

10 Ways to Detoxify Your Body :: By Deborahann Smith

Three naturopathic physicians share insight on why and when to detox, what type of detox program is right for you, and 10 ways to start.



- Feeling sluggish or out of sync?
- Having skin problems, aches and pains, or digestive problems?
- Straying from your healthier habits lately?

It might be time for a Detox!

Practiced for centuries by many cultures around the world — including ayurvedic and Chinese medicine systems — detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

"The body has its own natural healing system," says Peter Bennett, N.D., medical director of Helios Clinic in Victoria, B.C., and co-author with Stephen Barrie, N.D. and Sara Faye, of 7-Day Detox Miracle (Prima Health). *"Detoxification enhances this system,"* he explains.

How Does Detoxification Work?

Basically, detoxification means cleaning the blood. It does this mainly 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, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

A Detox program can help the body's natural cleaning process by:

- 1) Resting the organs through fasting
- 2) Stimulating the liver to drive toxins from the body;
- 3) Promoting elimination through the intestines, kidneys and skin;
- 4) Improving circulation of the blood; and 5) Refueling the body with healthy nutrients.

"Detoxification works because it addresses the needs of individual cells, the smallest units of human life," says Bennett.

How Do You Know if You Need to Detoxify?

Bennett suggests that everyone should detox at least once a year. A short detoxifying program is generally safe; in fact, scientific studies show that a detox is beneficial for health. However, Bennett cautions against detoxifying for nursing mothers, children, and patients with chronic degenerative diseases, cancer or tuberculosis. Consult your health care practitioner if you have questions about whether detoxing is right for you.

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 (Healthy Healing Publications). Page recommends detoxing for symptoms such as unexplained fatigue, sluggish elimination, irritated skin, allergies or low-grade infections; bags under the eyes; a distended stomach even if the rest of your body is thin; menstrual difficulties; or mental confusion.