

Before You Detox, It's Not  
What You Think.



"It Could Kill"...

*by Terry Clark*

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## Resources

[7 Nutritious Foods that Aid in Body Detoxification](#)

Toxins and excess fluids are among the worst enemies of the body because they cause illnesses, weight problems, and lack of energy. The body has its natural detoxification system that removes excess toxins and fluids. You can enhance your body detoxification system by eating foods that help cleanse the body and boost its power. The following are seven detox foods that you should include in your daily diet.

1. Garlic - For thousands of years, garlic has been known for its health benefits. True enough, garlic does wonders to the body. It cleanses the blood, boosts production of detox enzymes in the liver, and helps lower blood pressure. You can eat it raw or add it to any dish. Garlic supplements are also a good option for detoxification.

2. Green Tea - You can get your daily dose of antioxidants from green tea. Your body needs an ample supply of antioxidants to be able to flush out toxins, and green tea does the job well. Green tea contains catechins, a special antioxidant that enhances the detox function of the liver.

3. Fruits - Because fruits have high water content, they are a great asset in washing out toxins from the body. Fresh, dried, or frozen, fruits contain other elements essential for body detox such as vitamin C and antioxidants. For an efficient body detox, it is recommended that you eat fruits on their own not as part of a meal and before or after

meals.

4. Green Leafy Vegetables - Plants are not the only ones that need chlorophyll for survival. Humans as well need chlorophyll to eliminate toxins that come from environmental factors such as cleaning products, smog, chemicals, and heavy metals. Chlorophyll helps your liver detoxify your body. What better way to get chlorophyll than eating green leafy vegetables? Your body will definitely thank you for it.

5. Omega-3 Oils - These oils, which can be found in avocado, hemp, olive oil, and flax seeds, make the walls of the intestines lubricated. Such function enables the oil to absorb toxins and be removed from the body.

6. Ginger - This strong-flavored root crop enhances sweating and blood circulation, making it easier for your body to detoxify.

7. Mung Beans - Used in Ayurveda healing system for many years, mung beans absorb toxin deposits on the intestinal walls.

Make body detoxification an easier and more efficient process in your system by making detox foods a part of your daily diet.

## A Bite Of Body Detoxification

There have been accounts stating that body detoxification or cleansing has been around for quite some time. There was a time that it was considered to be on the same contributory level as conventional medicine. Lets flip thru the pages of its book and grab a bit of a bite of its concepts and development.

The roots of body detoxification can be associated with the idea of autointoxication which was established by the ancient Egyptians and Greeks. It revolves around the belief that foods consumed according to the humoral theory of health can produce a putrefying and toxic effect on the body. The 19th century saw both biochemistry and microbiology embracing this way of thought. It was in the early portion of the 20th century that people started to question the credibility and reliability of the process.

Although cleansing practices stayed out of the vicinity of the conventional medical sites the circles of alternative medicine continued to patronize them. At present, this medium of healing that slumbered for quite some time has had some sort of rebirth as it is now part of the alternative medical approaches. It continues to create a new reputation away from its identity of unscientific and inappropriate.

The present day exploit of body detox revolve around modalities like physiologic treatments, dietary supplements, and dietary restrictions. It has been connected with herbs and remedies that act as catalyst and boosters in the effectiveness of the process. Naturopathic and homeopathic preparations are also made available particularly in products that are made for the care of specific organs. The colon is packed with fiber while the kidneys are pumped up by juices.

Diet has been an important facet of the modern day detox system. It is founded on a plan that suggests putting in large amounts of water, vegetables, and fruits in a person's daily intake. Processed and genetically modified foods are out of the picture.

Body detoxification emphasizes on eliminating substances like caffeine and alcohol in the diet. Canned foods, salt, wheat, red meat, deep fried food, shortening, butter and margarine, and yellow cheese should be out of the diet roster. Instead the person should focus on adding legumes, raw nuts and seeds, vegetable oil, fish, herbs and herbal tea, and whole grain into the list of daily consumption. In general the detox diet is all about maintaining a healthy lifestyle en route to an optimum level of psychological and spiritual health.

#### Aids To Natural Body Detoxification



At this very minute your body is detoxifying itself. Your natural body detoxification process goes full swing when you are resting, asleep or fasting.

In the old days, your body can do all the work in cleansing your system all on its own. After all, these wastes are by-products of life's own natural processes.

#### Natural body process

Detoxification is simply a natural procedure where the body eliminates the toxins created by the other natural processes. There are two sources of these wastes.

The first toxins are from the outside, from the food we eat, the water we drink, the air we breathe, the soap we use to wash our face with, etc.

The others are by-products of body processes. When food is digested, the process creates waste. When the body heals or repairs itself, there is waste. Even negative emotions and stresses produce its corresponding toxins.

These days, in the face of extreme pollution from all around us, the body's natural capacity to detoxify itself needs help. There are five ways to do it.

#### Zinc level increase

Zinc protects the body from the free radicals that cause a lot of health problems including cancer. Free radicals come from radiation, second-hand smoke and other air pollutants.

Zinc can be had from egg yolks, sea foods, mushrooms, pecans, meat, chicken, soybeans, sunflower seeds, oysters, parsley and kelp.

#### Selenium increase

Selenium produces the enzyme glutathione peroxidase that prevents oxidation. Selenium protects the liver which is an important body waste processor.

There are natural sources of selenium: Brazil nuts, broccoli, brown rice, sea foods, dairy products, onions, molasses, vegetables, chicken, garlic and whole grains.

## Going natural

This simply means using naturally-occurring materials instead of man-made things. Vinegar or baking soda as a cleaning agent can substitute cleaning products crammed with chemicals.

Using organically-grown food, rather than pesticide- and fertilizer-treated ones is much better because you avoid ingesting those chemicals.

## Hydration

A human being needs to retain its water supply levels for metabolism, blood flow, body heat regulation, and transport of nutrients.

The detoxification process is triggered if you drink at least 8 glasses of water every day. If you drink coffee or tea, match up your consumption with the same amount of water because caffeine induces urination.

## Homeopathy

Homeopathic medicine had been around for the last 200 years and it works by acting on the body's natural processes to heal itself. There are several

homeopathic formulas now available as body cleansing aids.

Today, your body cannot do all the work in body detoxification. As owner, you need to be totally aware of its processes from now on to know when to help.

### Benefits Of Body Detoxification

Body detoxification is a normal process. It is simply one of our body's most basic functions, eliminating wastes and toxins through our colons, kidneys, liver, lungs, and skin.

Every day, our bodies need to eliminate wastes and toxins from our system or we die. Today, however, we are bombarded with toxins from all over that our bodies are overloaded with unwanted substances and some stay in our tissues

Normally, we produce natural metabolic wastes from normal body processes. It is compounded with other external toxic substances that come to us from all over, from the air, water, and the food we all ingest.

## Toxins and diseases

Health experts have already found the connections between these unwanted toxins in our bodies and today's many illnesses.

These health problems include immune system diseases, neurological disorders, digestive troubles, hormonal imbalances, cardio-vascular diseases, cancer, obesity and some of the newer health problems in children.

For one, they found out that pesticides are the likely cause of immune suppression and around 25% of all the chemicals in the environment are neurotoxins linked to increased...brain disease.

## Benefits of detoxification

As had been proven many times over, body detoxification dramatically increases the quality of our physical lives. Digestion improves, sinuses are cleared, blood pressures are normalized, memory and mental clarity are improved, and hormones are stabilized.

In addition, experts believe that there is a connection on the effectiveness of many healing treatments to improved and cleaner body systems.

## Slow aging

One big benefit of a thorough body detoxification is the positive effects on the aging process. With the removal of toxins and wastes from the system, the body's work load of natural detoxification is greatly reduced.

With toxins removed (and stress on body organs reduced), the life span of these individual organs (liver, bowels, kidneys) are lengthened.

## Healthier bodies

With cleaner systems because of the absence of toxins, the body definitely is healthier, more fit, and has more energy. There are now fewer allergies (if at all), stronger immunity (not disturbed anymore by toxins) and fewer aches and pains (absence of general stress caused by toxic substances).

Studies had shown that detoxification therapies resulted in more vitality, reduced blood pressure and fat counts, and the immune system restored. There is also restoration of overall good health.

## Lifestyle change

The best news is that detoxification can be done by a change of one's lifestyle. It is easier if we eat natural organic diets (like what our ancestors did). We also need to cut down stress in our modern lives.

The biggest benefit we get from body detoxification is a longer, more productive, happy life. We all owe ourselves that right.

### Best herbal options for body detoxification

Many people opt for herbal options when it comes to body detoxification. This is because aside from being natural, herbal options are cheaper when compared to other body detox options and has proven effective.

### The wonders of herbs

Believing that herbs aside from being an effective tool to ensure the success of body detoxification can provide the healing and freshness that people yearn for. In fact, people now use so many different kinds of herbs in their daily life.

One of the most common herbs people use to detoxify

their bodies is garlic. Primarily because of its antiseptic properties, garlic has been used in so many forms and preparations and for various purposes. Garlic is included in so many types of dishes because it is reportedly helps in the reduction of heart disease, lowers the risks of cancer, and reduces blood pressure as well as total cholesterol. Garlic is being used for medicinal and beauty preparations because of the excellent properties of its main ingredient, the "allicin" that helps fight fungal, bacterial, and viral infections.

Another popular herbal option is the use of basil or "tulsi" which is an aromatic herb that provides relaxing scent perfect for meditation. Aside from aiding in soothing relaxation, basil can be prepared for medicinal uses especially in calming travel or morning sickness.

For those who love to cook, thyme is one of their favorite herbs available. This herb is a popular garnish to different kinds of dishes especially to salads because it is good for the digestive system and for the liver as well. But aside from being an excellent food garnish, thyme is used for healing purposes because of its cleansing, anti-inflammation, and anti-infection properties. If used regularly, it can even cure various ailments as well as psychological disorders such as hysteria and severe headaches.



Butterbur extract, on the other hand, is the perfect to those who suffer from migraine due to stress. Studies have proven that butterbur in its safe and standardized form are effective in clearing migraines among people especially to women and young girls.

Other herbs used for body detoxification include the castor seeds for its curative properties in treating rheumatism and various skin disorders; the hawthorn for being an effective heart tonic because it improves blood circulation to the heart; and lemon for having powerful anti-oxidants and a rich source of Vitamin C perfect for solving skin problems as well as improving the function of lymphatic and digestive systems.

### Body Detoxification - A Short Overview

Today, body detoxification is getting to be more of a necessity rather than just a simple luxury practiced by royalty in the past. In normal conditions, the presence of toxic substances in the body stimulates our immune system to remove them.

However, with the bombardment and subsequent ingestion of so many toxins into our bodies today, our natural body processes are simply overwhelmed. There is a crucial need that we help ourselves fight these toxins or we die.

## Waste eliminators

The body has specific organs to eliminate any toxins entering our bodies. The liver reduces toxins into compounds that the body can safely handle. These materials are then eliminated through the kidneys (urine), the skin (sweat), lungs (expelled air) and the bowels (excreta).

Excellent health is maintained if these organs are in good working conditions. However, there is now a need to help these organs do their work better and more efficiently in the light of today's extreme pollution problems.

The two most popular methods are diets and the use of dietary supplements.

## Diets

Eating good food, especially fruits and vegetables, is one of the best ways to combat the toxins in our systems. After all, these toxic wastes are inside and the only way to fight them is through internal means.

Natural vegetarian diets have the fibers needed to stimulate better digestive bowel movements. They

have the vitamins and other enzymes that nourish the bowels.

These are regarded as cleansing diets in effect because they aid the body in expelling the wastes and toxins in the body.

Changing diets is, of course, one of the most difficult decisions for people who are used to the comforts of their foods and other habits. Some cannot simply let go of their cigarettes, their sodas, the meat, their coffee and the sugary delights they are used to.

Some foods may cause allergies and digestive problems. Meats, processed and grown as they are today, contain hormones and antibiotics which are difficult to digest or eliminate for humans.

Other processed foods and popular snacks have various preservatives that are hard on the system after accumulation through years of ingestion.

## Supplements

Well-known anti-oxidants (vitamins A, E, and C) are very good at helping the body eliminate toxins in the system. At the cell level, they neutralize free radicals (the main suspects in immune malfunctions

and cancer) that damage cells and cause mutations.

At the same time, these anti-oxidants help the body repair itself from the ravages of the toxins. They are involved in wound healing, production of energy and combating viruses and bacteria that cause illnesses.

All told, the presence of body toxins in our systems is one very serious problem facing everyone today. Body detoxification is now a necessity, not a luxury.

### Body Detoxification And The Healing Process

Body detoxification is one concept that had gained more and more importance now that there is evidence that we are all victims of ingesting toxins. Today, it had become a catch phrase spurred by the media.

Detoxification is actually important not just on the general health and fitness on regular people. This is important among convalescing patients who are starting to restore their body's health.

Often, medical and health professionals will then urge these patients to undergo a full body detoxification regimen aimed at boosting the

healing process of their bodies.

## Toxins

Substances causing harmful effects or giving stress on our organs and body systems are typically called toxins. Some (food additives, preservatives, etc.) we ingest without knowledge, some (cigarettes, excess sugar, etc.) we choose to put into our systems.

Every day, we are also exposed to environmental toxins in the air, water and elsewhere. There is mercury in our fish, hormones in our chicken, preservatives in our processed food, pesticide residues in our fruits; the list gets longer and longer every day.

## Chemicals and drugs

We get to imbibe some unknown chemicals from our hair dyes and sprays, paints and other industrial products. Even medications are toxic, too for many people.

Some of them are man-made and our bodies are hard put to process them even after their beneficial effects. Over time, the accumulation of these chemicals in our bodies becomes dangerous and

deadly.

### Toxicity symptoms

Unexplained sudden headaches, fatigue, insomnia, rashes, and unexplained pains and aches can be attributed to high levels of toxins in the body. Other symptoms include constipation, poor digestion, gas, weight gain, poor concentration and memory, depression, bad breath and body odor.

### Detoxifying the body

Normally, the body is very good in eliminating wastes and other toxins and heals itself. The liver cleanses the blood. The kidneys also act as another filtering system for the body. The intestines throw out unnecessary wastes (and toxins) regularly.

The presence of toxins usually interferes with the work of these organs.

The first step is to see a doctor. There is need for a thorough examination to determine your needs. The recommended health regimen may include a combination of botanicals, homeopathic formulas, and diet.

All these are intended to help the body's impaired natural processes, including the cleansing of toxins that have built up over time. The diet stimulates the body's eliminating organs while at the same time slowly helps in healing them back to their previous health.

Until pollution and other environmental problems are totally solved, we cannot help it but have to live with these toxins. The best defense is knowledge about them and being able to do body detoxification regimens to help ourselves.

### Body Detoxification On Target Organs

A real body detoxification program is more than just swallowing a couple of pills and drinking some special concoctions. With toxins coming in from all directions, the shotgun method in detoxification is inadequate.

The best strategy is to concentrate on the body's waste processing organs themselves. As always, before starting on the program, it is best to consult your doctor.

Liver

To be effective, the liver needs proteins. You can get them from beef, eggs, and fish (especially salmon). Whey is one of the best liver helper.

Liver detoxification is enhanced by vitamins B6 and B12, folic acid, magnesium, and inositol. Herbs like dandelion, milk thistle, and black radish stimulate detoxification.

## Lungs

Do a daily deep breathing exercise for 10 minutes twice daily. Do this in areas with clean air (secluded parks or buildings with good air purifiers).

Exercises include aerobics, singing, and "belly breathing" (breathing that expands the belly).

## Kidneys

The kidneys are in charge of removing water-soluble toxins from our system. When the urine is dilute (because of sufficient water), the toxins are also diluted during elimination.

With too little water ingestion, the toxins are concentrated and can damage kidney functions.



Drinking 8 to 10 glasses of water every day is necessary. Drink more if you sweat in your manual activity or exercise.

## Colon

Eat fiber-rich foods daily, and not just during detoxification. The recommended intake is 10 grams.

Start with 2 tablespoons of crude wheat bran (insoluble fiber) with one ounce of oat bran (soluble fiber) per day. You may add ground flax seeds for both fiber types and the extra Omega-3 fatty acids.

Activated charcoal absorbs digestive toxins. Take a tablespoonful daily. Commercially, they are available in capsule forms if you want to avoid the mess during ingestion.

## Skin

The skin is the largest organ for eliminating wastes. Sweat has the same composition as urine (only more dilute) and the skin takes care of eliminating it by evaporation.

Acne, psoriasis and other skin diseases may mean

your internal toxicity is active. If the liver, kidneys or colon are not able to remove toxins effectively, the skin is the last resort. Those removed toxins cause skin diseases.

Do your daily skin brushing from head to toe and follow this up with a warm shower using pure soap. (Saunas and steam baths are good skin detoxifiers.)

Body detoxification programs can be done on your own (after consultation with your doctor first.) It pays to detoxify the eliminating organs directly.

### Body Detoxification System: Your Body's Way of Getting Rid of Toxins

Whenever you hear about body detoxification or detox, the first things that come to mind are diets, herbs, and other detox programs designed to cleanse the body. But these programs enhance the detox process that is already taking place in the body. Did you know that your body has its own means to get rid of toxins accumulated in it? Yes, the body can detoxify by itself.

Defined as the process of eliminating toxic chemicals from the body, detox is a complicated process performed through the liver, skin, kidney,

lungs, and intestinal tract. The intestinal tract releases toxins and solid waste through the feces, while the skin and kidneys get rid of heavy metals such as lead and mercury through sweat and urine, respectively. Skin rashes are a sign that your body is trying to flush out harmful toxins. For their part, the lungs remove toxic gases from the blood, which are released when a person exhales. All these body detox systems work hand in hand to ensure that the body is freed of as much toxins as possible to prevent health problems in the future.

How do the body's detox systems work? The toxins that go into the body via the digestive system are absorbed. Then the toxins go into the blood stream. Before reaching other organs in the body, toxins pass through the liver. The liver then gets some of the toxins and neutralizes them before releasing them through the kidneys and bile.

The toxins that are not collected by the liver go to the major blood stream where they are transported to different organs in the body. Water-soluble toxins are typically removed through the kidneys, while fat-soluble toxins do not pass through the kidneys. Instead, fat-soluble toxins are captured again by the liver to be eliminated from the body. Obviously, the liver is the main organ responsible for the detoxification process in the body. When this organ fails, your body is bound to suffer from multiple health problems. It happens because toxins are not filtered correctly by the liver, so the overall health suffers. The same

effect takes place when the kidneys, lungs, or the skin are damaged and cannot perform their detoxification duties.

Help your liver, kidneys, skin, and intestinal tract do a better job at body detoxification by using a detox program. Make sure your diet is full of antioxidants, vitamins, minerals, and bioflavonoids so that the different organs of your body can wash out harmful toxins and help maintain good health.

#### Body detoxification team explained

Body detoxification or what people commonly called now as detox is not something that you get from hospitals and detox clinics. The truth is, your body already does the job every day. In the real sense, detoxification is the process by which the body gets rid of the toxins that comes into the body through the food that we eat, the air that we inhale and the water that we drink. Everything that you take into your body is being filtered by various organs in the body like the liver, the kidney, the skin cells and even the lungs.

The liver is the primary organ for body detoxification. It is the one that filters first the toxins that are added to the bloodstream. It makes sure that the toxins do not come into contact

with the other organs and vital cells in the body. The liver flushes out the toxins through the kidney in the form of urine or through the gastrointestinal tract through our feces.

After being the first line of defense against body toxins, the liver does another job. This time, it flushes out what is called the fat-soluble toxins in the body. This is why when people have problems with their livers, they are no longer allowed to eat lots of fatty food. It will only make their bodies suffer because their livers can no longer do the job.

Water soluble toxins on the other hand are being filtered by the kidneys. Again, this is why it is important that we keep the kidneys healthy because without it, we can have a list of complications in our hands.

The skin and the lungs have more simple functions, although not less important. The lungs, you guessed it, filters the air that we breathe and sends out the toxins through the air that we exhale. The skin on the other hand uses the sweat to flush out mercury, lead and other toxins that we absorb in our body. This is why when lead-paint in toys came out in the news, children became susceptible, both for holding the toy and putting them in their mouths. You can absorb toxins even through your skin.

With different types of pollutants filling our air and chemicals being added to the food that we eat, we all the more need our body detoxification team to help us become healthy and toxin-free.

### Body Detoxification Tips: Simple Ways to Cleanse Your Body at Home

Body detoxification should not be expensive. There are several simple steps you can do at home to cleanse your body without using any product. Four factors enhance your body's ability to detoxify naturally: nutritious diet, water, exercise, and supplements.

#### Nutritious Diet

You are what you eat this adage could not be any more true when it comes to body detox. The ability of your body to flush out toxins depends on what you eat.

To enhance your body's natural detox system, you need to eat foods that are low in fat and rich in vitamins and minerals. It is recommended that you eat not less than seven fruits and veggies every day.

Processed foods (like those served in fast food eateries) are a good source of sodium, sugar, and fat. These elements boost the toxin level in your body, making it hard for your system to detoxify. That being said, you should opt for natural or organic foods instead of processed ones. Try to prepare your food at home so that you won't have to dine somewhere else.

### Adequate Water

Did you know that drinking plenty of water is the best way to get rid of impurities in your body? People who do not drink enough water tend to store more toxins and water in the body, causing weight and health problems over time. Thus, your home detox plan should include drinking eight glasses of purified water every day.

The color of your urine can tell you whether you are drinking enough water or not. If you drink an adequate amount of water regularly, your urine must be quite clear. If it is dark yellow (except in the morning when you first go to the toilet), that means you need to drink more water.

### Regular Exercise

Exercise is essential in body detox because it helps you sweat out toxins, burn calories, and

relieve stress. Relaxation exercises such as yoga and walking can greatly help in detoxification. Cardio workouts such as cycling, jogging, and swimming are just as important.

### Appropriate Supplements

Natural body detox needs the right supplements in order to function well. Make sure you take a good multivitamin supplement regularly so that your body gets more vitamins and minerals it needs for flushing out impurities.

You do not have to spend a lot just to keep your body healthy. The key to perform body detoxification at home is to practice proper healthy habits and avoid anything that increases toxins in the body.

### Body Detoxification Treats

Detoxification is not only about the substances that are pumped out of the body. The quality of food intake is equally important especially in terms of giving the individual the needed hydration and energy to last the entirety of the program. Get ready, it's time to pinpoint the detox treats.



Before specifically knowing the foods that are appropriate for an effective cleansing you have to know three important principles. Fluid intake should be increased during this time in order to help the body flush out the wastes. It would be of big boost in your campaign to eliminate toxins if the gastrointestinal tract is in good condition and this can be achieved by inviting a lot of fiber to the table. The liver is regarded as the primary detox center thus it should be rewarded with revitalizing and cleansing enzymes.

Green leafy vegetables are best eaten in their raw form along with broth and juices. The chlorophyll they contain takes care of the environmental toxins such as pesticides and heavy metals. They are known as liver advocates.

Lemonade is the ideal fluid treat that can ensure passage of wastes out of the body. The vitamin C it carries is vital in converting waste products into water soluble substances that can be easily excreted. A brew of green tea can pack up a punch of fluid supply. Plus it is a famed antioxidant that contains catechins which can give liver activity an extra push.

Watercress can be tapped on in order to come up with tasty treats like soups, salads, and sandwiches. It has a diuretic property which will aid in the movement of toxins out of the body. Garlic is another ingredient that can be part of

salads as well as spreads and sauces. It has been proven to provide cardiovascular benefits but its role in detox lies in the activation of liver enzymes.

Broccoli sprouts are said to be 20 to 50 times more potent than the usual adult vegetable. It can give cancer-causing components a run for their money with each bite. Cabbage stimulates two main types of detoxifying enzymes found in the liver. Speaking of liver, sesame seeds have been identified with the protection of liver cells from the hazards of alcohol and other chemicals.

Psyllium is the colon buddy in this list. It is rich in fiber giving it the ability to clean up both cholesterol and toxin. Its powdered form can be mixed with your favorite juice. Body detoxification won't be complete without traces of fruits. They sum up the elements needed for a good detox because they can provide fiber, fluids, antioxidants, and of course vitamin C.

### Body Detoxification Using Herbs

There are as many body detoxification programs as there are ideas on how to cleanse the body. All of them differ only in their intentions and in their implementation.

Some programs are organ-specific. They only clean the liver or the blood, or perhaps only to ease up the troubles of the kidneys. Combining these detoxification programs into one detoxification program can restore a person's health to optimum levels.

## Diets

Detoxification diets (mostly recommending fruits and vegetables) are very good programs to eliminate toxins. These vegetarian diets include natural food fibers that are effective in stimulating better bowel movements, physically cleansing the digestive system.

They contain valuable vitamins and food enzymes (Most are eaten raw). These are vital to the elimination process not just in the bowels but in the liver, kidneys, and skin.

The absence of meat enhances the detoxification process because meat is difficult for the body to digest, requiring many enzymes for its digestion.

## Herbs

Changing diets (becoming vegetarian) are generally

good because diets have natural inherent detoxification properties. However, they cannot stimulate the liver, kidneys or the lungs as much as they need to be.

Herbal detoxification is a sharper method for the obvious reason that herbs are more powerful than ordinary vegetables and fruits. Since they too are food, they provide enough vitamins, minerals and enzymes for good nutrition.

These herbs, after centuries of use, have been found to be more organ-specific. This means the organs associated with them work better if stimulated by these wonder plants from nature.

### Combinations

Some herbs are associated with better performance of the liver. These include the dandelion, red beets, liverwort, parsley, horsetail, chamomile, thistle, angelica, gentian and goldenrod.

The kidneys have their own list of herbal allies: juniper berries, parsley, uva ursi, ginger, goldenseal, cedar berries, and dong quai.

Lungs function better if helped by comfrey, mullein, slippery elm, and Chinese ephedra among

others.

#### How to use

For detoxification, herbs can be used in tandem with a good diet. (It certainly is not right to cleanse the liver with herbs but the bowels are clogged with junk food.)

In the same sense, detoxification diets are effective by themselves but they can be better being reinforced with the use of herbs which stimulate the eliminative organs.

Herbs commonly come as teas, extracts or powdered. Powdered forms (usually in capsules now) are best taken with meals. Herbal teas are easy to prepare and ingest and can be taken all throughout the day.

Today, body detoxification needs all the help from all over. Doing it with the help of herbs is one effective way. After all, herbs have a long history in helping man's physical well-being.

#### Body detoxification starts with the kidney

Body detoxification refers to the process of

cleansing the blood away from impurities and toxins brought about by unhealthy lifestyle habits. More than any part of the body, experts believe that kidney is among the most neglected one because people continue to consume foods and practice habits that can greatly impair it.

If you are one of those who are already suffering from a kidney disease or is prone to having kidney problems, now is the best time to consider body detoxification. Experts agree that having the right diet is one of the keys in detoxifying the body through the kidneys.

To ensure effective body detoxification through the kidneys, there should be an increased fluid intake. This is quite effective in washing out unwanted toxins that may lead to diseases such as kidney stones. Once there is enough amount of liquid in your body, it can wash away toxins and flush them out. Increasing fluid intake, especially water, is the simplest yet most effective way to detoxify the body through kidney because it can help you keep hydrated while leaving your system clean. The ideal water intake should be 8 glasses but since people with kidney stones need more to flush out salts and other minerals in the body, 10 to 12 glasses is recommended daily.

Do some sodium restriction. Too much salt or sodium is one of the primary causes of kidney-related problems such as stones because it increases the

calcium levels present in the person's urine. Doctors advise people with calcium stones to cut down or totally eliminate sodium intake from the foods that they eat. This is because too much salt intake will only make the condition more complicated and may also cause other related diseases.

Increase the intake of fiber-rich foods during body detoxification. Indeed, fiber is considered beneficial to people with kidney problems because it contains several compounds mostly are phytate, that guards the kidney against the development of certain diseases. Experts say that people who are prone to suffer from kidney problems and those who would want to be spared from it should increase their calcium intake coming from the foods they eat such as wheat, rice bran and soybeans.

Since kidney is an important organ to keep the body function well, experts always advise people to start body detoxification with it. Once kidney is cleansed, other body parts such as colon, lymph, and others could follow.

### Body detoxification the natural way

With all the toxicities modern life brings, people should be more careful in watching their total health and well-being. And, with the growing

numbers of people who suffer from illnesses, people should be more vigilant in keeping up with a healthy lifestyle through body detoxification.

### Going natural

Time and again, nutrition experts say that eating natural foods is the best way to be healthy. When a person has a healthy diet including eating the right amount of food depending on the persons need and lifestyle and eating a range of foods to ensure that the person gets balanced diet they are likely to undergo body detoxification on a regular basis.

Since food and eating properly contribute so much to effective body detoxification, people should focus more on considering the food their body needs. Experts remind people that body detoxification foods should contain the necessary vitamins and minerals that are quite essential for metabolism. The body detox diet should also include Vitamins B2, B3, B5, B6, Vitamin C, choline, inositol, chromium, manganese, and zinc to ensure that the body gets all the nutrients it needs.

For people who opt to use natural means to detoxify the body, experts suggest that they stick to fruits and vegetables. Studies show that the perfect detox diet out there includes a wide range of fruits. Aside from being an all-natural product, fruits are low in calories, rich in dietary fiber that helps



boosts satiety, and satisfies a person's sweet tooth without worrying about weight gain. Containing all the nutrients and vitamins it has, fruits are an ideal diet food for those who are into losing weight or weight reduction and those who are striving to maintain their weight. Other nutritional benefits of fruit include the prevention of vitamin deficiency, a rich source of dietary fiber and rich in folate.

Just like fruits, vegetables are also considered perfect food for body detoxification especially for those who are controlling their weight control. Aside from being low in calorie-content, high in dietary fiber, and full of dietary nutrients that help maintain efficient metabolism, veggies in various preparations make good and appetizing snacks. Aside from being a rich source of important vitamins and minerals such as vitamin B-complex micronutrients, vitamins C, E and K that combat vitamin deficiency, vegetables are excellent sources of the protective plant micronutrient called phytochemicals. Having vegetables as diet food lowers the risk of heart disease, cancers, and high blood pressure while protecting the body from having illnesses caused by muscle degeneration.

### Body detoxification through water

Who needs any commercial products when water alone can help a person to be healthy? Many people don't

realize it but through body detoxification using water, they can veer away from developing various diseases caused by the unhealthy environment while cleansing the blood in the process.

If you are into planning to use water to detoxify your body, now is the time to get started in it. Experts say that this is the most ideal option for body detoxification because aside from being pure, you can save more money since it is the most abundant drink available.

#### Benefits of body detoxification using water

Experts say that people need adequate supply of healthy water because it gives energy. Aside from that, it also helps avoid dehydration, it gets people moving, and also helps relieve stomach problems such as constipation.

When used for body detoxification, water can keep the skin soft, supple healthy and glowing; improve the blood circulation in the body; help kidneys and liver to remove toxins from the system; prevent memory loss; eliminate instances of frequent headaches and dizziness; increase mental and physical performance; remove toxins and other waste products from the body; aid weight loss, and allow proper digestion.

Water is among the most common options of body detoxification because it ensures a high percentage of success in washing out and eliminating impurities in the body. When used as a cleansing agent properly and regularly, water can ensure long life and healthy body.

### Ensuring safety

Experts believe that for people to remain healthy, one of the most important things that they should do is to cleanse their body by taking in lots of water. However, the quality of tap water is no longer reliable for health purposes these days. If you want to use your own water for body detoxification, it is a must to ensure that it is safe and clean. One of the ways to do this is by using a water filter. Experts believe that through the use of water filter, one can ensure that he or she is drinking healthy water for himself or herself and for his or her family.

Today, there are many brands of water filters available in the market. Majority of these comes in various shapes and sizes. But, before buying a water filter to be used for body detoxification, you must know what suits your water source. Once you have safe and clean water through the use water filter, rest assured that you can come up with your very own health drink at the comforts of your home or office.

## Body detoxification using fruits

Many people don't realize it but fruits specifically in the grape family is an effective way to detoxify the body. When consumed in properly, fruits can ensure the success of cleansing the body because studies show that they are packed with nutrients and minerals that are enough to keep a person healthy while undergoing body detoxification.

More and more scientific findings show that fruits owe its health benefits from the high level of antioxidants called "resveratrol," a kind of polyphenol known as "phytoalexin." This is a group of compounds plants use to defend themselves against attacks such as untimely stress, possible injuries, or UV irradiation and certain diseases such as fungus and infection.

### Fruit power

Nowadays, many people are using fruits in detoxifying their bodies because they believe that since it is rich in antioxidants, fruits can help veer them away from certain terminal illness as well as to all forms of diseases that come with aging. The following are just some of the benefits of using fruit in body detoxification:

- Helps in the prevention of developing various neuro-degenerative illnesses and diseases. Many studies show that because of the high resveratrol content of fruits especially in the grape family, it can prevent people—especially those who are getting older to develop diseases and illnesses that are common to them like Alzheimer's disease and Parkinson's disease. Some fruits are also believed to suspend the possible progression of dementia especially to older ones.

- Good for the heart. Experts agree that the specific substances in fruits like tannins and flavonoids can raise the levels of good cholesterol or high-density lipoproteins (HDL) in the person's blood. The antioxidant properties of fruits can also help in the reduction of bad cholesterol or low-density lipoproteins (LDL). Once LDL levels are decreased, there are lesser chances of developing cardiovascular diseases such as heart attacks and stroke.

- Prevents certain cancers. Many people who are prone to the "Big C" are using fresh fruits to detoxify their bodies because of the wonders brought by properties such as resveratrol in it. Experts believe that regular consumption of fruits, people can help fight possible cancer cells from proliferating and thus, preventing the development of the disease eventually.

- Serves as blood thinner. For people with high blood pressure, fruits are ideal especially during body detoxification process. This is because it contains substances and compounds that are effective in lowering high blood pressure.

### Changing diets results to effective body detoxification

Since unhealthy foods are the culprit when it comes to the buildup of toxins in the body, experts say that people can use these as the solution itself through body detoxification. This can be done by asking people to cut down on their consumption of these unhealthy foods and shift into a healthier diet.

#### Choosing foods for body detoxification

Experts say that body detox diet should contain various types of food like veggies, fruit, whole meal bread and wholegrain cereals, meat, fish, and eggs and other dairy products. Aside from having a healthy diet, it is a must that people develop healthy habits that would complement it such as regular exercise. Here are some practical tips that can help you figure out what are the best and healthiest foods to include in a detox diet:

- Eat lots of fruit and veggies religiously. We all know that eating fruit and vegetables is good for us in keeping our body fit and healthy. But, more often than not, many people are still not eating enough. Experts say that in order to get optimum nutrition, five or more servings of fruits and veggies should be eaten daily.

- Load up your meal on starchy foods. Nutritionists say that starchy foods like rice, bread, cereals, potatoes and pasta should be an important part of any healthy diet there is. Since they are a good source of energy as well as the major source of various nutrients, starchy foods should indeed make up about a third of the food we eat every day. Aside from being main source of energy, starchy foods are beneficial because they contain fiber, calcium, iron and B vitamins that is very good for the body's metabolism and immune system as well.

- Eat more fish. Experts say that instead of meat, people should load up on fish including a regular serving of oily fish weekly. Aside from getting less fat, fish is also an excellent source of protein as well as a variety of vitamins and minerals. Fresh, frozen or canned fish can be your options.

- Refrain from eating foods that have saturated fat, high levels of sugar content and salt. Experts say that in order to make the body detoxification successful, people still need some fat in their

detox diets. Basically, fats are divided into two main types the saturated fat which can increase the amount of cholesterol in our blood that can lead to heart diseases and the unsaturated fat which lowers blood cholesterol. It is advisable to cut down on foods that are high in saturated and load up on foods that are high in unsaturated fat to be healthy.

### Detoxification Of The Body

Although the body is a wonderful mechanism that works tirelessly each day it still needs appropriate elimination of wastes. There are independent ways like urination and defecation that allow the body to get rid of unwanted substances. In times that it is not capable of engaging in normal processes alternative methods like detoxification arise.

Detoxification is a procedure executed in order to remove toxic substances within the systems of the body. In aspects of conventional medicine this can be achieved via artificial techniques like dialysis and in some cases particularly poisoning chelation therapy is utilized. Moreover detoxification can also refer to the time span in which a person's body undergoes withdrawal that then leads to the return of homeostasis. This is applicable to individuals who have exposed themselves to long-term abuse of addictive elements. In the circles of



alternative medicine experts suggest the usage of methods focusing on diet detoxification.

Let's take a look at how the body is detoxified depending on the substance that has to go. Alcohol detoxification involves bringing back a person's system to normal functioning after constant consumption of alcohol in large doses. It must be made clear that detox procedures do not offer treatment therefore appropriate means should be performed in order to address the underlying causes of alcoholism afterwards.

Drug detoxification is tapped on in order to aid the individual during the withdrawal period and in the adjustment phase that involves going on with daily activities without the usage of the drug. This is not the treatment but only the initial intervention that will pave the way for a more comprehensive form of treatment. Drug detox takes place within a community program for several months. A residential setup is more preferred than that of a medical center. An important facet of drug detox is counseling which helps lessen the discomforting effects of withdrawal.

At the conclusion of metabolic processes harmful substance can be produced. The body compensates through excretion, oxidation, and conjugation mechanisms through the actions of cells and tissues. This is termed as xenobiotic metabolism. The enzymes mainly responsible for this metabolic

detoxification are glutathione S-transferases, cytochrome P450 oxidases, and UDP-glucuronosyltransferases.

The principle of diet detoxification is that there are certain diets that facilitate the accumulation of toxins especially when long-term consumption of foods that do not possess nutritive values is involved. Examples of these foods are the ones termed as junk or processed foods. Furthermore diet detox attributes the presence of toxins in the body to the individuals environment, food preferences, and other bodily wastes. This detox technique relies on the simplicity of consuming about eight to ten glasses of fluids daily.

### Do It Yourself Body Detoxification

Today, body detoxification is recognized as one effective option in fighting against the rapid rise of deadly diseases. Experts have already diagnosed the cause, the heavy load of so many toxins brought about by pollution and our own modern lifestyle.

These illnesses affect all people without prejudice on age, race and gender. There is a rise in of ADHD in children, breast cancer in women, prostate cancer in men and cardiovascular problems in most adults. There is even an epidemic of obesity among teenagers.

Body detoxification is actually a natural body process where the organs assigned to eliminate body wastes are at work. These days, most people have their organs functioning at half-capacity or are simply overwhelmed by the amount of wastes and toxins they have to expel.

Unfortunately, there is no medical magic bullet to cure all this. Experts, however, had advocated that everyone can devise their own treatment, a do it yourself body detoxification.

## Diet

First, you should consult your doctor before starting on anything that concerns your health.

It had been known long ago that diet is one of the most effective means fighting diseases. Today, it is the most formidable system to detoxify the body of harmful elements (chemicals, metals, free radicals).

By this time, you would perhaps know some general guidelines in choosing your food, and perhaps the corresponding reasons as well.

Choose your snack foods (avoid soda, sugar-rich

foods) because they are full of additives, preservatives and flavorings that do nothing for the body. The opposite is true, however. These chemicals can damage your system.

Switch to fresh fruits and vegetables. Berries and other fiber-rich foods are the best. Green vegetables (cauliflowers, broccoli, kale and many more) are the best sources of not only vitamins but anti-oxidants as well.

## Lifestyle

You can detoxify your bodies better and faster if there is a corresponding change in your lifestyle.

Around 15 to 30 minutes of exercise (preferably done outdoors) is good enough to get you to breathe harder and exercise your lungs and heart. Your skin is renewed if you break into some sweat. It is so much better if you can do it in the morning sunshine.

For the body to recuperate and rebuild its energy, you need to have a good night's sleep, preferably around 8 hours a day. Of course, cigarettes are a total no-no, and alcohol is restrained.

## Basics

All in all, body detoxification is going back to the basics of simple living. This means ingesting natural food and drinks, good exercise and enough rest are still the best so far.

### Fight stress through body detoxification

Stress is the number one reason why people indulge in body detoxification. This is because stress results to a drained mind and body which lessens the person's ability to function properly.

When one engages in body detoxification, it is expected that the blood will be cleansed through the elimination of impurities in the liver, in the kidneys, in the lungs and in the intestines as well as in the skin and in the lymph.

### Start small

Great things indeed start from small beginnings. Experts say that people who want to get started in detoxifying their body should learn to take things slowly but surely. They can do this by starting on small requirements of body detoxification such as minimizing the presence of toxins inside the body which are usually caused by too much use of cigarettes, high levels of alcohol intake, over

consumption of coffee, and eating foods that contain refined sugars as well as those that contain saturated fats. This is the first step to a successful body detoxification because these are the very things that cause impurities in the body.

If possible, you should start minimizing if not reducing the use of chemically-based personal health care products like shampoos, toothpaste deodorants and cleansers because these also contribute to the amount of impurities already present in the body.

Once you were able to accomplish these basic tasks, you can now move on specific steps in detoxifying the body. These options would greatly depend on the kind of lifestyle that you have and also on how great your dedication is in cleansing your body.

### Getting started

The most popular body detoxification options for you would be using water, drinking juice, changes in diet as well as the removal of dead or old skin cells.

Using water in body detoxification is one of the most popular ways that people use because they find it effective. Since water is considered as the universal solvent, people use this for body

detoxification to wash out all the toxins caused by unhealthy lifestyle such as smoking cigarette, drinking lots of alcohol, and eating processed foods.

You can choice for juices if you don't like the taste of plain water. Body detoxification using fruit juices such as apple, cranberry, or vegetable juices like carrots and cabbage are just perfect because aside from having great taste, these are packed with vitamins and nutrients that can supply the nutrients the body needs while fasting.

#### Foods that can help body detoxification

With all the changes in the environment right now, it is only a must for people to start developing a habit of regular body detoxification through healthy eating. Experts say that since unhealthy foods are among the major reasons why there is a buildup of toxins in the body, people can use food itself to reverse the process.

#### Body detoxification diet

Most food and nutrition experts say that healthy eating is not about what people cannot eat. It is about what people can eat in order to get the optimum nutrition their bodies need. It is about

the use essential nutrients such as vitamins, minerals, protein, carbohydrates, fats and enzymes to make the body function better.

Aside from being a major source of most of the vitamins people need, healthy foods are also indispensable for life because it keeps people away from possible illnesses. Experts say that when choosing foods for body detoxification, you must make sure that they are fresh, unprocessed and whole especially if you plan to buy fruit and vegetables, whole grains, legumes, nuts and seeds, and sprouts. Considered as live foods, being fresh ensures that the food still contain the greatest amount of vitamins, minerals, and enzymes that provides the body with optimum nutrition.

Make sure that you eat fruits that are fresh, dried without sulfur dioxide or frozen without preservatives and avoid eating fruits that are canned and in heavy syrup because these have preservatives, additives, and sweeteners. Eat veggies that are fresh or raw, lightly steamed, baked and dried without sulfur and avoid eating veggies that are frozen with preservatives, additives, sweeteners.

You should avoid products with white flour, unbleached flour, enriched flour, sweeteners, chemical additives, refined and processed grains, white rice, quick oats, instant oatmeal, and instant cereals. When it comes to legumes, choose



beans, peas, lentils, and chickpeas.

Also, choose for fresh sprouts and avoid veggies that are fried or overcooked. When it comes to grains, opt for whole grain products that are unprocessed, non-irradiated, non genetically modified, sugar free, no chemical additives, no preservatives and other whole grain & sprouted grain products like bread, muffins, tortillas, cereals, and pasta, crackers.

You can opt for organic foods over to those commercially-produced ones. Nutritionists say that organic foods are indeed the purest and healthiest foods for body detoxification out there because they are not yet contaminated with pesticides and have higher percentage of nutrition.

### Getting started in body detoxification

If you feel that everyday stress is taking its toll on you and your overall health, then now is the best time to get started on body detoxification.

These days, there are so many ways to detoxify the body. These options are specifically designed to suit the lifestyle and personal preferences of the people who are about to try body detoxification. Here are some of the common means to detoxify the

body:

1. Body detoxification through diet change. Since unhealthy foods are one of the major causes of impurities in the body, it is a must that people who want to undergo detoxification should start eliminating foods that are unhealthy such as fast foods and packaged that have high fats and sugar content. Instead, they should shift into healthier options such as a diet consisting of whole grains, fresh fruits and vegetables.

2. Body detoxification using juices. This type of body detoxification is some sort of a fasting for about three days and involves drinking only juices made out of fresh fruits and vegetables. Some of the juices used for this type of body detoxification include carrot juice, spinach juice, celery juice, cabbage juice, apple juice, pineapple juice and cranberry juice. Citrus fruits are strictly prohibited since these may cause stomach upset caused by the acid. Duration of juice fasting is typically one to three days.

3. Body detoxification using water. Instead of juice, this body detoxification type uses water instead. It basically follows the underlying principles in juice fasting only that plain water is consumed. Experts say that this is more effective compared to body detox using juice since water is the best cleansing agent there is.

4. Body detoxification using sauna. Since sauna uses heat, experts believe that incorporating this as a regular part of body detoxification would be an effective way to remove the buildups chemical present in persons fat cells.

5. Body detoxification through the removal of old skin cells. This is one of the simplest means to detoxify your body because all you need to do is to brush out old skin and you can pave the way for the stimulation of your lymph system by drawing out the piled toxins through your skin. Experts say that you can make use of a dry skin brush that is made out of soft vegetable bristles. You can start brushing your feet in a circular manner before you take a shower to ensure that your blood will circulate very well.

### Heavy Metal Body Detoxification

Body detoxification has been associated with the removal of harmful toxins from the body in order to ensure that health is maintained at optimum levels. But this is not only the line that the process crosses. It can be utilized in order to salvage a person's life in emergency life-threatening situations.

Chelation therapy is the usage of chelating agents to flush out heavy metals from the body's system.

Heavy metal poisoning is commonly caused by the likes of mercury, arsenic, and lead. In the US, standards of care state that the medium called dimercaptosuccinic or DMSA should be used to address such occurrences of intoxication. Nevertheless there are other chelating agents that can be tapped on. These are alpha lipoic acid or ALA and 2, 3-dimercapto-1-propanesulfonic acid or DMPS.

The use of chelating agents was first practiced when poison gas was released during WWI. The organic dithiol compound named dimercaprol was the antidote set to combat the arsenic-based poison gas called Lewisite. In terms of British setting dimercaprol was tagged as BAL or Anti-Lewisite. The sulphur atoms in BAL's mercaptan groups had the key ability of creating a strong bond with arsenic. This led to the formation of a water-soluble compound that went to the bloodstream and was excreted via the liver and the kidneys.

At the conclusion of WWII numerous navy personnel was plagued by lead poisoning because of their job of repainting the hulls of ships. Since BAL had severe side effects EDTA or ethylenediaminetetraacetic acid replaced it as the primary chelating medium. It is characterized by a synthetic amino acid having no mercaptans thus the side effects were much manageable. Upon the entry of the 60's, BAL was modified to create DMSA which is also a dithiol but with even fewer side effects. It then replaced EDTA and became the standard

treatment for mercury, lead, and arsenic poisoning.

Studies done in the former Soviet Union led to the birth of DMPS which is a dithiol that acts as a chelating agent for mercury poisoning. The Soviets then added ALA which when ingested is processed by the body into dihydrolipoic acid giving it the ability to resolve both mercury and arsenic intoxication. The US FDA accepts ALA as a common nutritional supplement but DMPS is on an experimental status.

A real-life evidence of the body detoxification component of chelation therapy can be traced way back in 1976. It featured the case of Harold McCluskey who is a nuclear worker that was exposed to life-threatening levels of americium. Diethylene triamine pentaacetic acid or DTPA was used on him for many years in order to expel 41 MBq of americium from his system. When he died 11 years later the cause had nothing to do with the americium poisoning.

### Holistic Body Detoxification

Companies and establishments that are associated with body detoxification have engaged into full efforts in order to market their products and services since the boom of the process. The health conscious trend that is seen in the public has been

used in order to make detox commodities sell like hot pancakes. If you are one of those people who want to get their money's worth then you should be well acquainted with the principles of body cleansing.

You must first understand that the body has the natural capacity to take care of the junk that is wreaking havoc in all of its workplaces. Each system was created in order to complement each other and engage in compensatory mechanisms so as to keep the whole human body running in tip-top shape. The need for detoxification arises when there is too much toxin inside the body for the organs of elimination to control and expel.

Since the elimination channels are the problem area detox preferences should not be based on the popularity claimed by a service or product. Instead top priority before undertaking detox procedures is to see to it that these networks of excretion are performing in their best condition. The colon is known to be the largest organ associated with the removal of body impurities. Therefore it is the primary element that should be looked upon when mapping out a program for full body detox.

The kidneys are next to the colon in terms of elimination responsibilities. Then the skin follows as the secondary medium. Now if both the primary elimination characters are in question the body will go into compensatory mode which means that it

will tap on other processes in order to get rid of the accumulated wastes. This is the reason behind the skin conflicts.

Conventional medical practices assign specific treatments for particular anatomical cases. Eye problems need eye medications; heart conditions demand cardiovascular interventions and so on. This principle is in contradiction with what a full body detox lays on the table. Since the body works through the interrelated efforts of each system and there is no really organ that functions independently then a holistic approach would give the body higher chances to detoxify better.

Although body detoxification can attend to the full blown needs of body elimination it is a simple process which can be done by a person with proper understanding. When looking for a full detox variation you don't have to be tricked into going by the complex means available in the market. The quality of body cleansing does not lie on the technical features and complicated programs. It is not even based on the exotic ingredients and elements in the product. A lot of detoxification success has been attributed to the consistency and intensity of each session.

How do Body Wraps Help in Body Detoxification?

Many health problems can be solved through body detoxification, which is the body's natural mechanism to flush out harmful toxins. The skin, for example, gets rid of toxins through sweating. To enhance this detox process, body wraps are used. Detox body wraps help the skin eliminate excess toxins and fluids to enhance the skin's appearance and texture. Aside from improving the skin, detox body wraps can also help people lose weight.

Using body wraps is a great way to supplement your body detox program, whether you are taking a detox diet, juice fasting, or drinking detox tea. Usually, people who go through detox body wrap treatments have their neck, arms, legs, and torso covered with stretchable cloths that absorb and get rid of excess toxins and fluids in the body. The cloths are either dry or soaked with a mixture of natural ingredients such as salts, seaweeds, essential oils, and herbs.

They are wrapped snugly to serve as a thermal covering and to speed up sweating. As a result, the skin sheds off excess fluid that comes from the small gaps between tissues in the body. Although you can see immediate results from using body wraps, you have to do it regularly to prevent toxins and fluids from building up again in your body.

The following are the specific health benefits you will get from body wraps:



\* Aloe vera, mud, and other detoxifying materials are used to make the skin soft. The skin is further softened with emollient lotions.

\* After just one body wrap treatment, the skin will instantly become softer. Fine lines also decrease because of the skin tightening effect of body wraps.

\* The salts used in body wraps not only detoxify but also exfoliate the skin.

\* Body wrap treatments are very relaxing, so they can help reduce stress and lower blood pressure.

\* Body wraps increase your metabolism rate, thus helping in reducing weight and contouring the body.

Depending on your location, the cost of detox body wraps usually ranges from \$100 to \$300 in spa centers. Body wraps may be cheaper when performed with other spa treatments such as waxing, massage, or facial.

You can save money by making your own body wraps at home. Yes, you can have a refreshing body detoxification without leaving your home! You just need a few wrapping cloths and various natural

ingredients to mix in your wraps. Mud or aloe vera is a good base for the body wrap formula. You may try using different essential oils and herbs to know which ones work best.

### Interactive Body Detoxification

Body detoxification has a very diverse network. It has gradually reached the areas of conventional medicine and at present it has grown by continually showcasing treatments from traditional roots. Let's take a look at how different organs interact in traditional Chinese medicine in order to get rid of toxins that are harmful to the body.

Basically Chinese medicine is referred to as a system of internal medicine which is composed of diagnostic procedures based on signs and symptoms that are then resolved by treatment styles such as meditation, acupuncture, herbal preparations, exercise, and diet. The principles of Chinese healing lie on the interdependent relationship of the Yin and Yang. When balance is present health is assured to be on optimum level.

Detoxification in traditional Chinese medicine occurs via the joint efforts of organs. The lung and the large intestine have close relations. The large intestine is responsible for the processing of liquid wastes into solid form as well as

transporting them out of the body. It assists the lungs in manipulating skin pores thereby controlling perspiration. The lungs return the favor via the expansion and contraction of the diaphragm which results to peristalsis leading to intestinal activity.

The lungs kick out harmful toxins through deep breathing mechanisms. Deep breathing is also part of enhancing lymphatic flow en route to toxin elimination. The colon works with the lungs by removing unwanted substances in the live and the digestive tract. In order to ensure that the duo gets the job done it is advisable to combine deep breathing with a glass of psyllium husk.

The liver and the gallbladder form the tandem in Chinese medicine. The liver functions by storing and regulating blood as well as organizing the smooth flow of Qi energy which is vital for emotional balance, functional digestion, regular menstruation, and patent bile secretion. The liver transforms harmful impurities into substances that can be safely flushed out by the kidneys and the colon. The gallbladder helps the liver in the completion of this job. A tall glass of water squeezed with half a lemon will increase the capacity of the liver-gall bladder tandem.

The Chinese style of body detoxification is furthermore bannered by both the kidney and the bladder. The kidney is the storage facility housing

the essence of a person's constitution and the reproductive fluids that give way to life. When the liver passes water soluble waste to the kidneys it is up to the bladder to filter this for proper elimination. A tea made from boiling four cups of water and a handful of corn silk will support the union of the bladder and the kidney.

### Methods Of Body Detoxification

Nowadays, most everyone knows about body detoxification, what it does to our bodies, its health importance, and also about pollution and toxins.

Everyone agrees that an aching body, low energy level and mental stress are signs that one should now undergo detoxification. Unfortunately, some people knew only bits and pieces on body detoxification.

#### Reasons

For the busy metropolitan dweller, body detoxification once a year is good. It is comparable to a spring cleaning of your body systems and getting rid of the accumulated toxins.

Experts believe that toxins (most are free radicals) built up inside the body are the primary cause of a wide range of illnesses from heart diseases to cancer, constipation, organ malfunctions and many others.

These toxins, unfortunately, are from the food we eat, the water we drink, the air we breathe, and the things we touch. Even stresses from too much noise produce their own toxins in the body.

### Simple methods

There is a wide variety of methods in body detoxification. Some may require a total change of lifestyle, diet, and perhaps including ones mental perspectives.

Many people fail in their detoxification programs because they cannot cope with the change of lifestyle. The following are the simplest ones most anyone can follow.

### Food

First, consult with your doctor before undergoing your body detoxification. This is especially true for people under medication.

You can start with reducing the consumption of food items with known high levels of toxins: coffee, saturated fats, alcohol, and sugar. Your doctor is the best resource person to consult on the perfect food and diet for you.

## Detox Diets

One of these is water fasting. In it, you drink 8 to 10 glasses of water daily. A weak tea may be used as substitute but without any kind of sweetener.

Another one is going vegetarian for the time block of your diet. The simplest form is eating raw fruits in the morning and only vegetables for lunch and dinner. This would greatly help in cleansing the digestive system because of the fiber.

## Vitamins and Herbal Medicines

You can help your body get rid of harmful toxins by taking vitamins and herbal supplements. Good anti-oxidants are those vitamins with coenzyme Q10, alpha lipoic acid, and choline.

Overall, they reduce vitamin deficiencies as well as provide regenerative anti-oxidants to fight free radicals in the body.

## Regular exercise

One of the better exercises fit almost all ages are aerobics. Perspiration is one very important form of flushing toxins and body wastes through the skin.

Body detoxification need not be complicated. As to the results, you will feel the changes in your body right away in a day or two.

## On With Body Detoxification

It is of utmost importance that the body stays in tip-top shape. Systemic functioning and processes should always flow smoothly. One way of ensuring that this happens is by eliminating all the substances that will serve as hindrance and harm. This is where the services of detoxification come into the picture.

The expulsion of toxins for the body does not always need to be performed within the confines of a medical institution via the utilization of highly advanced machineries and methods. One only needs to know the basics and incorporate them into his daily routines. There are several options that can be tapped on like colon hydrotherapy, herbal and

vitamin intake, and specialized diets but the more simple ways include the likes of fasting, weight reduction, exercise, and even deep breathing relaxation techniques. Alternative medicine experts suggest that targeting the colon, liver, and kidneys for cleansing is a good way of kicking out all sorts of unwanted substances.

Fasting entails a disciplined period marked by no food intake for several days. This will allow the body to go on a rest period thus saving a significant amount of energy that is lost during the mechanisms of digestion. Now, the energy saved can then be utilized to facilitate self-healing. Sufficient amounts of fluids are advised during the fasting program. Water is the usual character in this scenario nevertheless fruit juices and herbal teas can play supporting roles.

Another way to expel nasty toxins from the body is by employing a realistic, well-assessed, and applicable weight loss program. Remember to consider the body's capacity so as not to exaggerate the whole program. During this weight reduction phase waste products that were stored within the fatty tissues of the body will be flushed down the drain. If dieting is not your thing and you want to support your body's detoxifying ventures then it would be best to integrate organic foods into your daily intake because in doing so the chances of ingesting preservatives and undesirable chemicals are lessened.



Aerobic exercises work by stimulating the heart to pump faster thus increasing the flow of blood and lymph fluids. The raise in blood activity level will ensure that adequate nutrition is delivered throughout the body while a boost in the movement of lymph fluids can bring about waste product removal. Wastes can also be excreted via sweating and deep breathing. In sweating toxins come out via skin pores while deep breathing offers a medium of exhaling carbon dioxide out of the body.

The colon plays an important role in body detoxification. Colon cleansing can be done through the use of herbs that function by removing excess fecal materials in the intestine. There is colon hydrotherapy which is executed by flushing out all forms of toxins via a catheter that is inserted into the rectum. Both the kidney and the liver are also important components of detoxification. The kidney is responsible for blood filtration while the liver throws away the by-products of metabolism.

### Physical and Mental Well-Being through Body Detoxification

Nickel, cadmium, aluminum, lead, and mercury these are examples of heavy metals that come from most industrial wastes and are harmful to humans. But

through constant emission of factory wastes and car exhausts, these metals and other dangerous chemicals are taken in by humans. This results in the decreased efficiency of body organs, and accumulation of toxins in the body may lead to serious diseases and even death. These could be prevented by following a program called body detoxification. In addition, it offers numerous benefits, not only to the immune system, but to the whole body and mind, as well.

Body detox helps the body reduce the buildup of toxins and wastes. This is done by strictly following a healthy diet, taking the right supplements, and avoiding stimulants such as coffee, soda, and alcohol.

Benefits from cleansing the body through detox range from the improved efficiency of the organs to an overall rejuvenated feeling in the body. First, following a body detox program improves the release of harmful wastes and toxins in the body, as it nourishes the detoxifying organs. Detox improves immune function. In addition, detox programs speed up the removal of wastes to reinforce the body's fight against serious illnesses such as cancer and degenerative diseases. The blood and the digestive tract are cleansed during the process. As a result, healthier cells are produced and better digestion is maintained. Benefits from detox include a healthier lifestyle, which involves a healthy diet, a lot of exercise, and avoidance of sugar, salt, nicotine, junk foods, and alcohol. Following this

lifestyle ensures a more relaxed yet more energized body. Meditation is recommended to achieve a rejuvenated mind and an increased energy level.

The main organs of the body involved in the detoxifying process are the lungs, gall bladders, kidneys, colon, lymph, skin, liver, and blood. They regulate the removal of harmful wastes from the body. These organs are usually overworked and tend to get damaged due to the abundance of toxins in the body. However, detoxifying aids in the elimination of these pollutants. Following a balanced diet specified in a

body detox program provides the nutrients the body needs, making the immune and excretory systems healthier and more efficient.

Body detox may cause side effects during the process such as headaches, discomfort, and fatigue. But the pain is worth it since it will eventually disappear, leaving the body cleansed and refreshed. Finally, body detoxification helps in restoring internal well-being and achieving superior health. By following the program, improved sleep and glowing complexion can also be attained.

### Pumped Up Body Detoxification

Body detoxification is considered to be a very

potent medium in flushing out all forms of waste products out of the body. It can even be more effective when paired up with a supplementary method. Exercise can be utilized in order to magnify the benefits of cleansing.

Aerobic movements can contribute to the enhancement of blood circulation thereby increasing the supply of oxygen throughout the body. It is helpful in ridding the skin of the unwanted accumulation of toxins. This is achieved by the sweating process that takes place.

Sweating promotes the elimination of fat soluble toxins like DDT and heavy metals such as lead. A detox paired up with exercise can lead to a rejuvenating experience plus the cleanup of skin pores. But make sure that after the workout or routine you treat yourself to a nice shower to completely eradicate waste materials from skin surfaces.

After arriving at an understanding of the positivity brought by exercise on your detox campaign it's important to take note of the contributing principles that will aid you in your sessions. Start things off by identifying the activities that you would realistically and religiously follow. The program will only work if you are up to it. It doesn't matter if it's a casual jog in the park or a walk with the kids and the dog the important thing is you would enjoy what

you're doing.

Your goal is important during this time. They must be mapped out based on your personal preferences, abilities, and needs. Your routine can last up to an hour in alternate days of the week or it can be as short as 15 minutes. You just have to understand that workouts should involve activities that will lift you to a positive state and outlook. The goal of detox is to release all sorts of negativity even those that are plaguing your thoughts.

Now that you have set an attainable goal it's time to put it into action and move forward in a gradual pace. Don't hasten things up. If it's not plausible to start with big numbers because you are overwhelmed then start with the fundamentals and from there steadily work your way on top of the program.

Always have a backup plan. Toxin build up does not only affect you physiologically it can also wreak havoc on your mood and motivation. If your routine involves going to the gym at a certain day and then you are suddenly washed away by negative thoughts and emotions it's time to engage in a more casual walk even for just several minutes. It does not only keep your participation in the program but also gives you time to contemplate.

Exercise can really pump up your body

detoxification aspirations. You just have to make sure that you have all the dedication and determination needed to make each step enjoying and meaningful. In this way success is just a single step away.

### Skin Cleansing: An Essential Part of Body Detoxification

The skin is one of the main detoxifying organs in the body. As such, your body detoxification system must include skin cleansing to maximize the skins ability to eliminate toxins.

Why detoxify the skin, you might ask. Well, it is because presence of toxins in the skin has undesirable effects.

Exposure to pollution and use of synthetic skin care products contribute to skin toxicity. Harmful chemicals may enter the circulatory system and produce more toxins in the body. The bad effects of these chemicals may not be felt instantly because the liver can detoxify them. What if your liver is damaged? Skin detoxification is recommended to those who have malfunctioning kidneys because they lack the means for full body detox.

Skin detox offers a lot of benefits besides getting

rid of toxins and excess fluid from the body. It increases the amount of oxygen for use by the body, which in turn reduces congestion in the lymph and removes toxic heavy metals from the skin. The heat treatments involved in skin detox help reduce blood pressure and trigger sweating. The more you sweat, the more efficient your body becomes in eliminating salt, phosphates, uric acid, urea, and lactic acid. The other benefits of skin detox include maintenance of the hair and skin's natural Ph, improved metabolism, better immune defense, pain relief, and relaxation of the body.

The following are practical tips to help you detoxify your skin and keep it healthy.

- \* Use natural soaps and skin care products.

- \* Avoid wearing clothes made of synthetic fibers. Instead, wear those made of natural fibers such as wool and cotton, which can absorb toxins better than synthetic fibers.

- \* Try sauna. It can eliminate fat-soluble toxins from your body. According to studies, about 20 percent of 16 toxic substances are reduced in the body after sauna. Even after four months after sauna, the body still continues to flush out toxins.

\* Have a cleansing bath. A lot of people lead stressful lives, and who couldn't use a relaxing bath nowadays? Plus, you can use your bathtub at home to remove toxins from your body. Soak your whole body for half an hour in warm water mixed with baking soda, salt, powdered ginger, and hydrogen peroxide. The baking soda neutralizes the acids in the toxins, while the ginger and salt wash out toxins from the skin.

\* Use a dry skin brush or loofah sponge when you take a bath. This will remove dead skin cells and oils that clog the pores. It is important to unclog the pores to release toxins from the skin more easily, making body detoxification a more efficient process.

### Soothing Body Detoxification

Fluids play an important role in maintaining homeostasis within the body's systems. This is why it is a significant member of the body detoxification team. Water and juices are commonly part of a detox scenario but a soothing cleanse wouldn't be possible without the warming presence of herbal teas.

You can start the tea party by boiling the desired amount of water. Turn off the heat when boiling occurs then add your chosen herbs into a tea ball,



infuser, or muslin bag for a single cup. If you choose to prepare a larger amount you can add up to three teaspoons of herbs.

Allot about five minutes for the herbs to infuse. The ideal consumption is around 3 to 4 cups daily. If you want to add in flavor you can use lemon and organic honey. Each preparation can bring about positive effects of anti-inflammation, ant oxidation, and increased circulation which will then lead to significant benefits of purification, detoxification, and cleansing. Now it's time to head on to herb combinations which will bring on the tea in detox.

Roasted chicory root and dandelion root mixed with guarana root can be utilized to produce a cup packed with vitamins and minerals. The preparation can increase blood flow and oxygenation. It can act as nervous system stimulant resulting into decreased depression and fatigue.

Olive leaf, Hawthorne, spearmint, cats claw, and peppermint can be combined together to form the perfect blend that can boost up the immune system. Papaya leaf, peppermint, and hibiscus can form a formidable trio which can serve a preparation for diarrhea and ulcers. This preparation can help relieve indigestion, heartburn, nausea, stomach upset, and circulatory problems.

Clove, stevia, rosehips, red clover, ginger, alfalfa, dandelion, goldenseal leaf, pan d' arco, Echinacea and nettle can be brewed up for purposes of eradicating accumulated toxins within the body. The tea these herbs produce can benefit the colon, enhance circulation, and act as an antioxidant. Alfalfa and peppermint can be paired up to produce good music that can balance hormones, lower cholesterol levels, ease inflammation, and promote digestion. More importantly it is a potent tool for system detoxification.

The joint efforts of herbs like myrtle leaf, licorice root, psyllium husk, nettle leaf, alfalfa leaf, sage leaf, rose hips blackberry leaf, uva ursi, and juniper berry can lead up to a figure that will turn heads around as the tea produced can act as appetite control. This preparation can also flush away excess water, ease inflammation, balance hormones, and act as a diuretic.

Body detoxification should run with fluidity. Lack of highly technical resources and settings should not hinder a person from getting a relaxing and enjoying cleanse. More so, it should be experienced within the very comforts of one's abode.

The body's detoxification process and what you can  
do to help

Detox procedures can be very expensive. One session can cost thousands of dollars but despite the hefty price tag, people are still willing to spend so much. And you can't really blame them. Body detoxification does not only make us healthy, it also keeps the body in shape (read: weight loss) and the skin clearer and fairer. If those are not reasons enough to spend a fortune, we don't know what is.

But body detoxification is not something that you can only find in the hospitals. God has given us the natural ability to "detox" or to flush out the poisons that we take in. This is why we have the liver and the kidneys. They are the ones that filter what we eat and drink. If you just take care of your body, you can help keep the body detoxification process inside the body running smoothly. That way, you don't need to pay for a medical procedure. Here are some tips on how to help your detox team.

1. Drink lots of water

There is importance in the reminder that we should drink eight glasses of water every day. Water helps in neutralizing the body's toxin. Just think about how we add water to make a coffee tasteless bitter or when we add water to make a dish less salty. The same goes with the toxins. By drinking lots of water, you help our detox organs with their jobs. Of course, you have to make sure though that what

you are drinking is safe and clean.

## 2. Eat food that aid in detoxing

There are foods that make detoxification easier. For sure, you have already heard about antioxidants. These substances help keep the body's toxins at bay. Some of the foods that are rich in antioxidants are fresh fruits like apple and pineapple, green leafy vegetables like broccoli and of course, the much celebrated green tea.

## 3. Take a dump everyday

Make sure that you excrete body wastes at least once every day. This is important because it is the body's way of getting rid of all the toxins in your body. If you are not doing this regularly, load up on green leafy veggies and on water. They can help make the body detoxification process smoother. There are also medicines that can help you with this function. Remember that problems with wastes can lead to colon cancer.

### The Body's Natural Detoxification Process

The body detoxification process was often being taken for granted perhaps because it was not

something that we see or something that we considered to be just natural and therefore, automatic. But these past few months, people have become more aware of the role that the body's detoxification function plays in keeping them healthy. They realize that their health, wellbeing and general appearance depend on how completely the body gets rid of the toxins that they take in everyday through the air and food.

A great detoxification process can lead to a healthier body, a sounder mind and even weight loss and clearer skin. To those who still do not know what toxins are: these are poisons that we take into the body, which can harm our organs and cells. We can get it from the chemicals in the food that we eat and the pollutants that we come into contact with in the environment.

There are now detox clinics and procedures in hospitals that aid the body in flushing out unwanted toxins. They can be very expensive especially now when demand on these kinds of medical procedures has increased due to its beneficial side effect: weight loss. These procedures however are not the be all and end all of things. If you do not have the money to avail of these procedures, you can always do the detoxification yourself.

You see, the body naturally does detoxification. We even have a team of organs that take care of this

process. The liver is the one that takes care of most of the detoxification. It gets rid of the toxins in the body first before letting them through the blood stream. It also takes care of what is called the fat-soluble toxins in the body. The kidneys on the other hand take care of the water-soluble toxins and flush them out as urine. Of course, there is also the large intestine, which takes care of the solid wastes and sends them out through feces. Even the lungs and the skin are part of the detox team. The lungs cleans the air that we breathe while the skin flushes out toxins through sweat.

You don't need expensive and artificial body detoxification procedures if you will only take care of your kidney and liver. The natural way to detox is still the best. Just eat healthy, drink lots of water and observe personal hygiene and you are already good to go.

### Using juices for body detoxification

Juices have always been a part in achieving a healthy body. This is because experts believe that the properties of juices can help in supplying the nutrients that the body needs. It is an effective tool in cleansing the body from impurities through body detoxification.

If you are one of those who are into body detoxification through juices, you can try the following types such as:

- purple grape juices. This type of juice is ideal as a health drink because it is rich in antioxidants, which are good for the heart. Experts say that this is an ideal juice for body detoxification because it is not only a good source of anti-oxidants but of vitamin C as well.

- cranberry juice. Doctors usually recommend this health drink for those who experience gall bladder problems. But, ordinary people can drink it to protect themselves from having bladder infections that are recurrent. It is also a good source of your daily dose of Vitamin C.

- vegetable juices. If you don't have time to prepare natural veggie juices on your blender, it is best to grab a carton of vegetable juice in the market. Vegetable juices can be considered as a great option for body detoxification especially to those who are into salty foods such as chips because it contains natural properties that can wash away too much salt in the body that leads to weight gain.

- pomegranate juices. Pomegranate as a fruit is known to bring lots of healthy benefits to people once eaten. If made into a juice, this can be as

healthy as eating the fruit itself. When buying pomegranate juices, make sure that these are 100 percent natural and with lesser additives as possible to ensure that you are getting the DHA, and Omega 3 that can help better brain function as well as antioxidants which is great for the cardiovascular system.

- plum or prune juices. The common notion about prune juices is that it is for older people. To shake off that impression, many manufacturers have renamed their products as "plum juice" which is derived from the same family of the fruit. Plum or prune juices are great choices for body detoxification because it can help you veer away from various digestive problems such as constipation because it is loaded with fiber. Other variations include certain herbs such as chamomile or ginger to make it better tasting and healthier.

### Various Options for Full Body Detoxification

Do you want to stay healthy at all times? Do you want to lose weight permanently? Do you want to live longer? Body detoxification might just be the answer to your health problems. This process cleanses your body of harmful toxins that pose threat to your health. Toxins come from various sources such as pollution, certain foods and beverages, and synthetic skin care products. The body gets rid of toxins on its own through the



detox functions of the intestines, liver, kidneys, skin, lungs, and lymph. There are a lot of methods that can aid in the body detox process. Here are five types of detox programs that you may consider for a full body detox.

### 1. Herbal Detox

Coming in the form of tea, pills, extracts, or powders, herbal detox programs are a popular way to boost the detox function of the different organs in the body. If you are going to use herbal detox to cleanse your body, be warned that using the wrong type of herb can lead to side effects. Certain types of herbs are useful for a specific part of the body. For example, chamomile and red beet help detoxify the liver but not the kidneys. The herbs that detoxify the kidneys include ginger, parsley, and cedar berries.

### 2. Detox Body Wraps

Body wraps enhance your skins capability to remove excess fluids and toxins from the body. The natural ingredients used in body wraps get through the pores, thus tightening the skin tissues and repositioning the cells of the body fats.

### 3. Juice Fasting

As the term suggests, juice fasting involves drinking of juices extracted from fruits or vegetables to aid in the body detox process. In this type of body detox, any solid food such as red meat is eliminated from the diet. Juice fasting is one of the most recommended ways to burn fat, as it aids in digestion and boosts metabolism.

#### 4. Probiotics

Who says all bacteria are bad? In fact, the body needs good bacteria to be able to cleanse itself. Beverages and yogurts that contain the bacteria Bifido and Lactobacillus acidophilus flush out toxins, help the body fight bad bacteria, and provide nutrients.

#### 5. Detox Bath

Sweating is very helpful in body detoxification, and this is achieved with regular exercise. What if you have no time or are not interesting in working your body out? A great alternative is a detox bath or sauna. Detox bath is done by soaking your body for 15 to 20 minutes in water mixed with sea salt or baking soda while scrubbing your skin mildly with natural soap.

### Why Antioxidants are Important in Body

## Detoxification

Want to cleanse your body and keep it healthy? Detoxify your body with the help of antioxidants such as vitamins A, C, and E. These antioxidants play a crucial role in body detoxification because they help the cells counteract free radicals, which cause damage to and mutations of the cells.

The importance of antioxidants in the body detox process can never be underestimated. Lack of antioxidants in the body will mean health problems in the long run. Antioxidant deficiency leads to lack of energy needed for detoxification to take place and failure of various organs to detoxify the body. This results in the buildup of toxins in the body, which are stored until they are eliminated. As long as the harmful toxins are stored in your system, you are likely to get sick and gain weight.

You can take some steps to make sure that your body gets enough antioxidants to start the detoxification process. Obviously, one of the best ways to detoxify the body is to eat more foods that contain antioxidants. Among the foods rich in antioxidants are red grapes, tomatoes, broccoli, berries, whole grains, garlic, carrots, soy beans, tea, and spinach. Herbal supplements can provide you with all the vitamins and minerals your body needs for getting rid of toxins. Taking an all-juice diet or juice fasting has the same effect.

In particular, vitamin C is known as a very powerful antioxidant because of its many benefits. When combined with adequate water intake and regular exercise, vitamin C can do the following:

- \* Eliminate rancid or oxidized fat
- \* Lessen swelling in various parts of the body
- \* Remove toxic mucus
- \* Cleanse the colon
- \* Help heal wounds
- \* Boost immune system and fight viruses that cause colds
- \* Strengthen and tighten the skin, bones, and blood vessels

Unlike fat-soluble vitamins A and E that are located in fat tissues, vitamin C is water soluble and located between the cells in the skin. It has to be taken with bioflavonoids found in cherries, oranges, and lemons to ensure an efficient body detox process. Vitamin C can be taken in high doses as long as they do not exceed the body's bowel tolerance level. Contrary to what many people think, pure ascorbic acid by itself is not enough

to help the body detoxify. Ascorbic acid is only part of the vitamin C complex.

Full body detoxification can be performed naturally and easily by eating more foods rich in antioxidants, especially vitamin C.

### Wrapped Body Detoxification

The medical world has taken great strides. Treatments at present do not only target one sort of disorder. The once weight reducing effects of body wraps have undergone transformation into an innovative technology known as detoxification body wraps. Let's take a look.

The industry of spas and wellness centers has utilized body wraps in order to fend off cellulites and excess fats. Substances like seaweed, clay, and mud are used with heat and tight wrapping materials in order to bring about desired weight loss and body contour. Now with the advancement of cosmetic technology, innovations have been made thus coming up with detox body wraps that has the ability to induce the process of detoxification. This is made possible by the mechanism that draws out harmful toxins from fat tissues that then heads on to exit through skin pores.

How does a detox body wrap really takes place? It involves engaging in a procedure that takes about an hour. The person needs to undress with the exception of the undergarments. This will then be followed by the taking of measurements in different parts of the body. The designated practitioner will then wrap the body with bandages that is soaked with oils or solution.

The process will then begin to take place as the body is squeezed tightly. During this time light exercises are suggested in order to enhance the release of toxins from the body. When the procedure is complete the body is unwrapped and rinsing of the solution takes place. Again measurements will be taken in order to determine the inches that have been lost. It is advisable that the individual must take in an increased amount of water before, during, and after the wrap in order to boost the removal of toxins.

In terms of the slimming aspect of the procedure it must be noted that different persons have different rates. Nevertheless the average alteration can range between six to twenty inches. The process should be done in a consistent manner. It can either be done within the vicinity of local health spas or inside the very comforts of your home.

Apart from knowing the procedure itself there are also other principles that needs ample consideration. Since body detoxification wraps can

be messy it is advisable to do it in a bath tub. The procedure can be spiced up by listening to your favorite music or if you have the means watching your favorite TV show. Take a warm shower before the wrap so as to open the pores and remember to avoid alcohol, caffeine, carbonated drinks, and fried fatty foods 48 hours after.

### Detox Cleanses

Cleansing and detox programs have become very popular in the last few years. A body cleanse can be a process that lasts for just a few days or four weeks -- it really depends upon the type of cleanse you are doing and the results you're trying to get from your cleanse.

Are you cleansing to lose weight? Maybe you want to give your colon and digestive tract a clean slate by removing waste matter and toxins that have built up due to an unhealthy diet. Maybe you want to do a water only fast to give your digestive system a complete rest. Whatever your reason for cleansing, your body will enjoy the break from your usual regimen and if you do your cleanse right you can really see some great benefits.

A detoxifying cleanse can be done in many different ways.

Here are a few detox cleanses for you to consider:

"Change your diet" cleanse:

This is the most common and widespread type of cleansing detox. This is where you change your diet and simplify what you eat for a period of time that can be a few days or up to a few weeks. A "change your diet" type of cleanse may mean that you eat only fruit and/or vegetables or another type of cleansing food during the cleanse.

Fasting cleanse:

Another type of cleanse can involve fasting. Fasting is usually defined as abstaining from food. This type of cleanse usually requires that you take in a lot of fluids and these fluids flush out toxins from your body -- especially from your colon and digestive tract. There are "water only" fasts, vegetable juice fasts, fruit juice fasts, smoothie fasts and other types of liquid fasts. Fasting is also one of the fastest ways to lose weight when cleansing.

Parasite Cleansing:

Some health practitioners believe that a large part of the world's population is living with harmful organisms or parasites inside their bodies. They say that you can get these organisms by drinking unclean water or eating undercooked meat or by



having poor hygiene. To do a parasite cleanse you usually will need to ingest a concoction of black walnut hull, male fern root, clove, wormwood and more. These special blends cause an unpleasant and unlivable environment for the organisms which causes them to depart from your body.

No matter what cleanse you do, it is recommended that you use simple organic ingredients so that you do not bring more toxins into your system that would contradict the healing process you are trying to create with the cleanse.

When you decide to do a cleanse, find one that works in synchronization with your body to cause a natural discharge of poisons and toxins. Your goal at the end of a detox cleanse is to feel refreshed and revitalized and it really is attainable.

## 7 Herbs Every Man Needs for His Ultimate Health

Written records of herbs having been used by mankind date back to 1600 B.C. when the Egyptians had access to a record of no less than 700 herbal medicines.

The father of modern or Western medicine, Hippocrates, had recorded more than 300 herbal therapies himself whereas another Greek physician,

Dioscorides, wrote his classic "De Materia Medica," detailing over 500 herbal remedies, which was used by doctors as a medical textbook for over 1000 years.

Nowadays, more people turn to using herbs for everyday ailments than ever before because the natural powers of herbs have proven themselves time and again that they're whole lot more compatible to the human body than their counterpart - artificial chemical drugs - and that they produce more biologically synergistic benefits that can bring forth results in much faster manner.

Just like anyone else, man can also depend on a "certain" kind of herbs to push their vitality level higher which then can turn them into more "man" than they can ever dream of.

Here are 7 of these herbs that all men cannot live without:

#### 1. Hawthorn Berry

Hawthorn, being a heart tonic, can help to ensure regular heart rhythm and strengthen heart muscle. It is of great help at times of stress too.

#### 2. Garlic

Garlic helps to prevent heart diseases, high blood

pressure, high cholesterol and abnormal blood clots. The most important benefit among all others is its ability to slow the destruction of brain cells and to stimulate new neuronal connections.

### 3. Gotu Kola

A traditional blood tonic that helps to improve blood circulation, which then improves memory and boosts alertness.

### 4. Milk Thistle

This is considered as the "King of Liver Detox," because it can heal liver damage caused by too much alcohol and drugs. Its powerfulness far exceeds vitamin C and E combined!

### 5. Black and Green Tea

Drinking such healthful teas can help to detoxify, reduce and eliminate buildup of plaque in arteries and thus lower the chance of heart diseases. Free radicals, formation of cancer, growth of cancer...are out of the question with daily intake of black and green tea. Yes, it's that powerful!

### 6. Saw Palmetto

It limits the multiplication of protein cells and prohibits tissue swelling. Older men who suffer from frequent, painful urination and fluid retention will see quick relief after using this

herbal.

## 7. Tribulus Terrestris

Not only is it well known for improving man's sexual potency and functions. but also it is famous for improving muscle strength, lower cholesterol and has all kinds of anti-oxidant properties.

When men take these 7 vitally important herbs together on a regular basis, they will be so energized and empowered that their energy levels will be many times better than when they were young at their teenage.

## Detox or Die? - The Top 5 Ways to Detoxify Your Body

We are like magnets for toxins, like pesticides, herbicides, (including carcinogens) preservatives and heavy metals. Just living in this century has made us vulnerable. The food we eat is contaminated. Fresh fish contains mercury and other heavy metals. Meat and poultry are grown with hormones. Even fresh fruit and vegetables have been subjected to pesticides and other toxins. Processed food is even worse, with chemical additives to preserve, color, anti-cake and who knows what else.

How about the air you breathe? Very few places have a good air quality these days. Look into the distance at your locality, is the air clear or smoggy? Think about the dirty, greasy coating which lands on your car, of course, you are breathing the same air which delivered that mess. We also absorb toxins through our skin.

Is is any wonder your body is overloaded and unable to properly rid itself of toxins and is crying out for help. Inflammation and irritation of your tissues, causing chronic illness, is the result.

So what are the top 5 things you are do to help the detoxification process.

Number 1 - Minimize exposure to toxins.

Avoid dry cleaning your clothes, make certain your normal washing is properly rinsed.

Don't microwave your food in plastics (even if it says microwave safe).

Use glass containers to store food.

Beware of lead-based paint in older properties.

Use natural products and steam to clean your home.

Of course, don't smoke.

Consider getting an air purifier to cleanse the air in your home, as it's been proven that the air inside your home is often more polluted than the

air outside.

## Number 2 - Filter and purify your water.

This is an essential. We are made up of a large percentage of water. It is in every cell of our bodies. We are reliant on water to survive, and should consume 8-12 glasses daily to hydrate our cells and cleanse our system. However, it's not just quantity, it's also quality that counts. Most metropolitan water supplies are treated with chemicals to decontaminate the water. Rightly so, as untreated water would be a disaster. However, this doesn't necessarily mean drinking the chemicals in the water is good for you. They add to your toxic load. A good water purifier should filter out the chemicals, add life and minerals to the water, energizing it to give it the structure of pure, natural water.

## Number 3 - Cleanse your digestive tract

The longer the transit time through your digestive system the more toxins are absorbed into your bloodstream. Therefore constipation is extremely bad for your health. Help your body rid itself of waste by drinking sufficient water to lubricate your system and eat enough fiber to "sweep" your colon clean.

Over time toxins build up in your colon, in a coating of plaque, preventing absorption of nutrients and "locking" toxins in, making colon cleansing a priority to extend your life.

#### Number 4 - Eat organic food

Eating organic food not only reduces your toxic load, but also increases your nutrient intake. If you find it's expensive or hard to find, try growing your own. Nature likes balance, so you will find, to a large degree, the good insects will take care of the annoying ones.

#### Number 5 - Detoxify with natural products

Chlorella - a single-celled dark green fresh water algae. It has a fibrous cell wall, which acts like a sponge to bind with all toxins (including heavy metals, pesticides and herbicides) and allow them to pass out of your body.

Chlorophyll - a natural cleanser of your blood and digestive system. Cleanses your blood, kidney, liver and digestive system. The best chlorophyll is obtained from the young leaves of the mulberry (morus alba l)

Spirulina - a blue-green algae with many benefits, including the ability to improve gastrointestinal and digestive health.

You will have noticed that all these products are green, if your stools are not green, then you're not taking enough.

#### Number 5 - Protect your skin

Your skin is the largest organ of your body. Chemicals pass through your skin directly into your

bloodstream. Avoid chemicals touching your skin. If you must dry-clean clothing, make certain you air it outside to reduce the chemicals. Avoid cleaning with chemical-based products, or at least wear gloves and use in well-ventilated areas. Install a water filter in your shower. Use organic skin care products.

Think about everything you eat, breathe, drink and touch. The trick is to minimize input and maximize output.

### Why Our Bodies Need to Detoxify

Everyday the body takes in various forms of chemicals and toxins into the system just by breathing, eating and drinking. The body constantly expends energy and uses up a lot of vital nutrients to neutralize and eliminate these harmful substances. The body's ceaseless struggle to purge the system of chemicals and toxins affects health in different damaging ways.

If toxic substances build up in the body faster than they can be eliminated, the body produces fat to store toxins. These body fat cells are located as far away from the vital organs as possible, specifically under the chin, under the arms, on the back, hips and especially in the midsection. This is the body's attempt to protect the organs. The



accumulation of body fat is a visible indication of toxic buildup. It is also a sign that the liver is not in a good condition and is not working as effectively as it should. These fat cells are particularly obstinate and will require much effort to lose unless the toxic load is decreased and the body undergoes detoxification. When the liver is overloaded with toxic substances, these toxins begin to circulate in the blood and make the body tired and sluggish. These toxic substances damage the organs and increases inflammation in the body. They can also be causes for headaches and weight gain. Regular detoxification therefore is essential to help the body avoid toxic buildup, thus preventing various symptoms, complaints and diseases.

Detoxification is the process of eliminating toxins from the body. It involves dietary and lifestyle changes that help to decrease toxic intake and improve elimination. Avoiding chemical-laden food and other sources also help control toxin load. Some effective detoxification therapies include juice fasting, colon cleansing, enzyme therapy and exercise, among others. Other benefits of detoxification include reduction of symptoms, weight loss, clear skin, slow aging, improved flexibility, improved fertility and enhancement of the senses.

Juice fasting is when a person refrains from taking in solid foods and instead drinks juice, water and herbal tea throughout the day. Juice fasting allows

the digestive system to rest, accelerates the development of new cells, thus advancing healing. A combination of carrot juice, celery juice, beet juice and cabbage juice is recommended.

Colon cleansing rejuvenates the system. It involves healing, rebuilding and restoring the colon or the big intestine to its normal size and shape and correct function. The first stage of the therapy involves cleansing wherein water is infused into the intestine to wash the walls of the colon and remove the waste materials. The next phase then aims to heal, rebuild and restore a healthy colon, thus allowing it to function properly. The healing phase involves the infusion of materials into the bowel to cool inflamed areas and strengthen colon walls. Healing agents are then introduced into the colon to soothe and lubricate it.

Enzyme therapy involves taking supplemental enzyme to avoid enzyme exhaustion. To increase enzyme levels, it is recommended that an individual eat more raw food, take mineral supplements and digestive plant enzymes.

Exercising is another way of detoxifying through sweating and exhaling from the lungs. It has been shown to have a connection with longer life. Because exercising reduces stress, the chances of dying from stress-related diseases are decreased.

Another method of detoxification is magnetic healing, which involves the use of magnets on tissues and permit more oxygen into cell walls. It boosts mental acuity and normalized PH balance through increased alkalinity. It also aids in stopping pain, fighting infection and reducing inflammation and fluid retention.

### Cleanse The Colon Naturally and Safely by Detoxification

Colon cleansing can give a dieter a head start to getting their body and system in shape. The thought of cleansing their colon to achieve better health may be new to them, and they may abhor the thought of an enema or colon irrigation. But they can cleanse their colon naturally and safely by using some detoxification methods that are good alternatives to the harsher techniques.

Food is one of the best methods to cleanse the colon naturally and effortlessly. Leaving food completely out of the system for awhile can also help to detoxify the system and improve the immune system. This fasting method can be as strict as one would like to make it.

A dieter can choose to drink only juice for a week - or increase it to two or three weeks if they

prefer.

They will also lose body weight in the process. A dieter can choose from fruit and vegetables juices - but if one's diabetic, be sure that one monitors the amounts of sugar in the fruit juices ingested. If a dieter is brave, a water fast can be tried - but most people can't handle drinking only water for a week.

Eating certain foods to cleanse colon naturally is also a great technique to purify the system. If a dieter thinks that drinking only liquids for a week or more is out of their realm, this may work for them. They can eat foods that will gently cleanse their colon and that will keep them from feeling hungry too. These types of foods include:

1. High Fiber Goods - Whole grain and some cereals will put fiber into their body and also help cleanse the colon. Adding flaxseed to foods provides an extra boost.

2. Fruit - Most fruits are perfect for cleansing the colon. Past experiences tell us that prunes are excellent to include in a colon cleansing diet - as are blackberries.

3. Leafy, green vegetables - eat as many salads as desired, and be sure to include spinach, Brussels

sprouts and any veggies that help to flush out the system.

If a dieter is thinking about detoxifying their system by colon cleansing, they should know that the whole process involves increasing their body's elimination so that the toxins and bacteria are flushed from the body. This method of renewing the body's digestive system has been used for years by those advocating natural health care.

It makes good sense when one realizes that over 50 percent of the immune system has to do with the digestive system, so unless the colon is cleansed the nutrients that are ingested won't be absorbed correctly. There's a possibility that one could be left with maladies like gas, bloating and constipation which could also lead to fatigue, depression and so much more.

There are also many kits on the market that are designed to flush out the colon naturally and effectively. When one begins a program to cleanse colon naturally, they should do their research and choose one that's best for them and their lifestyle.

Flat Stomach Fast for Six-pack Abs

It's no wonder that most of us walk around with a little pooch to our stomachs. With yo-yo dieting and overeating, we've caused our stomachs to distend and begin to lose their elasticity. Bloating that results from eating the wrong types of food can also distend the stomach and cause it to lose elasticity.

If one likes to get back those six-pack abs and look great in one's clothes again, try a flat stomach fast for quick and noticeable results. Fasts are generally designed to detoxify the system, get rid of water that might have been retained and help lose unwanted weight, including that tummy flab. Fasting helps the stomach go back to its normal size and prepare it for eating less food to keep the tummy flat.

Water fasting for a week is the best flat stomach fast to reduce the size of the stomach rapidly and noticeably. After the fasting is complete and the tummy is restored to a natural size, it's more difficult to overeat because one will feel fuller faster than when the stomach is enlarged from eating too much food. One won't feel the need to eat more just to fill up.

When the fast to reduce the stomach is over, one can keep those six-pack abs by avoiding a few things that will sabotage all the hard work. Avoid beer by all means - it's the worst drink to cause

bloating. Coffee and carbonated drinks are also no-nos. Any type of junk food is bad for the stomach and the entire system. Try to bring more vegetables and whole grains into the diet plan and avoid processed foods.

Be aware that when one begins to add foods back into one's diet after a water fast, certain things may cause the body to bloat. High fiber foods will especially make one feel bloated and puffy - but that doesn't mean one is eating the wrong foods. It is just the body getting used to the changes in one's diet.

To cut down on some of the bloated look and feelings when one's to the point of introducing food back into one's diet after the water fast, try to include some bloat-busting fruits and vegetables such as pineapple, celery, asparagus and papaya. Adding some mint leaves to drinking water can also cut down on the bloating.

As a side note, there are lots of "flat tummy" exercises that can be found on the internet, in books, CDs and DVDs. Pilates work wonderfully to trim down stomachs, but there are many more to choose from. Exercise is a big part of any diet plan - essential for keeping those calories burned and the muscles (including the abs) more in shape.

A flat stomach fast can jump start any diet plan

and flush out toxins and bacteria that make one's tummy feel bloated and distended. One will feel better and look better with the newly acquired six-pack abs.

### Alcohol abuse, Hangovers and Detoxification

Christmas and the New Year are traditional times when most people feel justified in partaking of the pleasures of alcohol after a long year of pressures brought on by financial worries, job problems, families, bullying at home, work or school, boredom, etc. Some controlled amount of drinking will indeed refresh somebody who is rather run down with the pressures of life, but Xmas parties, great supermarket deals on alcohol and the incessant marketing push at Christmas for people to squeeze that last pound out of their bank account and / or credit cards often leads to binge drinking.

The first immediate result of the binge drinking is the increase in family arguments, abuse of children and family members and can lead to a vicious hangover.

#### Hangovers

A hangover is a commonly used term for the very



unpleasant physical effects which include fatigue, dry throat, headache, sleep disruption, dizziness, short temper , sickness, vertigo, etc that often follow excessive consumption of alcohol or drugs and it may last for several days after alcohol was consumed. Hangovers are cumulative and if the sufferer believes the Old Wives tales about taking more alcohol to cure a hangover, the person's health can become seriously affected which could lead to depression, mental health problems and further alcohol addiction.

Hangovers are a mild temporary version of what drug or alcohol addicts suffer when they experience withdrawal symptoms. Several bad bouts of drinking can then lead to hangovers and withdrawal problems. Hangover symptoms can be effectively reduced by drinking several large glasses of water before going to sleep after drinking heavily and lots of extra water the day after. Having a fried breakfast after a heavy drinking session is supposed to be quite effective in limiting the hangover but it may cause more stress on the body organs such as the heart.

What comes next after the hangover? Well, depending on the person, they could go down any of the following routes:

- They could become remorseful and see the error of their ways, try to make amends with family and friends, and try to resolve to either never drink

again or to seriously check the amount of alcohol consumed - New Year's resolutions abound but very few are pursued for more than a few days / weeks.

- They could turn to drink even more in an attempt to blot out their problems in life and the way that they are dealing with them.

- They could feel that alcohol is not in itself the answer to all their problems and that perhaps it needs just a little help from additional things such as cigarettes, drugs, gambling etc.

If things start to get out of control for somebody who is turning to alcohol in excess, they may well need some help with detoxification.

## Detoxification

Detoxification is essential to the well-being of a person who has let alcohol take over their lives; it is the process of helping a patient safely withdraw from the dependence on alcohol or drugs, usually under the supervision of a skilled professional. Detoxification will not address the fundamental psychological, social, and behavioral problems that caused the initial dependency on the alcohol and or drugs, but it is very helpful in giving the patient sufficient help so that they may develop enough willpower after that to help

themselves long-term.

Detoxification is a naturally occurring ongoing process that takes place continuously within body organs such as the kidneys, liver, lymph, intestines, blood, and in every cell; detoxification is encouraged by stimulation of the four organs that deal with the elimination of waste toxins - skin, lungs, kidneys and intestines. Detoxification is now generally recognized to be essential in our health care and for helping fight against aging.

### Resources

Total Wellness Cleanse - Natural Cleanse And Detox Program:

<http://tinyurl.com/m2axsh5>

Here's to your good health.

Thnak You,

Terry Clark



