



DRAINAGE HANDBOOK

VITAE FUNCTIONAL MEDICINE

WWW.VITAEFM.COM

INTRODUCTION

WHY DRAINAGE FIRST

At Vitae, we're huge fans of detoxing. Detoxing is what we do. We walk our clients through every system of the body methodically based on their labs to remove their root causes of illness - parasites, toxins, viruses, etc! As tempting as it is to jump right into eradicating those things (because...yuck!!!), it's actually a HUGE mistake to start with detoxing!

DETOXING IS NOT THE FIRST STEP!

Imagine you have a problem with your faucet. When you turn the water on, it runs brown and gunky. The temptation is to keep running that faucet until it runs clear; get that junk out of there! But all of a sudden, you realize that all that gunk and brown water is overflowing your sink and is now wreaking havoc in your entire kitchen! The "exit pathway" (aka drain) wasn't addressed first and now you have a bigger problem! You've gotten the sludge out of the faucet but now it's gone rouge in your whole kitchen!

In our bodies, if you start pulling out the gunk (again, think parasites, toxins, viruses, etc) from your cells without addressing the exit pathways first, you end up with a bigger problem. Now you're recirculating the toxins and wreaking havoc in the whole system. It's great to pull the junk out of your cells – but getting it out of the body is the goal! Before embarking on any detox regimen, it's crucial to ensure that these pathways are clear and ready to efficiently eliminate toxins from your body.

IN SHORT, IN ORDER TO DETOX EFFECTIVELY, YOU HAVE TO OPEN YOUR DRAINAGE PATHWAYS.

With this workbook, we're going to be working on opening up our detox pathways. We'll go through each system, talk about signs that they're not operating at top drainage capacity and how to keep them open for effective detox. Sound draining?! Ha. Definitely not that "quick fix" method that many people are searching for. But we promise, it's effective and the best possible way to tackle your illness from its ROOT!



OUR BEST TIP

THAT APPLIES TO ALL PATHWAYS

Ready for it?!

DRINK WATER - LIKE, A LOT OF IT!!!

It's simple, yet for some reason, so many of us still struggle with it. There are 1,001 reasons to drink water but you've probably heard most of them before. What we want you to keep in mind this month is if you're not getting enough water, you are not going to be able to clear the junk out of your body. Without water, your detox pathways will not be draining properly. You'd be surprised by the improvement we see in our client's symptoms with this switch alone!

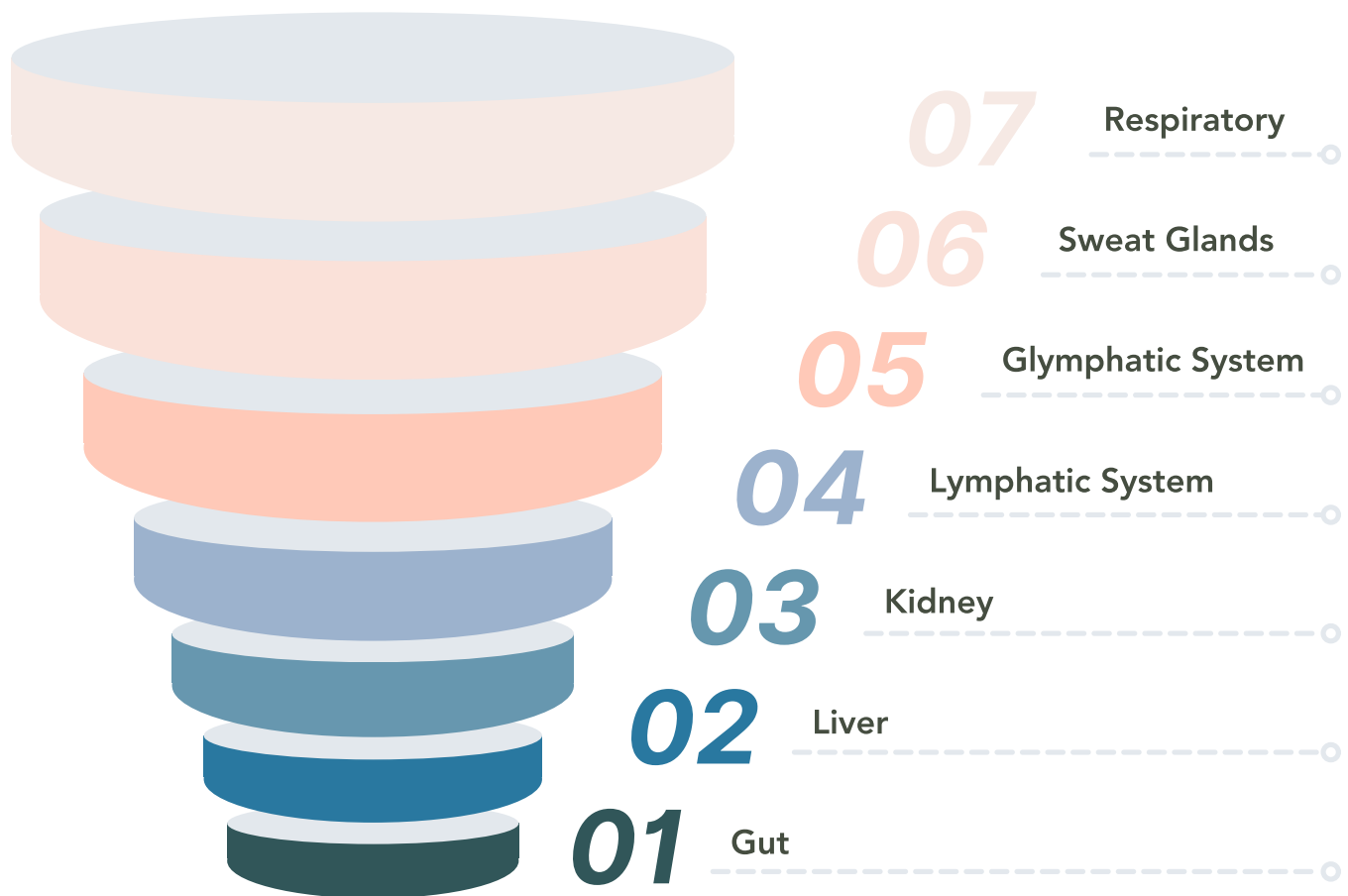
HERE ARE A FEW BOTTOM LINES FOR WATER:

- You have to be drinking enough. A gallon a day is ideal. Yes. A gallon. Bare minimum is half of your body weight in ounces. To make it easier, get a good 30-40 oz water bottle and note a time that each bottle should be finished by in order to hit your ounce goal for the day (ie. I need to have had 2 refills by noon and 2 more refills by dinner....)
- It has to be good, purified water (not just your fridge's built-in filter... sorry 🙄). There are 'forever chemicals' in water that greatly affect our health. Distilled water is a great place to start if that's the only option. [Reverse osmosis](#) is next level if you want to invest in pure water!

THE COLON

DRAINAGE FUNNEL

Obviously the role of the colon is to absorb water, electrolytes, and nutrients and get rid of the rest. But here's the kicker: if our bowels are not draining properly, it can cause issues that go systemic. At Vitae, we talk about the drainage funnel. It shows the order at which the body removes toxins. If there's a bottleneck in the funnel at the bottom (no pun intended 😊) then the issues move up the funnel. For example, if the bowel is backed up, it affects the liver and kidneys, which can affect our lymphatic and glymphatic and so on. We have found that an endless number of symptoms can come from drainage issues alone. So let's start with the bottom of the funnel!



HOW TO GET YOUR BOWELS MOVING



We could tell you to boost your fiber with fruits and veggies and to drink lots of water but you already know that! (yummy fiber-full recipe below!) That's a great place to start but if you've been doing that already and still don't have the "results" you're hoping for, we have a few more tricks up our sleeve. If your body has been under-performing for years, it might need a little more encouragement to get moving. And when you're doing detox work, it's a good idea to give your bowels some extra support anyways.

OUR FAVORITE BOWEL CHEER LEADERS:

- Physical activity can help stimulate bowel motility
- Abdominal massage
- [Bowel mover](#)
- [Coffee enemas](#). You guys, I know. It might sound crazy but coffee enemas are a gift to your colon AND your liver AND therefore your whole body.
- [Castor oil packs](#). Doing a castor oil pack may help to relieve constipation (and SO MANY other benefits!)

We've got to keep it moving. If it stops moving, we back up our whole detox funnel and might make backwards progress with our health. If we're not willing to do the work to get all of these pathways open, it will be tough to heal from our illnesses or imbalances. We might find bandaids for our symptoms but to truly heal, we have to go to the root and that starts with opening our drainage pathways.



HOW TO: COFFEE ENEMA

WHAT IS NEEDED?

- [Coffee Enema Kit](#)
- [Enema Coffee](#)
- French Press ~ 4 cup
- Kettle (something to boil water)
- Measuring cup
- Coconut oil

DIRECTION:

- Method (Best to perform after a bowel movement)
- Step 1 - Ratio of 1 tbsp coffee to 1 cup of hot water for the first few enemas you may want to start with only 2 cups. So scoop 2 tbsp of coffee into the french press and pour two cups of hot water over to saturate the beans.
- Step 2 - Let solutions sit for 10 minutes before pressing down the French Press
- Step 3 - Pour 2 cups of solution into measuring cup, stick finger in solution. We want it to be body temperature.
- Step 4 - Connect tubing to bucket and move stopper to the end of tubing. Make sure stopper is closed.
- Step 5 - Put a bit of coconut oil on tip insertion.
- Step 6 - Pour coffee into bucket keep bucket at a higher location than when laying down.
- Step 7. While standing, gently insert tip and shift body onto ground.
- Step 8. Lay down on your right side and knees bent.
- Step 9. Reach around and open up/push forward stopper tab and allow fluid to flow.
- Step 10. Pinch off the tubing either when you see the end of the coffee or when you feel full.
- Step 11. Obey your body and when you feel the urge to have a bowel movement, do so

LIVER & KIDNEYS

THE POWERHOUSES

The liver is a multitasking marvel. This remarkable organ works tirelessly to process toxins and plays a pivotal role in maintaining overall health. It is responsible for breaking down toxins and converting them into less harmful substances, producing bile, aiding in the digestion and elimination of fats and toxins, filtering blood and removing waste products, balancing glucose levels, creating immune factors to fight infection, cleaning bacteria from your bloodstream, and more. WHEW!

As for the kidneys, they're pretty great too. They filter our blood and draw out waste products and toxins so they don't stick around and cause damage. If our kidneys are not draining properly, we can have a buildup of toxins in our bodies.

You can see why if either (or both!) of these organs are clogged up and not draining properly, you can have all sorts of symptoms come up!

DO ANY OF THESE DESCRIBE YOU?

Chronic fatigue
Pains and body aches
Skin issues like hives or chronic itching
Anxiety
Swelling
Hormonal imbalances
Brain fog
Confusion or forgetfulness

If so, it might be a sign that your liver and kidneys need some love!



TIPS FOR LOVING YOUR LIVER & KIDNEYS

- If you don't have your hydration and nutrient-rich diet going strong then that would be a great place to start. The liver loves berries and cruciferous vegetables (bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, etc).
- Give your liver a break. Pesticides and other toxins on our food are really tough on the liver. Also, consuming alcohol can be a lot to ask of a liver that's already bogged down.
- [Coffee Enema](#). I know—we talked about this already but we HAVE to talk about it again. Did you know coffee enemas can stimulate glutathione production (a super antioxidant) by up to 600%!? This is a big deal for liver health.
- [Castor oil pack](#) over your liver
- Herbal teas: Dandelion root tea, Milk thistle team, or other detox tea
- [Parasite work](#)
- Supplements: [Advanced Tudca](#), [KL Support](#), etc

We challenge you to focus on this for the next few weeks. Make the investments to get your liver and kidneys working properly. You might be surprised at how much more energy you have and that some of your symptoms may be reduced or eliminated with this step alone.



HOW TO: CASTOR OIL PACK

WHAT IS NEEDED?

- [Organic castor oil](#)
- A piece of organic cotton flannel
- An elastic wrap, saran wrap, or other way to secure flannel
- A heating pad or hot water bottle
- An old towel

DIRECTION:

- Lay out your folded cotton flannel and drizzle castor oil until saturated.
- Wrap the cotton flannel around the area of concern (ie. Liver, thyroid, inflamed joint, etc) and then secure it in place with elastic wrap, saran wrap or other way to secure the flannel.
- Find somewhere comfortable to sit or lay. Since castor oil stains fabrics and clothing, use an old towel to protect your clothes, couch, or other fabrics.
- Place the heating pad or hot water bottle on top of the cotton flannel.
- Keep the castor oil pack and heat on for at least 1 hour.
- When finished, wipe off the castor oil with the old towel.
- Save the cotton flannel in a glass container to use it again.

LYMPHATIC, GLYMPHATIC & LUNGS

These systems act as the body's janitors, eliminating waste and toxins in the body, brain, and airways! These can't be overlooked as we journey towards healing our bodies of autoimmune and hormone issues.

LYMPHATIC

The lymphatic system is in charge of draining lymph fluid from tissues, filtering waste, and supporting immune function. If your lymph is not draining, it can be a root cause of swelling, joint pain, swollen glands, fat deposits & cellulite, eczema, colds, and ear infections, and immune issues.

GLYMPHATIC

The glymphatic system is a brain-wide waste removal network. Do you have brain fog? Memory issues? Headaches? It might be an indication that the brain is not draining well! This drainage system is most active while we're sleeping so we'll be doing some good sleep work (a little this week and a full week dedicated to sleep next month). This will ensure that our brains are allowed the proper time and sleep quality to remove the waste.

LUNGS

Lungs play a massive role not just in oxygenating your body but also in detoxifying it. Yep, your lungs are detox powerhouses! They're constantly filtering out airborne toxins, pollutants, and gunk from everything we breathe in. But sometimes, they can get a bit overwhelmed, especially with today's not-so-clean air and especially if you have hidden mold in your environment (70% of homes in America! 🤔🤢)

HOW TO GET THINGS MOVING



Let's get these systems flowing! Here are just a few basic things for each of these systems. You might need to work out years (or decades!) of gunk so take each one really slow.

LUNGS

- [Nebulizing](#) is our number one way to open our lung pathways! We suggest it for all of our active detox clients because of its effects!
- Reducing the toxins around us. Make sure your environment and what you're putting in your body are mold free! (More on this soon!)
- Breathwork.

LYMPHATIC

- Movement supports lymphatic flow. Even walking can stir up a sluggish lymphatic system! Find a way to stay active that you enjoy!
- [Lymphatic Massage](#) or [dry brushing](#) - Techniques like lymphatic massage or dry brushing "helps detoxify your skin by increasing blood circulation and promoting lymph flow/drainage."
- [Lymph Drainage](#)

GLYMPHATIC

- Since sleep is when the glymphatic does its work, it's vital to get quality sleep. If you feel any symptoms of a sluggish or unfocused brain, start with prioritizing your sleep to improve that glymphatic drainage!
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HOW TO: DRY BRUSH

Time: 5 minutes

How often: Ideally done daily

Tools needed: [dry brush](#)

- When brushing, always brush toward your heart
- Start at your feet and work your way up to your arms, chest, back, and stomach
- Use long strokes towards your heart on your limbs
- On your torso try brushing in circular motions
- If certain areas are more sensitive it is okay to lighten up the pressure
- Avoid any areas with irritations or abrasions
- Rinse/shower off



HOW TO: LYMPH MASSAGE

Time: 10 minutes . How often: Ideally done daily . Tools needed: Just your hands!

Tips

- Lymph drainage massage is a special type of massage that helps to move the lymph fluid in our bodies to help remove the toxins and waste.
- Large groups of lymph nodes are found in your neck, under your arms and along your hip bones. The idea will be to stimulate these main areas to get lymphatic fluid draining properly
- To do the massage, you will use very light pressure, just enough to gently stretch the skin as far as it naturally goes, and then releasing. The pressure should be such that it only effects your skin and not the muscles underneath.
- Make sure you are sitting or lying in a comfortable position

Directions:

- Step 1 - Stimulate your lymphatic system with deep breathing
- Step 2 - Gently massage both sides of your neck, moving downward. Repeat 10 times
- Step 3 - Gently stretch the skin just above your collarbone toward your neck. Repeat 10 times.
- Step 4 - Next, stimulate the nodes in your underarm by gently pulling up and toward your body. Repeat this 10 times on both sides
- Step 5 - Place your hands on the outside of your hips and stroke upwards along side of your body towards your armpit, gently stretching the skin and releasing. Repeat this 10 times
- Step 6 - Lastly, work the skin on your legs by starting at the top of your leg and gently stretching and releasing the skin from the inside of your leg towards the side of your leg. Continue this all the way down your legs. Repeat 10 times per leg.



KEEP DRAINAGE

YOUR TOP PRIORITY!

As our journey through the pathways of detoxification comes to a close, we want to reiterate the importance of these pathways remaining open! When these pathways are clear and functional toxins are efficiently eliminated, reducing their burden on the body and clearing the way for other symptom-inducing scum to exit the body! DON'T move on to any other detoxing or parasite work until your drainage pathways are operating efficiently!