

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



"It Could Kill"...

by Terry Clark

Table of Content

1. 7 Nutritious Foods that Aid in Body Detoxification
2. A Bite Of Body Detoxification
3. Aids To Natural Body Detoxification
4. Benefits Of Body Detoxification
5. Best herbal options for body detoxification
6. Body Detoxification - A Short Overview
7. Body Detoxification And The Healing Process
8. Body Detoxification On Target Organs

9. Body Detoxification System: Your Body's Way of Getting Rid of Toxins
10. Body detoxification team explained
11. Body Detoxification Tips: Simple Ways to Cleanse Your Body at Home
12. Body Detoxification Treats
13. Body Detoxification Using Herbs
14. Body detoxification starts with the kidney
15. Body detoxification the natural way
16. Body detoxification through water
17. Body detoxification using fruits
18. Changing diets results to effective body detoxification
19. Detoxification Of The Body
20. Do It Yourself Body Detoxification
21. Fight stress through body detoxification
22. Foods that can help body detoxification
23. Getting started in body detoxification
24. Heavy Metal Body Detoxification
25. Holistic Body Detoxification
26. How do Body Wraps Help in Body Detoxification?
27. Interactive Body Detoxification
28. Methods Of Body Detoxification
29. On With Body Detoxification
30. Physical and Mental Well-Being through Body

Detoxification

31. Pumped Up Body Detoxification
32. Skin Cleansing: An Essential Part of Body Detoxification
33. Soothing Body Detoxification
34. The body's detoxification process and what you can do to help
35. The Body's Natural Detoxification Process
36. Using juices for body detoxification
37. Various Options for Full Body Detoxification
38. Why Antioxidants are Important in Body Detoxification
39. Wrapped Body Detoxification
40. Detox Cleanses
41. 7 Herbs Every Man Needs for His Ultimate Health
42. Detox or Die? - The Top 5 Ways to Detoxify Your Body
43. Why Our Bodies Need to Detoxify
44. Cleanse The Colon Naturally and Safely by Detoxification
45. Flat Stomach Fast for Six-pack Abs
46. Alcohol abuse, Hangovers and Detoxification

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

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