

DIY AUTOIMMUNE HOME DETOX

Dr. Keesha Ewers



Dr. Keesha
HEALING FROM THE INSIDE OUT

DIY AUTOIMMUNE HOME DETOX

It's possible to reverse autoimmune disease.

It's possible to reverse autoimmune disease. The methodology I used to reverse my own rheumatoid arthritis and have used for hundreds of my patients is called the **Freedom Framework**. It's how I solve each person's unique autoimmune puzzle.

Using it, we address all 4 root causes of autoimmunity:



Genetics



Digestive health



Past trauma and current day stress



Toxic exposure

85,000 chemicals permitted for commercial use in the U.S



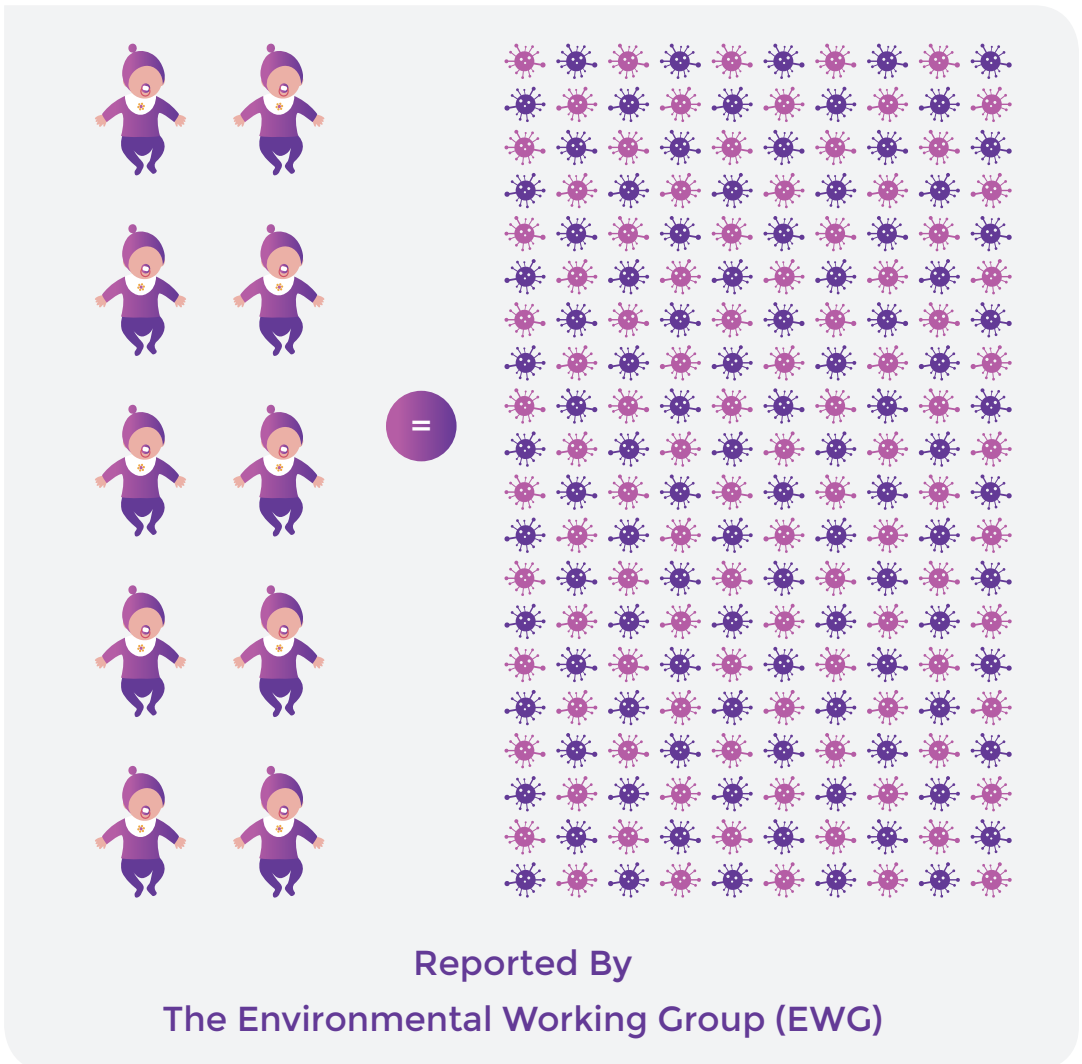
DIY AUTOIMMUNE HOME DETOX



Recently I have begun thinking of humans as a toxin for Mother Earth. We ARE the autoimmune disease for our planet. Think about it, there are over 85,000 chemicals permitted for commercial use in the U.S.–the vast majority of which the Environmental Protection Agency (EPA) hasn't tested for safety. And it's impossible to avoid living in the toxic chemical soup we have created. Science is telling us we are literally **killing** ourselves as we slowly destroy the environment we depend on for life.

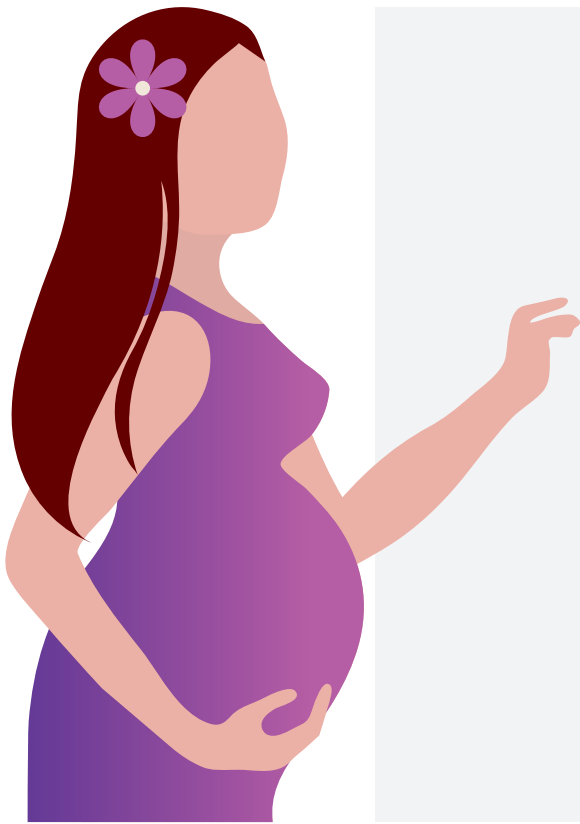
The Environmental Working Group (EWG) has reported that:

The umbilical cord blood taken from 10 newborn babies contained over 200 environmental toxicants - that's before they've inhaled their first breath or had their first breast milk (which contains the lifetime of stored toxins from mom).



DIY AUTOIMMUNE HOME DETOX

Our unborn children are having their:



Organ development



Immune function,



Mood



Fertility and reproduction



Genetic expression



impacted by the autoimmune disease that IS US. So while our autoimmune disease rates are skyrocketing, we are also becoming a root cause of illness for our planet.



You might have already heard me talk about ways you can minimize exposure by eating organic produce, drinking filtered water, and being aware of the quality of the air you breath. You might have also heard me talk about the fact that whatever you put on your skin goes into your body, just as if you had eaten it. I would like to also give you some recommendations for not only reducing your exposure to toxins, but for limiting the number of toxins released into the world.



SO WHAT CAN YOU DO?



SO WHAT CAN YOU DO?

Use All Natural Alternatives



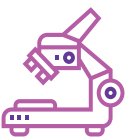
While it's almost impossible to control our toxic exposure while out and about in modern cities, there's a lot that can be done to detoxify the home. This book contains over 50 recipes that you can make from all-natural ingredients to replace potentially toxic chemicals in your day to day life and make your home, your body, and the planet a happier, healthier place.

Be Consistent and Plan Ahead



One of the main reasons that so many of these chemical products have found a place in modern society is that they're marketed as time savers and quick fixes. By planning ahead and knowing what you'll need throughout the coming days and weeks, you can make sure that you have healthy options available and won't have to resort to chemicals that might save time in the short run but cause harm in the long run.

Understand Your Personal Toxicity Profile



One thing that we're learning more and more about as the scientific community explores toxicity, nutrition and personal health, is that there is no one-size-fits-all approach. Based on your genetics and the way that they have been influenced throughout your life by your lifestyle and environment, substances that are healthy and supportive for one person, may in fact be harming you.

The only way to know for sure what toxins you should be most wary of, and what the best alternatives are, is to have a

DIY AUTOIMMUNE HOME DETOX

genetics profile run by a functional medicine practitioner who has been trained to interpret your data.

IT'S STEP 1 FOR EVERY PATIENT

I work with, and I've seen amazing results time and again when people stop trying to fit a square peg into a round hole and actually start giving their bodies what they need.



If you're interested in learning about your personal toxicity and nutrition profile,

THE UNZIP YOUR GENES HEALTH TEST IS ON

SALE NOW



[CLICK HERE TO LEARN MORE](#)

Until you're ready to take that step, read on to learn how you can eliminate dozens of potentially harmful chemicals from your home and day-to-day routine and replace them with natural alternatives to help your body find optimal health.

**DIY ALL
NATURAL MAKEUP RECIPES**



DIY ALL-NATURAL MAKEUP RECIPES



Homemade Lipstick

Ingredients:

- 1 teaspoon beeswax pastilles
- 1 teaspoon Shea butter or Cocoa Butter
- 2 drops vitamin E oil
- 2 drops emu oil
- 1 teaspoon coconut oil

This base recipe will create a smooth, clear lipstick that is very moisturizing and protective. It is made from completely natural ingredients and is safe for use on the lips or skin.

If you want, you can add color with the following add-ins to create a color of your choice.

★ Optional Color Add-Ins:

Red : 1/8 teaspoon of alkanet root powder. Add slowly as a little goes a long way.

Pink : Hibiscus powder to the shade you desire.

Brown/Tan : 1/4 teaspoon (or more for color) of organic cocoa powder, a tiny pinch of cinnamon or turmeric to get the shade you want.

DIY ALL-NATURAL MAKEUP RECIPES

For a more Matte texture : 1/4 teaspoon bentonite clay.

For Scent : A drop of essential oil of choice (optional).

Melt the beeswax, shea butter/cocoa butter and coconut oil in a glass jar without a lid in a small pot of simmering (not boiling) water.

It should melt quickly because so little of each ingredient is used.

When melted, remove from heat and add any optional ingredients like color or scent.

← To get a beautiful hue use:

Ingredients:

- A tiny pinch of alkanet powder (1/8 tsp or less),
- A pinch of hibiscus powder,
- 1/4 tsp cocoa powder,
- 1/8 tsp bentonite clay,
- 1/8 tsp cinnamon and a drop of peppermint essential oil.

Once all ingredients are mixed well but still liquid, transfer into a lipstick container. Fill just below the top as it will expand slightly as it cools. Cool for at least 30 minutes. Store in a cool place to prevent melting.



Homemade Lip Balm

Ingredients:

- 2 tablespoons coconut oil
- 1 tablespoon beeswax
- 1 tablespoon shea butter
- 2 drops vitamin E oil
- 2 drops emu oil
- 1/2 teaspoon red or rose mica powder
- Optional: 2-4 drops of peppermint essential oil

Melt the coconut oil, beeswax and shea/cocoa butter in a glass jar sitting in a small pot of simmering water (not boiling) and stir gently until melted (be careful not to get any water into the mixture).

When melted, carefully stir in any colors or essential oils, if using. A couple drops of peppermint will make it similar to Burt's Bees Lip balm.

Once colors/scents are mixed in, use a dropper to transfer to tins. Let cool.



Homemade Lip Shimmer

Ingredients:

- 2 tablespoons coconut oil
- 2 tablespoons shea butter or cocoa butter
- 3 tablespoons beeswax
- 2 drops vitamin E oil
- 10 drops essential oil of choice
- 1/2 tsp (or more) mica powder of choice

Melt coconut oil, shea or cocoa butter and beeswax in a double boiler. Remove from heat.

Stir in mica Powder and essential oils of choice. Dip the end of a spoon into the mixture and let it harden for a few seconds. Test the color and scent with your finger or on the skin of your wrist to make sure you like it. Add more if needed.

Use a pipette or glass dropper to quickly transfer the mixture to containers. Let cool for 1 hour. Cap and use as needed.



Homemade Blush Recipe

Ingredients:

- 1/2 teaspoon Arrowroot Powder
- 1/2 teaspoon organic Cocoa Powder
- 1/2 teaspoon Hibiscus Powder
- Optional: mica for shimmer
- An air-tight container for storage

You will need to play with ratios as the amounts used will vary by person according to your desired shade. Start with 1/2 tsp of arrowroot powder and add the hibiscus and cocoa powder to darken as desired, testing on your inner arm as you go.

You can add a little mica if you want a fairy shimmer. Store in a glass jar with lid.



DIY ALL PERFUME RECIPE



DIY PERFUME RECIPE



Start with between 12-20 drops total of Base Essential Oils like: Cedarwood, Vanilla, Vetiver, Ylang Ylang, Sandalwood, etc

Ingredients:

- 1 tsp vanilla extract (optional)
- 25-30 drops of middle tone oils like Rose, Lavender, Chamomile or Geranium
- 12-15 drops of fine-tuning oils like Bergamot, Wild Orange or Neroli
- 4 ounces of alcohol to preserve and weave the scents together.

Base Tones to choose from:

Base Tones to choose from: (provided is just one idea)

- Vanilla
- Cedarwood (3 drops)
- Vetiver (4 drops)
- Ylang Ylang (3 drops)
- Sandalwood (4 drops)
- Frankincense (8 drops)

Middle Tones to choose from:

- Rose (6 drops)
- Lavender (10 drops)
- Chamomile (3 drops)
- Geranium (8 drops)

Fine Tuning:

- Bergamot (5 drops)
- Wild Orange (3 drops)
- Neroli (5 drops)

Instructions

Mix all oils in a colored glass spray bottle. Go slow and use small amounts to obtain the desired scent. Add the alcohol. Shake well and store in a cool, dark place. Allow your mixture to sit for a month or more to marinate the scents.



DIY ALL NATURAL HOUSE HOLD CLEANERS





Homemade Tea Tree Oil

Household All Purpose Cleaner

Ingredients:

- 8 ounces distilled water
- 4 ounces distilled white vinegar
- 15 drops tea tree oil
- 15 drops lemon essential oil
- 15 drops sweet orange essential oil
- Glass spray bottle

Fill spray bottle with ingredients and shake to mix. Shake bottle before each use. May be used directly on countertops, bathroom surfaces and sinks, and most floors.

Always test a small spot to make sure. Wipe with soft rag.



DIY Bathroom Spray

Ingredients:

- 3 ounces distilled water
- 1 teaspoon rubbing alcohol
- 40 drops of essential oil (a nice mix is 15 drops lavender, 15 drops lime, 10 drops lemongrass)

Start with 1 teaspoon rubbing alcohol in a colored glass spray bottle. Add the essential oils and shake. Next add the distilled water and store in a cool dark place.

Spray into the surface of the toilet water before sitting down to have a bowel movement. The smell that you will have in the bathroom will be much more pleasant than you could imagine ; .

DIY ALL-NATURAL HOUSE HOLD CLEANERS



All-Natural Stain Removal

Ingredients:

- 1 Tbsp cream of tartar
- 1 Tbsp vegetable glycerin
- 1 Tbsp liquid castile soap
- 10 drops lemon essential oil

Ingredients:

- ¼ cup hydrogen peroxide
- 2 Tbsp liquid castile soap
- 20 drops lemon essential oil
- Corn starch

Grass Stains

Rub the cream of tartar on the stain, let it sit for 10 minutes and then rinse well.

Mix vegetable glycerin, liquid castile soap and lemon oil together and rub on the stain. Let sit for 5 minutes and then rinse. Throw into the washing machine and do with a load of laundry.

Ketchup, Oil/Grease Stains

Mix the first 3 ingredients and pour into a glass spray bottle.

Spray on the stain. Sprinkle the cornstarch on top and let it soak for about 10 minutes.

Rinse well then put through the wash with a load of laundry.

Ingredients:

- Equal parts vegetable glycerin and cream of tartar
- 10 drops lemon essential oil
- 10 drops rosemary essential oil

Ingredients:

- 1 tsp borax
- 1 cup hot water
- 7 drops lemon essential oil
- 7 drops grapefruit essential oil

Ingredients:

- 1 Tbsp baking soda
- 1 Tbsp sea salt
- 10 drops lemon essential oil
- 5 drops orange essential oil
- Water

Ink Stains

Mix the vegetable glycerin, cream of tartar and essential oils and rub onto the stain.

Let sit for 15 minutes then rinse well with warm water.

Repeat if necessary. Then throw it in the wash and do a load of laundry.

Coffee/Tea Stains

Mix the ingredients in a spray bottle and shake well to combine.

Spray onto the stain, rinse with cold water then throw it in the wash and do a load of laundry.

Sweat Stains

Mix the ingredients together with enough water to create a paste that's not too watery.

Rub onto the stains and let set for an hour before washing.

Ingredients:

- Cream of tartar
- 5 drops eucalyptus essential oil
- 5 drops lemon essential oil
- Hot water
- Vegetable glycerin

Ingredients:

- ¼ cup hydrogen peroxide
- 2 tbsp liquid castile soap
- 20 drops lemon essential oil

Red Fruit Stains

Mix the cream of tartar and eucalyptus and lemon oils. Rub the stain with the mixture.

Let set for 10 minutes. Rinse in hot water. Repeat until you get as much of the stain gone as you can.

Then rub vegetable glycerin on the stain and throw it in the wash and run a load of laundry.

Blood Stains

Mix the ingredients together in a glass spray bottle. Spray onto the blood stain until soaked.

Let it sit for 30 minutes. Then run it through a load of laundry.



WASHING MACHINE LAUNDRY SOAPCLEANERS



WASHING MACHINE LAUNDRY SOAP



Ingredients:

- 1 part washing soda
- 1 part grated Zote soap
- White vinegar in the rinse
- Hydrogen peroxide in the bleach compartment for the whites.

Shred 1 bar of Zote and 2 bars of Fels Naptha soap in a food processor. Let sit in an 9×12 cake pan to dry further for a few days. (It smells wonderful.)

Then grind the ground bar soap up further (1 ½ cups at a time) in a high-powered blender.

You should have roughly 9 cups of ground bar soap. Combine the ground bar soap with 9 (or equal amounts) cups of washing soda (almost an entire 3.5 pound box) so you have a mix that is 1/2 soap powder and 1/2 washing soda.

Store your 18 cups of ready to use soap powder (just over a gallon) in an airtight storage container to prevent clumping.

WASHING MACHINE LAUNDRY SOAP



All Natural “Dryer Sheets”

Ingredients:

- Wool felt laundry balls x 6 (can make from wool yarn or purchase on Amazon)

Throw 6 balls into the dryer with your load of laundry to dry.

They will keep laundry static free and separated and cut down on wrinkles. It's not recommended that you use essential oils in the dryer as they can pose a fire hazard.

The balls are good for 1,000 loads or for roughly 3 years of use.

They can be washed if they start looking gunky.



All-Natural Linen Spray

Ingredients:

- 24 drops lavender essential oil
- 36 drops lemon essential oil
- 30 drops fir essential oil
- 30 drops cypress essential oil
- 1 TBSP rubbing alcohol
- Distilled water

Combine the alcohol and essential oils in a glass spray bottle. Shake to mix.

Add water, leaving 1/2" at the top that is empty.

Shake the bottle with each use and spray linens, towels, fabrics, furniture to freshen.

Make sure you patch test to make sure your fabric will tolerate the mixture.

WASHING MACHINE LAUNDRY SOAP



All-Natural Liquid Dish Soap

Ingredients:

- 2 cups water
- 1/4 cup liquid castile soap
- 1/4 cup soap flakes
- 1 TBSP washing soda
- 1 teaspoon non-GMO vegetable glycerin
- 30-40 drops lavender essential oil
- 20 drops lemon essential oil

Bring water to a boil in a medium pot.

Add the soap flakes and stir to dissolve. Add the washing soda, liquid castile soap, glycerin, and essential oils.

Stir well, making sure everything is dissolved. Carefully pour into a glass jar and allow to set for about 24 hours.

Pour the mixture into a soap dispenser.

WASHING MACHINE LAUNDRY SOAP



All-Natural Dishwasher Detergent

Ingredients:

- 1 cup washing soda
- 1 cup baking soda
- 1 cup salt
- 1 cup water
- 1/2 cup citric acid
- 40 drops lemon essential oil

Combine all ingredients and press into small square ice cube trays. After 1 hour turn them out and allow to completely dry. Store in an air tight container.

Use 1 cube per load of dishes.

For an extra boost, add 5 drops of dishwashing liquid to the powder before closing the soap container in the dishwasher.

Use white vinegar as the rinse agent.

WASHING MACHINE LAUNDRY SOAP



All-Natural Glass Cleaner

Ingredients:

- 2 cups of distilled water
- 2 tablespoons distilled white vinegar
- 10 drops lemon essential oil
- A drop of original blue Dawn dish soap

Mix all ingredients in a glass spray bottle.

Spray directly on window or mirrored surface and wipe with newspaper or a microfiber cloth.



DIY ALL NATURAL SELF-CARE AND BEAUTY PRODUCTS SOAP CLEANERS





Homemade Toothpaste

Ingredients:

- 1/2 cup coconut oil
- 3 Tablespoons baking soda
- 1/4 tsp finely ground xylitol powder
- 20 drops of peppermint, fennel, clove, or cinnamon essential oil
- 10 drops myrrh extract if desired

Soften the coconut oil. Add other ingredients and mix well. Transfer mixture to small glass jars and cool.

To use: brush across the surface with your toothbrush bristles and then brush teeth as usual.

Follow with oil pulling tooth whitening and then remineralization if desired. (recipes included here).



Homemade Tooth Whitener

Ingredients:

- ¼ cup Calcium Carbonate Powder
- 1-2 packets powdered stevia
- ¼ cup MCT oil
- Essential oils of choice. I like peppermint, cinnamon, or fennel.

Mix all ingredients in a high-powered blender until smooth. Transfer to a glass jar.



Remineralization Tooth Powder

Ingredients:

- 3 tablespoons organic bentonite clay
- 3 tablespoons organic coconut oil
- 1 tablespoon finely ground xylitol
- 10 drops magnesium oil
- 1/2 teaspoon calcium phosphate powder
- 3 drops clove essential oil
- 3 drops cinnamon essential oil

Mix dry ingredients. Add the melted coconut oil and mix well.

Combine the remaining liquid ingredients and add to the coconut oil mixture. Stir well. Transfer to a small glass jar with a lid.



Oil Pulling Mixture

Ingredients:

- 1 cup organic cold pressed sesame oil
- 10 drops clove essential oil
- 10 drops cinnamon essential oil
- 10 drops peppermint essential oil

Mix the ingredients together in a glass jar.

Use 1-2 tsp in your mouth each morning and swish for 20 minutes. I do this while I'm getting ready for my morning.

Spit used oil into an old supplement container, not in your sink as oil will clog your plumbing.

Oil pulling is a great way to detoxify your system, whiten your teeth, balance your oral pH, freshen your breath, and fight bacterial and viral organisms that can cause dental carries and gum disease.

Finish by scraping your tongue and brushing and flossing your teeth.



Homemade Deodorant

Ingredients:

- 3 T Coconut Oil
- 3 T Baking Soda
- 2 T Shea Butter
- 2 T Arrowroot powder
- ½ tablespoon bee's wax
- 1 tablespoon jojoba
- 1 tablespoon bentonite clay
- ½ tablespoon magnesium hydroxide
- 25 to 30 drops of essential oils (I like clary sage, lavender, bergamot, and cypress)

Combine shea butter, bee's wax, and coconut oil in an open glass jar and place in a small saucepan of water over medium heat. Allow to sit until the wax, shea butter and coconut oil are completely melted.

Remove from heat and add the:

- baking soda,
- arrowroot,
- jojoba oil,
- bentonite clay,
- magnesium and
- essential oils.

Mix well. Allow to sit in jar until cool and then cover to store. Apply to underarms as needed.



Easy Coconut Oil Deodorant

Ingredients:

- 6 T coconut oil
- 1/4 cup baking soda
- 1/4 cup arrowroot powder
- Essential oils as desired (I like clary sage, lavender, bergamot, and cypress)

Mix baking soda and arrowroot together and add in softened coconut oil, stirring until smooth.

Add the essential oils as desired.

Store in a small glass jar or stick deodorant dispenser and apply under arms as needed.



Ingredients:

- ¼ cup arrowroot powder
- 3 TBSP baking soda
- 2 TBSP diatomaceous earth or bentonite clay
- 6 TBSP coconut oil
- 1.5 TBSP beeswax pellets
- 8 drops orange essential oil
- 18 drops cypress essential oil
- 8 drops frankincense essential oil

Other essential oil options:

- Clove, cinnamon, orange
- Cypress, juniper berry
- Bergamot, cedarwood
- Sandalwood, patchouli
- Sweet orange, patchouli
- Lemon, fir needle

Superdry Men's Deodorant

In a mason jar, add the beeswax and coconut oil.

Place the jar in a pot with several inches of water in it, and heat over medium high heat until melted.

Add the remaining ingredients and stir until combined. Pour into small glass jars or stick deodorant dispenser and cool. Use under arms as needed.



Homemade Sunscreen

Ingredients:

- 1/2 cup jojoba oil (may use almond or olive also)
- 1/4 cup coconut oil (natural SPF 4)
- 1/4 cup beeswax
- 2 Tablespoons Zinc Oxide (Be careful not to inhale the powder).
- 1 teaspoon emu oil
- 1 tsp vitamin E serum
- 1 tsp carrot seed oil
- 2 tablespoons Shea Butter (natural SPF 4-5)-
- If using essential oils to scent, don't use citrus essential oils as they increase sun sensitivity

Combine all but the zinc oxide in quart sized Mason jar. Place in a pan of water and heat over medium heat. Stir periodically until all of the ingredients are melted.

Carefully add the zinc oxide and stir well. Pour into small glass jars with lids. Stir with a tooth pick occasionally as it cools to make sure the zinc oxide is blended in well. Store at room temperature.

Apply to skin as needed to prevent sun burn.



All-Natural Shower Gel

Ingredients:

- 2 tablespoons emu oil
- 1 tablespoon jojoba oil
- 1 TBSP melted shea butter
- 1 teaspoon coconut oil
- 1/4 cup gentle castile soap
- 1 tablespoon vegetable glycerin
- 1 teaspoon xanthan gum
- 1/4 cup distilled water
- 8 drops rosemary essential oil
- 8 drops mint essential oil

Blend the oils in a blender.

Add the xanthan gum and allow to sit for 5 minutes.

Add the castile soap, essential oils and glycerin and blend again until all combined.

Pour the mixture into a squeeze bottle.

Use a little to wash hands at the sink or body in the shower.

Will stay good for up to 6 weeks.



Homemade Hand Sanitizer

Ingredients:

- 3 tablespoons aloe vera gel
- 1 tablespoon filtered water
- 5 drops tea tree essential oil
- 5 drops lavender essential oil
- 1 teaspoon vitamin E
- 1 teaspoon vitamin C

Combine all ingredients together until well blended.
Pour into squeeze bottle.

Use as needed directly on hands and do not rinse.



Homemade Moisturizing Shampoo

for Dry or Colored Hair

Ingredients:

- 1/4 cup canned coconut milk
- 1/4 cup gentle liquid castile soap
- 20 drops essential oils of choice (I like peppermint, lavender, and rosemary)
- 1/2 tsp olive or almond oil (omit if hair not dry)
- 1/2 cup Complete Collagen

Combine all ingredients in a squeeze bottle. Shake well to mix. Keep in the shower and use within a month. Shake before each use.

Rinse with a 50:50 mixture of apple cider vinegar and water plus 5 drops of lavender essential oil to increase shine.



Homemade Shampoo for Oily Hair

Ingredients:

- 6 oz Aloe Vera Gel
- 3 Tbsp Almond Oil
- 10 Tbsp Baking Soda
- ¼ cup Complete Collagen
- 10 drops Rosemary essential oil
- 10 drops Sweet Orange essential oil
- 10 drops Bergamot essential oil

Mix all ingredients together in a squeeze bottle until well blended. Use a small amount to wash hair. Rinse with a 50:50 ratio of raw apple cider vinegar and water with essential oil of your choice.



All-Natural Hair Conditioner

Ingredients:

- 2 eggs
- 1 Tablespoon Raw honey
- 1 Tablespoon Apple cider vinegar
- 2 teaspoons Lemon juice
- ½ teaspoon Olive oil
- 2 Tablespoons Complete Collagen

Put all ingredients in a blender and blend until you have a creamy paste.

Apply to the ends of your hair and leave in 15-20 minutes before rinsing with water.



Banana Hair Mask

Ingredients:

- 2 eggs
- 1 Tablespoon Raw honey
- 1 Tablespoon Apple cider vinegar
- 2 teaspoons Lemon juice
- ½ teaspoon Olive oil
- 2 Tablespoons Complete Collagen

Put all ingredients in a blender and blend until you have a creamy paste.

Apply to the ends of your hair and leave in 15-20 minutes before rinsing with water.



Apple Cider Vinegar Hair

Rinse and Conditioner

Ingredients:

- 2 Tablespoons raw apple cider vinegar
- 1 Tablespoon raw honey
- 2 cups water

Combine all ingredients in a bowl and mix well.

Shampoo and rinse hair as usual and as a final rinse pour the apple cider vinegar solution just over the tips of your hair.

Do not rinse again.



Weekly Hair Mask Treatment

Ingredients:

- 4 ounces organic cold-pressed extra-virgin olive oil
- 10 drops rosemary essential oil
- 10 drops lavender essential oil
- 3 drops mint essential oil
- ¼ cup Complete Collagen

Pour all of the ingredients into a glass jar. Shake well to combine.

Store in a cool dry place and apply weekly to dry hair. Leave in at least 45 minutes or overnight. Use a shower cap to protect clothes or bed linens.

Wash hair well when done. (play with essential oil combinations to obtain the scent you desire).



Hair Conditioner

Ingredients:

- 1 cup water
- 2 tbsp apple cider vinegar
- 10 drops of essential oils
- ½ cup Complete Collagen

Mix all ingredients in a squeeze bottle. Cap and shake well until well combined. Play with the essential oil blends to find your desired scent.

Some ideas are: Rosemary and mint for all types of hair.

Lemon, sweet orange, lime, bergamot, or tea tree for oily hair. Lavender, sandalwood or geranium for dry hair or dandruff.

Apply to freshly washed wet hair. Leave in for up to 5 minutes for deep conditioning.

Rinse with a 50:50 mix of water and apple cider vinegar with a few drops of essential oil of choice.



All-Natural Hair Thickener

Ingredients:

- 1/2 cup brahmi oil
- 1/4 cup jojoba oil
- 1/4 cup olive oil
- 1/4 cup avocado oil
- 2 TBSP castor oil
- 30 drops watercress oil
- 30 drops rosemary essential oil

Blend all ingredients in a glass jar or squeeze bottle and shake to combine.

Apply to dry scalp, massaging head firmly for 10-15 minutes, working the oil through the entire hair shaft and to the ends.

Cover head with a shower cap and sleep overnight with treatment. Wash hair well the next morning.



Natural Cuticle Treatment

Ingredients:

- 1 ½ tablespoon organic beeswax
- 1 ½ tablespoons organic raw shea butter
- ½ teaspoon organic coconut oil
- ½ tsp emu oil
- 2 drops vitamin E oil
- 2 drops carrot seed oil
- 2 drops lemon essential oil
- 8 drops lavender essential oil
- 2 drops of myrrh essential oil
- 2 drops tea tree essential oil (optional)

Combine the beeswax, coconut oil, and shea butter in a glass jar without a lid.

Place in a pan of water and heat over medium heat.

Combine the shea butter, beeswax and coconut oil into a mason jar or heat-safe glass container. Place the jar in the pan.

Remove from heat when the contents are completely melted and stir until blended. Add the remaining ingredients and stir until combines. Transfer to small tins and cool until firm.

Store covered at room temperature and apply to cuticles as needed.



Non-Toxic Natural Nail Polish

Remover

Ingredients:

- 1/3 cup organic apple cider vinegar
- 3 drops of grapefruit essential oil
- 3 drops of sweet orange essential oil
- 7 drops of lemon essential oil
- 1 cup rubbing alcohol

Stir all of the ingredients into a small glass jar until well combined. Store with a lid in a cool dry place.

Use to remove non-toxic nail polish with unbleached cotton balls as needed.



Exfoliating Foot Scrub

Ingredients:

- 1 cup coarse sea salt
- 1 tablespoon jojoba, almond, or olive oil
- 1 tablespoon melted coconut oil
- 1 tablespoon magnesium oil
- 1 tsp vitamin E oil
- 5 drops tea tree oil
- 5 drops peppermint essential oil
- 5 drops lavender essential oil
- 5 drops eucalyptus essential oil

Stir all of the ingredients into a small glass jar until well combined. Store with a lid in a cool dry place.

Use to remove non-toxic nail polish with unbleached cotton balls as needed.



Homemade Face Wash

Ingredients:

- 1 cup organic extra-virgin olive oil
- 15 drops lavender essential oil
- 15 drops frankincense essential oil
- 15 drops lemon essential oil

You can use tea tree oil instead of the lavender and frankincense essential oils if you are prone to acne breakouts.

Mix all ingredients together and transfer to glass bottle. To wash face, rub oil mixture into skin with circular motion using finger tips.

Soak a wash cloth in warm water and apply to face, gently removing oil. If you wear makeup, repeat until washcloth comes away clean.

Apply moisturizer and go to bed.



Anti-Blackhead Face Mask

Ingredients:

- 1 ripe banana
- 2 Tablespoons ground oats
- 1 Tablespoon raw honey

Stir all ingredients together.

Apply to freshly washed and damp face. Scrub with fingertips, avoiding eye area, in a circular motion.

Allow to dry for 7-10 minutes and then wash with warm water. Apply an all-natural moisturizer.



Easy Sugar Scrub

Ingredients:

- 1 cup granulated white sugar
- 2 Tablespoons ground sea salt
- 4 Tablespoons melted organic coconut oil
- 1 teaspoon vitamin E oil
- 10 drops lavender essential oil
- 10 drops rosemary essential oil
- 5 drops mint essential oil

Stir all ingredients together in a bowl and mix well until combined.

Transfer into a glass jar with a tight-fitting lid.

Use a small amount on body and tops of hands weekly to exfoliate dead skin.



Sugar Face Scrub

Ingredients:

- 2 tablespoons melted organic coconut oil
- 1 teaspoon organic raw honey
- 1 teaspoon vitamin E oil
- 4 tablespoons organic brown sugar
- 6 drops frankincense essential oil
- 6 drops lavender essential oil
- 6 drops tea tree essential oil (if skin prone to acne only)

Stir all ingredients together in a bowl and mix well until combined.

Transfer into a glass jar with a tight-fitting lid. Use a small amount on face weekly to exfoliate dead skin.



Ingredients:

- 1 oz organic pure aloe vera gel
- 1.5 oz organic unrefined shea butter
- 4 Tablespoons organic coconut oil
- 4 Tablespoons emu oil
- 2 Tablespoons avocado oil
- 2 Tablespoons castor oil
- 20 drops rose hip seed oil
- 20 drops Hyaluronic Acid
- 20 drops vitamin E
- 20 drops vitamin C
- 10 drops carrot seed oil
- 10 drops frankincense essential oil

Anti-aging Eye Cream

Melt coconut oil and shea butter over low heat.

Remove from stove and cool until lukewarm. Add remaining ingredients and blend well.

Transfer to glass jar with lid.

Dab a small amount every morning and night around eyes with ring finger, blending into skin with gentle motions.



Ingredients:

- 3 oz organic unrefined melted coconut oil
- 1 oz organic unrefined melted shea butter
- 1 oz organic pure aloe vera gel
- 1 oz organic jojoba oil
- 1 oz emu oil
- 20 drops Hyaluronic Acid
- 10 drops vitamin E oil
- 10 drops vitamin C oil
- 10 drops rosehip seed oil
- 10 drops carrot seed oil
- 10 drops frankincense essential oil
- 10 drops sandalwood essential oil
- 10 drops lavender essential oil

All-Natural Facial Moisturizer

Blend all ingredients in a blender until creamy.

Pour into glass jar with tight fitting lid.

Apply to clean, dry face every morning and bedtime.



Anti-Aging Face Serum

Ingredients:

- 1 TBSP mango butter melted
- 1 TBSP emu oil
- ¼ cup sweet almond oil
- 10 drops vitamin E
- 10 drops vitamin C
- 10 drops carrot seed oil
- 2 TBSP rosehip seed oil
- 7 drops frankincense essential oil
- 7 drops sandalwood essential oil

Combine all ingredients and pour into a glass dropper bottle.

Use as a nighttime moisturizer after cleansing face with warm water and patting dry.



Homemade Ayurvedic

Body Butter for Vata

Ingredients:

- 1/2 cup organic unrefined shea butter
- 1/2 cup organic cold pressed sesame oil
- 1/4 cup emu oil
- 1/4 cup sweet almond oil
- 1/4 cup avocado oil
- 1/4 cup castor oil
- 1/8 cup carrot seed oil
- 15 drops vanilla essential oil
- 15 drops rosewood essential oil
- 5 drops cardamom essential oil

Melt solids over low heat.

Remove from stove and add remaining ingredients. Blend with immersion blender until whipped.

Pour into glass containers and cool. Cover with tight fitting lids and use daily on skin as a body moisturizer.



Homemade Ayurvedic

Body Butter for Pitta

Ingredients:

- ½ cup organic unrefined shea butter
- ½ cup organic unrefined coconut oil
- ½ cup aloe vera gel
- ¼ cup organic extra virgin olive oil
- ¼ cup organic unrefined sunflower oil
- 1/8 cup vitamin E oil
- 15 drops rose geranium essential oil
- 15 drops lavender essential oil
- 10 drops peppermint essential oil

Melt solids over low heat.

Remove from stove and add remaining ingredients. Blend with immersion blender until whipped.

Pour into glass containers and cool. Cover with tight fitting lids and use daily on skin as a body moisturizer.



Homemade Ayurvedic

Body Butter for Kapha

Ingredients:

- ½ cup organic jojoba oil
- ½ cup organic safflower oil
- ½ cup sweet almond oil
- ¼ cup apricot oil
- ¼ cup beeswax
- 1/8 cup carrot seed oil
- 15 drops sweet birch essential oil
- 15 drops patchouli essential oil
- 10 drops bergamot essential oil

Melt solids over low heat.

Remove from stove and add remaining ingredients. Blend with immersion blender until whipped.

Pour into glass containers and cool. Cover with tight fitting lids and use daily on skin as a body moisturizer.



FOR PETS





Homemade dog treats

Ingredients:

- 1 ½ cups organic almond meal
- ½ cup organic coconut flour or ground gluten-free oats
- 1 cup organic fresh or canned pumpkin puree or mashed sweet potatoes
- ½ cup organic peanut butter or organic extra-virgin olive oil
- ¼ cup grated carrots
- 2 TBSP ground flax seeds
- Water, apple sauce, or bone broth as needed

Preheat oven to 225°F.

Line two cookie sheets with silicon mats or parchment paper.

Combine all ingredients in a bowl and mix well.

If dough doesn't hold together because it's too crumbly, add a little warm water, apple sauce, or bone broth.

Roll the dough between 2 sheets of parchment paper until it's ½ inch thick.

Using cookie cutters, cut into shapes. Place each shape onto prepared cookie sheets (will not rise or spread as they bake).

You can use a knife to create a line for breaking the treats into pieces for training purposes if you like.

Bake for 50 minutes or a little less if the edges start turning dark.

Remove from the oven and let the biscuits cool on the baking pans.

Store in an airtight jar.

WHEN YOU CAN'T DO IT YOURSELF



While it's always best to do things yourself so that you know exactly what you're putting in your body or home, there are some parts of a home detox that just can't be accomplished with a simple DIY solution.

When you come across something that you can't solve yourself, your best bet is to make sure that the products you're buying are from a reputable source that is open about its production process and is well reviewed within the market.



Dealing with this problem effectively requires a proper air filtration system that will actually **CLEAN** the air in your home.



Many filters are little better than air-conditioning units, so make sure you're getting a system that is rated to **eliminate black mold** and similar **autoimmune triggering substances**.

For your home, the biggest problem that most people encounter is purifying the air.



In my home and office I use EnviroKlenz

EnviroKlenz has a number of products and models for home and office use whether you're detoxing a single room, or your whole home and their air filters deal with a huge variety of unhealthy and chemical contaminants.

[Check Them Out Here](#)

About Dr. Keesha

Dr. Keesha Ewers is an integrative medicine expert, Doctor of Sexology, Family Practice ARNP, Psychotherapist, herbalist, is board certified in functional medicine and Ayurvedic medicine, and is the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.



Dr. Keesha has been in the medical field for over 30 years. After conducting the HURT Study in 2013 (Healing Un-Resolved Trauma), she developed the HURT Model for understanding how past childhood trauma impacts adult health. This led to the creation of the You Unbroken online program for patients to heal their own trauma and the Mystic Medicine deep immersion healing retreats she leads at her home on San Juan Island, WA.

Dr. Keesha is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health, The Quick and Easy Autoimmune Paleo Cookbook: Anti-Inflammatory Recipes with 7 Ingredients or Less for Busy People, and Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire.

You can listen to her Mystic Medicine Radio Show and find her programs at

WWW.DRKEESHA.COM

or

[CLICK HERE](#)

if you're interested in applying to work with her 1-on-1 to get the answers to your health questions.