



## DETOX METHOD 3:

# Detoxifying Foot Baths and Foot Pads

**M**aybe you have heard of these detox procedures and wonder whether they work. The answer is a resounding yes! Let's take a look at the similarities, differences, and of course the benefits foot baths and foot pads offer.

Detox foot pads, which you should be able to find at your local drugstore or online, are attached to the bottoms of your feet overnight, where they draw out toxins as you sleep. In the morning you simply remove the pads from your feet and toss them in the trash. You'll likely notice that any aches, pains, swelling, bloating, and muscle soreness decreases when you use the foot pads.

Using foot pads once or twice during the detox is an additional way to ease your body of the burden it is carrying, and since you use these pads while you are sleeping, the



treatment takes very little of your time. The cost of foot pads is about one-quarter of the cost of a detoxifying foot bath treatment.

A detoxifying foot bath is a spa service, and like most things that happen at spas, it feels just wonderful, relaxing your whole body while drawing toxins out through the soles of your feet. In some cases, the treatment includes a pedicure and/or calf and leg massage that helps to get things moving.

Also known as an ionic foot bath, a detoxifying foot bath works by immersing your feet in a solution made with warm saltwater that contains a variety of ingredients that help remove toxins. The ionic activity in the bath makes its way up through your body's fat cells, and as the pores in your feet open in the warm water, toxins are released.

Like detoxifying footpads, ionic footbaths often ease joint and muscle pain throughout the body, particularly in the knee and elbow areas where stress chemicals tend to accumulate.

Some venues offer detoxifying footbaths, body wraps, and other services including lymph massage that helps to speed up the entire detoxification process. Prices vary widely, but most spas offer up-front price menus so you can plan accordingly.

You can enjoy a footbath or use foot pads once or twice weekly during your detox, and once per week or so after that to help keep your body clean and clear.



## DETOX METHOD 4:

# Liver Cleansing

**Y**our liver is an astonishing organ! It also happens to be the known as the fat-burning organ, as it is responsible for breaking down fats, as well as neutralizing and eliminating all the toxins we ingest on a regular basis.

If you are carrying a lot of extra weight around your mid-section, it's likely that your liver could do with a cleanse, as this is an indication that your liver is overworked and not functioning at an optimal level.

Not only will detoxifying your liver leave you with a waistline that's slimmer and a body that's more comfortable to live in, it will help to keep your whole body healthier while enhancing the liver's ability to remove toxins and burn fat. No wonder so many famous celebrities indulge in cleansing and detox programs that focus on the liver and other internal organs!

Salma Hayek is just one example of a star who engages in regular cleansing, and who has been doing so for over a

decade now. She is famous for her raw juice detox diets, and credits her slim, sexy figure to a very clean diet and regular cleanses and flushes.

Not surprisingly, Gwyneth Paltrow makes it onto the list of celebs who conduct cleanses on a regular basis. She prefers a 21-day cleanse that consists of two smoothies or shakes and a single meal (lunch, in her case). Beyonce takes a more extreme approach, referring an very strict 10-day liquid diet that has helped her lose weight rapidly.

Anne Hathaway is another celeb who appreciates a good liver cleanse. She uses a quick two-day program, which sounds pretty easy in comparison with some of the longer, stricter regimes that stars use for cleansing and detoxing!

*Gossip Girl's* Jessica Szohr prefers a raw juice cleanse consisting of pure vegetable and fruit blends. Her regimen lasts three days, and allows for plenty of variety.

Like many other Hollywood A-Listers, Alicia Silverstone prefers a vegan detox plan that eschews all meat, dairy, processed foods, and white sugar. Judging from Alicia's glowing beauty, it seems as if this is working out very well for her. Meat and dairy are hard on the liver, as are processed foods and excessive sugar, so this plan makes a lot of sense.

Megan fox uses apple cider vinegar to detox her liver. Apple cider vinegar is one of the best liver detox supplements there is, and it provides a whole host of other benefits. You can add apple cider vinegar to your daily regimen easily – have a tablespoon or two in a glass of water, first thing in

the morning. If you want to enjoy a deeper cleanse, stick to a vegan diet consisting of vegetable and fruit smoothies, perhaps with a light meal, and let it last for three to five days. You will emerge feeling and looking fantastic! Be sure to choose an organic, unfiltered Apple Cider Vinegar brand for best results.

You can do a separate liver cleanse (and you should, on a regular basis, particularly if you live in an urban area or drink alcohol) and you can also do some simple liver cleansing techniques along with the 14-day detox. The two processes complement each other, and it's so easy to clean your liver that you might find yourself wondering why you never tried it before.

With a liver cleanse, there are no visits to a therapist. All you need to do is obtain a few extra supplements and add them to your daily regimen, following the recommendations provided by the manufacturer for best results. There are several to choose from, with most containing liver cleansing herbs such as milk thistle, burdock, and dandelion root.

My favorite liver cleanse is one that incorporates plenty of rest, along with time for reflection and some “detox” from the negativity that often surrounds us in daily life. I like to take three days, enjoy plenty of vegan smoothies, drink lots of detox tea, take some of the supplements I mentioned, and take serious time out for myself. Celebrities tend to go on retreats during deep cleanses, and you can do the same by spending a little time walking in a natural setting,

reading uplifting books, and taking time to nap each day so that your liver and the rest of your body can get some extra repair time in.



# DETOX METHOD 5:

## Body Brushing

**Y**ou probably brush your hair on a regular basis, but I'm willing to bet that you've never brushed your body. This detoxification procedure is easy to do at home before each bath or shower, and it takes just a few minutes.

While celebrities like to visit spas for dry brushing (check out any spa menu and you're likely to see this simple, pleasant detox method on offer) you can easily do it on your own, in just a few minutes per day.

Why dry brush? There are a few different reasons. First, the dry brushing process sloughs off dry, dead skin, improving your overall appearance and allowing for better hydration when you apply moisturizer or lotion. While this isn't really related to detoxification, it does help your body spend less energy breaking down dead skin, allowing it to expend the energy rebuilding healthy tissue instead.

The dry brushing process aids in detoxification by stimulating your lymphatic system, which is a secondary circula-

tory system that lies directly beneath your skin. The lymph system helps rid the body of dead cells, bacteria, and all sorts of toxic waste, making this procedure the ideal companion for the 14-day cleanse. The light pressure against your skin as well as the direction in which you move the brush works in a way that's similar to massage, moving dirty lymph fluid into the lymph nodes so that the waste can be eliminated faster. While your body does move its lymph fluid on its own (it works faster when you exercise a bit) dry brushing helps to speed up the process. At the same time, it boosts your circulation, helping to deliver oxygenated blood to the organs and skin, which in turn helps them to do their jobs much more easily.

As an added benefit, dry brushing can help you to reduce unsightly cellulite, and when you do it regularly, those unsightly lumps and bumps might even disappear for good. This works by removing stagnant toxins that lead to the breakdown in connective tissue. As your body heals, the cellulite shrinks. You should note that weight loss and exercise in general can really help with cellulite.

You don't need much to get started! All you'll need for this kind of detoxification is a body brush, which has natural bristles that are designed to stimulate the skin without scratching it. Most health food stores carry them, and you can also find them online. You may want to get a short-handled body brush to make access to arms and legs easier, along with a long-handled body brush that will help you reach hard-to-access areas such as your back.

It's best to use your body brush before you shower each day. Begin by removing all of your clothing. The process begins when you start brushing the soles of your feet with firm, gentle strokes. Next, continue using the same firm, gentle strokes to make your way from the ankles up to the calves, concentrating on the area located directly behind the knees. Use longer, upward strokes, away from the feet and toward the heart. Next, focus on the area from the knees to the groin, including the thighs and buttocks. If you are female, use circular strokes in areas where cellulite is a problem. This helps to improve circulation and encourages fat stores to break up. Next, brush your torso, focusing on the abdomen and sides while avoiding breast tissue. Finally, make long strokes up each arm, making your way from wrist to underarm.

The whole process, which takes just about five minutes, is enjoyable. With regular dry brushing, your skin will take on a healthy and glowing appearance. Continue this practice throughout the detox, and keep doing it daily for life.

As an added bonus, when you shower, your pores will be wide open, and more toxins will be eliminated. Any moisturizer that you apply will penetrate much more easily.

How do you know if the practice of dry brushing is helping? You should start to notice the benefits right away. After the first session, your skin will feel softer and smoother. You might even notice that digestive issues and skin problems such as acne begin to resolve themselves immediately



although it normally takes a few sessions for these issues to start to subside.

Thanks to the fact that dry brushing leads to improved circulation, you are likely to feel a sense of renewed energy right away.

As for the release of toxins, you can easily check to see what's happening by going through the dry brushing process and then wiping your body with a dry washcloth. Store the cloth in a plastic Ziploc type bag, and store it in a dark place for a few days. Once a few days have gone by, open up the bag and give the cloth a sniff. It might sound disgusting, but the odor you smell should be fairly disagreeable – and it will tell you that toxins are being released when you dry brush.

# Conclusion

**W**hile detoxification helps your body, mind, and spirit, the most noticeable benefits of all of these detox methods are physical! Since toxins are stored in all of your major organs, they will be helped the most. The more you focus on living clean and keeping your body free of toxins, your whole body will begin to work better. Once you complete a certain type of detox, whether it's a colon cleanse or a liver flush that lasts a few days, you will find that you feel a whole lot lighter, plus you are likely to feel much more energetic.

Your immune system will be stronger after you detox, since you clear free radicals away each time you cleanse. And there's another benefit too: You'll have a lower cancer risk thanks to your newer, cleaner lifestyle.

As for the mental benefits, detoxing will help erase issues such as insomnia, poor concentration, and chronic fatigue. Once you've started to clean up your system, you'll find that these problems gradually disappear. You will find that it's much easier to concentrate, plus you'll be able to sleep more soundly and more deeply.

As a final benefit, your entire lifestyle is likely to change for the better. Feelings of good mental and physical health are wonderful, and they can lead you to want even more posi-

tive things for yourself. You are likely to want to stop things like smoking, overeating, or just eating food that isn't the best for you. You are also likely to feel like you want to exercise more than you used to!

Detoxing boosts your energy, rids your body of excess waste, strengthens your immune system, and so much more! Better breath, clearer thinking, lower body weight, and a more positive outlook: No wonder the stars appreciate what a good detox can do! And now that you know their secrets, you can enjoy the same benefits. Here's to your health!