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## Body Detoxification

The Freeman · 5 Apr 2021 · 10 · By Deborahann Smith

Practiced for centuries by cultures around the world – including Ayurvedic and Chinese medicine systems – detoxification is about resting, cleansing and nourishing the body from the inside out. By removing and eliminating toxins, then feeding the body with healthy nutrients, detoxifying can help protect a person from disease and renew his ability to maintain optimum health through a range of methods including yoga, meditation and more. How does detoxification work?

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10 Lifestyle

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**Ways to Help the Body Detoxify**

After a detoxification program, the body can continue to detoxify with daily diet supplements and lifestyle practices:

- Eat plenty of fiber, including brown rice and organically grown fresh fruits and vegetables. Beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella, and seaweed are excellent detoxifying foods.
- Cleanse and protect the liver by taking herbs such as dandelion root, burdock, and milk thistle, and drinking green tea.

### How to Start Fasting

By Rachael Link, MS, RD

There are many different types of fasts, making it easy to find a method that fits your lifestyle. Here are a few of the most common types of fasting:

**Water fasting:** Involves drinking only water for a set amount of time.

**Juice fasting:** Entails only drinking vegetable or fruit juice for a certain period.

**Intermittent fasting:** Intake is partially or completely restricted for a few hours up to a few days at a time and a normal diet is resumed on other days.

**Partial fasting:** Certain foods or drinks such as processed foods, animal products or caffeine are eliminated from the diet for a set period.

**Calorie restriction:** Calories are restricted for a few days every week.

Within those categories are also more specific types of fasts. For example, intermittent fasting can be broken down into subcategories, such as alternate-day fasting, which involves eating every other day, or time-restricted feeding, which entails limiting intake to just a few hours each day.

To get started, one may try experimenting with different types of fasting to find what works best for him or her.

**Safety and Side Effects:** Despite the long list of possible health benefits associated with fasting, it may not be right for everyone. For one who suffers from diabetes or low blood sugar, fasting can lead to spikes and crashes in blood sugar levels, which could be dangerous. It's best to talk to the doctor first if one has any underlying health conditions or is planning to fast for more than 24 hours.

Additionally, fasting is not generally recommended without medical supervision for older adults, adolescents or people who are underweight. In deciding to try fasting, one must be sure to stay well-hydrated and fill his diet with nutrient-dense foods during his eating periods to maximize the potential health benefits.

And, if fasting for longer periods, he must try to minimize intense physical activity and get plenty of rest.

The bottom line: Fasting is a practice that has been associated with a wide array of potential health benefits, including weight loss, as well as improved blood sugar control, heart health, brain function and

Basically, detoxification means cleansing the blood.

This is done by removing impurities from the blood in the liver, where toxins are processed for elimination.

The body also eliminates toxins through the kidneys, intestines, lungs, lymphatic system, and skin.

However, when these systems are compromised, impurities aren't properly filtered and the body is ad-

versely affected. A detox program can help the body's natural cleansing process by resting the organs through fasting; stimulating the liver to drive toxins from the body; promoting elimination through the intestines, kidneys, and skin; improving circulation of the blood; and refueling the body with healthy nutrients.

"Detoxification works because it addresses the needs of individual cells, the smallest units of human life," says Peter Bennett, N.D., co-author of "7-Day Detox Miracle."

How does one know if he needs to detoxify?

Bennett suggests that everyone should detox at least once a year. However, Bennett cautions against detoxing

for nursing mothers, children, and patients with chronic degenerative diseases, cancer or tuberculosis. One must first consult his doctor whether detoxing is right for him.

Today, with more toxins in the environment than ever, "it's critical to detox," says Linda Page, N.D., Ph.D., the author of "Detoxification: Programs to Cleanse, Purify and Renew." Page recommends detoxing for symptoms such as unexplained fatigue, sluggish elimination, irritated skin, allergies, lowgrade infection, puffy eyes or bags under the eyes, bloating, menstrual problems, and mental confusion.

How does one start a detoxification program?

First, one shall lighten up his toxin load. Alcohol, coffee, cigarettes, refined sugars, and saturated fats shall be eliminated, as these act as toxins in the body and are obstacles to the healing process. Also, one shall minimize use of chemical-based household cleaners and personal health care products (cleansers, shampoos, deodorants, and toothpastes), and substitute these with natural alternatives.

Another hindrance to good health is stress, which triggers the body to release stress hormones into one's system. While these hormones can provide the "adrenaline rush" to win a race or meet a deadline, in large amounts these create toxins and slow down detoxification enzymes in the liver. Yoga, Qigong and meditation are simple and effective ways to relieve stress by resetting one's physical and mental reactions to the inevitable stress that life brings.

Which detoxification program is right?

There are many detoxification programs and detox recipes, depending on one's individual needs. Many programs follow a seven-day schedule because, as Bennett explains, "it takes the body time to clean the blood." Bennett's program involves fasting on liquids for two days, followed by a carefully planned five-day detox diet to allow the digestive system to rest. Page recommends a three- to seven-day juice fast (drinking only fresh fruit and vegetable juices and water) as an effective way to release toxins.

There are also other effective detox diets, like Simple Fruit and Veggie Detox, Smoothie Cleanse, Juice Cleanse, Sugar Detox, and Hypoallergenic Detox.