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NUUBU - WHEN CULTURE MEETS SCIENCE FOR YOUR WELLNESS!



Congratulations! Right now, you hold in your hands a chance for a better, healthier, and happier you!

The modern world is not the best place to live a healthy and balanced life. A 2011 study found that about $\frac{1}{3}$ of US workers suffer from chronic fatigue. However, adequate treatment of fatigue has proven challenging, and it is often overlooked by healthcare providers due to its diagnostically non-specific nature.

Migraines, general headaches, problems concentrating, high levels of stress: all of these are serious conditions that can lead to complicated health issues, not to mention the daily struggles of chronic sufferers. All of these conditions are hard to diagnose, and most of the time they are not taken seriously by healthcare specialists. Even when they are diagnosed, an effective treatment is rare.

Nuubu products were designed in Japan with the wellness, health, and inner peace of the individual in mind. During the development of Nuubu products, ancient detoxification practices were analyzed and updated with the help of the latest scientific achievements.

Nuubu products are easy to use at home and do not require any special skills or knowledge. Put a face mask on, stick a patch on your feet, and take a little time to relax! It's as simple as that!

Using natural foot patches is a great, reliable, and efficient way to cleanse your body. However, the human body is a rather complicated machine that requires strategic and holistic solutions.

The aim of this guide is to analyze the main causes of toxins and provide you with the additional knowledge you need to help yourself.

Before you start your detoxification journey, though, let's take a look at how it was practiced through the centuries.

DETOXIFICATION PRACTISES IN ANCIENT CULTURES

One of the oldest known detox programs is Panchakarma. It is part of Ayurvedic medicine - the oldest healing system in the world. This type of medicine originated in ancient India about 3,000 - 5,000 years ago.

Panchakarma is based on central concepts to Ayurveda, which state that disease is caused by the build-up of toxic substances in the body and by imbalances in the body and mind. Treatments include:

- **Vamana:** therapeutic stomach cleansing and emesis.
- **Virechan:** therapeutic purgation.
- **Basti:** excellent cleansing and medicated enema for all neuromuscular diseases and pains.
- **Nasya:** elimination of toxins through the nose by using essential oil drops.
- **Rakta Moksha:** detoxification of the blood.

After these detoxification procedures, patients usually follow a meal program that includes easily digestible food containing antioxidant properties.

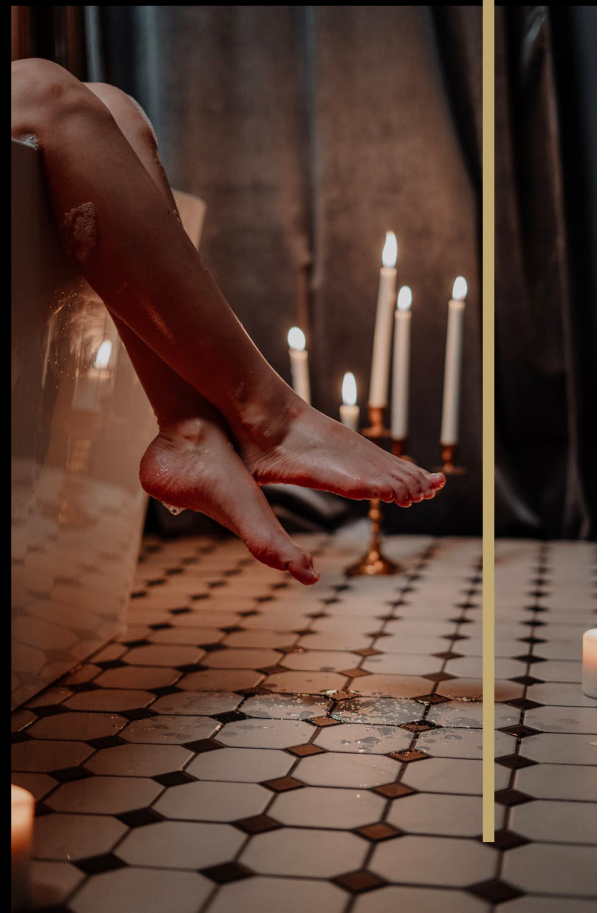
But India was not the only place where people believed that the human body accumulates dirt, poison, and other toxins from the surrounding world and needs to be regularly cleansed.

Traditional Chinese Medicine, which is another ancient healing system known for the use of herbs and natural ingredients, treats toxins as a disturbance in the body that must be removed.

Native American traditions include many similar concepts, combining aromatic rituals with food and herb intake to help clear the body and free the spirit.

Ancient Greek and Roman civilizations had bathing rituals and were very concerned with keeping their bodies clean. **Ancient Nordic** societies also had their practice of saunas. Sitting in a hot, humid room for extended amounts of time encouraged the body to sweat more in order to shed toxin accumulation and relaxed the body and mind. In some cases, they also used natural herbs and plants as part of the sauna rituals.

Even in **Biblical teachings**, we find hints about the need for and practice of detoxification! Fasting restrictions, body cleaning rituals, and use of aroma cleansing are all described in the Old Testament!



What can we learn from these ancient practices?

If you closely examine these teachings from all around the world, you will probably notice some similarities:

- What we eat is a big part of how (un)clean our body is.
- Herbs and natural ingredients are a big part of these treatments.
- The methods used can be categorized into 3 main groups:
 - Body cleansing (baths, saunas, and similar rituals)
 - Cleaning from the inside by using herbs and oils and following dietary restrictions.
 - Healing your mind with aromatherapy.

The essence of these practises has always been to get rid of disturbances in the body, restore the natural flow within the body and become better, healthier and more capable versions of ourselves.

Let's learn from ancient history and see how we can incorporate it in our daily life!

That's exactly that Nuubu did with natural footpaches. Selected herbs cleanse the organism from toxins through the skin but in a time saving and modern way - while the user sleeps!



IMPORTANT: We definitely do not recommend emesis, blood cleansing, or other practises that might put your health in danger! These are outdated practices listed here only for educational purposes and should not be practiced now. Before starting detoxification, please be mindful about any health issues you might have and choose the approach that best suits your situation.

TOXINS: WHAT ARE THEY AND WHY DO THEY HURT US?



Everyone has heard the term “toxin” at some point in their lives. Some strongly believe that detoxifying rituals helped them or their loved ones win a fight against cancer or other serious illnesses. On the other side of the spectrum, there are those who strictly stick with traditional medicine and do not believe in anything not prescribed by their physician.

In order to better understand how and why detoxifying practices work, we first need to understand what toxins really are. According to an International Committee of the Red Cross review of the Biological Weapons Convention, "Toxins are poisonous products of organisms; unlike biological agents, they are inanimate and not capable of reproducing themselves." The term “toxin” was first used by organic chemist Ludwig Brieger (1849–1919) and is derived from the word “toxic.”