

# ELIMINATION & DETOXIFICATION



&

# Exercise



# Elimination - Detoxification & Exercise



**Did you know that if you sit down and turn your upper torso to the right side, (see image) you are giving your liver a slight massage?**



Did you know that if you turn to your left you are massaging your spleen?

**These are two very important organs.**

**Did you know that you can actually help to keep them strong and healthy by actually moving your body?**

So any exercise regime is going to help massage internal organs but particularly if you do some spine twists.

One of the things I talk about all the time is spine twists. They are so beneficial!



**You're only as young as your spine is flexible.**

So it is very important to keep your body moving no matter what you are doing.

So, if you are person who sits on a computer at a desk, (which many, people do) it is really important that you do some gentle movement, while you're sitting at your desk.

**Here Are Some Gentle Movements That You Can Do Anywhere**





Place your hand on your knee.

Inhale, massaging your liver as you turn to the right. At the same time, you're going to do a rotation of the spine.

Look back over your shoulder as far as comfortable.



If you are in the office you can turn back and see what other colleagues are doing.

You can even do this while you are sitting on the bus!

**This can be done anywhere!**

Looking back and having that spine twist.

So your liver is being massaged, your spine and your muscles supporting your spine are being stimulated and strengthened, while keeping that body movement.





Turn to the other side.

Inhale. Take a deep breath, in through the  
nose.

Place your other hand on your knee, so we are  
going to massage the spleen.



As you exhale, looking over your shoulder behind you and see what you can see behind you there as well, keeping the spine moving.

Inhale.

Come back to the centre.





A beautiful stretch for your spine is reaching your arms out. Walk your hands out as far as comfortable, feeling a stretch. You may find you can drop all the way down if you wish.

You'd be keeping your spine moving too.



So dropping the chin to the chest. In doing that, we have a role down, and then back up again. Drop the shoulders down so it's all keeping internal organs nice, strong and healthy.



Another great one to do is the cat stretch. Come around onto all fours.

Hands straight down under your shoulders.  
Legs hip distance apart.

Inhale and start to mobilize your spine.  
Drop your chin to your chest.



Exhale and continue moving the opposite way  
and feeling that beautiful movement of the  
spine.

**If you want to take a little bit further...**



Inhale and stretch your hip to one side.

Turn and feel the spine stretch.

Take a breath in and take your hip to the other side.

Turn looking back.



**So again, there's a massage occurring for the internal organs.**



Take another breath in and then stretch out the arms, drop the buttocks down onto the heels, and feel that lovely stretch of the spine.



Hold it there for a breath in. Let the breath out.

Breathe in, and bring yourself back up again.

Take that movement back into the cat stretch and back through the opposite way.

**Just that movement is beautiful movement for your body, for your breath, for your mind, for your spine, for your liver and your spleen.**

Please let us know how you went with trying these gentle movements.

**This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange**

