

When I am detoxing

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For me ginger tea helps when I feel low energy from detox or cold coming on. Also flushing nose with salt water in shower - I use a cup but a netty pot works too.

And if you are detoxing I recommend an [Aura Bath](#) , which is also great to do any time your aura feels yukky.

You might also try thumping your spleen points for 20 seconds as that boosts your immune system. (They are in a line below nipple one rib below your breasts)