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STRESS

An Erban Detox Guide

From the type-A executive to the beaten-down barista, six prescriptions for reestablishing control of your life.

"How to Cut the Tension"

Case Study 3

Hard-Partying Thirtysomething, ready to try waking up without a hangover.

Clean out some toxins, even if it's just symbolic. The Acu-Organ detox at [Exhale](#) involves a warm castor-oil poultice and a slow, deliberate massage that hits the liver, gallbladder, stomach, spleen, and pancreas.



(Photo credit: Phillip Toledano)

“When I’m doing this work, I can actually feel where there’s congestion, inflammation, stuck fecal material,” says acupuncturist Robert MacDonald. **“And I move things along that channel.”**