

Detoxification Daily

Daily Detoxification

Your body actually loves to detox. It's doing it every day, throughout the day, whether you are aware of it or not. Historically, our body's natural detoxification methods may have been enough. But nowadays we live in a toxic world; our water, soil, food, hygiene products, and air are rich in toxins, overloading our natural detoxification organs such as the liver, skin, and kidneys. Additionally, many of us have genetic abnormalities that disable our ability to clear toxins efficiently. This toxic congestion can lead to weight gain, hormone imbalances, low energy, and chronic disease. Most importantly, it makes us feel tox-sick.

There are a lot of myths about detox circulating, namely that you need to starve, take in only liquids, ingest buckets of supplements, and spend a lot of money in order to sufficiently detox. However, this is not the case. Detoxing is not 'all or nothing' – we are detoxing already every day and the best detoxification plan encourages daily habits that will decrease our toxic intake while improving our bodies' own natural processes. Here are key steps you can take towards daily detoxification:

Remove

Sources of Toxins – The single greatest thing you can do to help your body detox is to remove sources of toxins from your life. Check out our Healthy Home series on our blog (www.integrative.ca/blog) for tips on how to eliminate toxins in your home and improve air, food, and water quality. There are hidden chemicals lurking in plastic, make-up, hygiene products, furniture, and even our clothes. Begin slowly, replacing products with natural alternatives as you run out. Your body, and environment, will thank-you.

Sugar – The truth is sugar is pure junk. It is addictive, promotes fat gain, leads to cardiovascular disease, diabetes, and neurological diseases. It causes metabolic derangement, disabling our ability to properly metabolize food, while placing undue stress on the liver.

Excess Weight – If you are overweight, you are toxic by definition. Many toxic chemicals are stored in your fat tissue; as you lose weight, you will liberate toxins from fat tissue to be excreted. You may need additional supplementation during this process to ensure the toxins are bound and excreted rather than recirculate within your body.

Stress – While at you're at it, detox your mind and spirit while you detox your body. As we know, stress affects our physical and mental health. Incorporate a stress-relief practice into your daily detoxification plan.

Add

Movement – Sweating regularly helps to clear toxins from your system, while also helping you lose excess weight

Optimal Hydration – Ensure you are getting at least 8-10 glasses of filtered water to optimize daily detoxification

Detoxifying Foods – As we discussed in our Nourishing Diet section, eating a nutritious, high quality diet both helps you to avoid toxins while also providing you with nutrients your body requires to complete detoxification. Particularly, cruciferous vegetables such as cauliflower, broccoli, and spinach, green tea, garlic, and apples help your liver detoxify.

Detoxifying Nutrients – A good multivitamin, Vitamin C, methylated B complex, milk thistle, and liposomal glutathione are all supportive to detoxification; connect with your doctor to determine which support would be the best for you.

You may need further support when it comes to detoxification. Perhaps cutting out sugar seems impossible or you are unsure of how to incorporate detoxifying foods. You may even need a more aggressive plan that incorporates supplements and/or intravenous therapies. Whatever your individual concerns, your doctor will be able to guide you towards optimal health.

