



DETOXIFICATION

AN INTRODUCTION TO BODY CLEANSING

Before you begin a detox program, it is useful to understand how to detox and why we do it. Below I will cover everything you need to know about body detoxification and show you the correct order in which to cleanse your body.

WHAT IS DETOXIFICATION?

In the context of the human body, detoxification or detoxing is the process of eliminating poisonous or waste substances (toxins) from the body; or to neutralize their adverse effects. An effective body detox removes waste, allowing the body to function better. This can lead to any number of improvements in health; an increase in energy levels; paving the way for healing of illness and disease.

WHAT IS A TOXIN?

A toxin is any substance that causes harm when it gets into our body. There are toxic substances all around us and they can be classified into three groups depending on their origin:

What is a toxin?

1. Internal toxins

The body is constantly working to keep us alive – digesting food, pumping blood, metabolizing, assimilating nutrients. Toxins are often an unwanted by-product of chemical reactions and bodily processes. In a perfectly healthy body, millions of cells die every day and need to be removed to avoid clogging the system. Internally generated toxins need to be removed by the body's natural process of detoxification.

2. External toxins

If we just had internal toxins to cope with, the body would most likely remain relatively illness free. However, we are constantly exposed to external toxins, such as: toxins from junk food and contaminated water; environmental pollutants such as smog; chemicals in skin cosmetics that get partially absorbed; medicines and dental procedures; heavy metals; chemicals found in household goods such as soaps and aerosols; radiation; and even insect bites.

3. Toxic Lifestyle

Poor lifestyle can stress the body, decrease the ability to detoxify, and cause a build-up of toxins. Toxic behaviours include lack of sleep and rest, lack of exercise, stress, poor diet and even not drinking enough water (water is essential for removing toxins from the body)

WHY DO WE NEED TO DETOX?

Although our body can detoxify naturally, excessive exposure to toxins through poor diet or lifestyle, can lead to toxins accumulating faster than it can eliminate them. Eventually the body becomes overloaded with toxins, the natural detox mechanisms become sluggish, the immune system and other bodily processes become less effective. This can manifest in any number of symptoms from lethargy and skin rash through to chronic illness or death in extreme cases of prolonged intoxication. We detoxify to help reduce the level of toxins in our body to a manageable level. This allows the body to function correctly and helps to optimize bodily processes: an essential step towards living a disease-free, naturally healthy lifestyle.

Warning Signs That You Need A Detox

Although anybody can benefit from a detox program, your body will start to send out warning signals when you really need to detox. If you show signs of any of the following symptoms, your body likely needs a detox:

Skin (skin diseases): acne, eczema, dermatitis, hives, psoriasis, brittle nails, hair loss.

Lungs (respiratory problems): asthma, bronchitis, emphysema, sinusitis.

Colon: bad breath, body odour, constipation, diarrhoea, excessive flatulence, irritable bowel syndrome (IBS), gastritis, heartburn, indigestion, stomach ulcer.

Liver: cirrhosis, jaundice, gall-bladder stones, hepatitis.

Kidneys: kidney stones, urinary tract disorders.

Lymphatic system: varicose veins, glandular fever, lymph nodes disease, Hodgkin's disease, elephantiasis.

General mental health: irritability, poor memory, insomnia, chronic fatigue, headaches, migraines, depression.

Blood and circulatory problems: allergies, auto-immune disorders, cholesterol, diabetes, low and high blood pressure, toxemia, fibroids, endometriosis.

HOW DOES DETOXIFICATION WORK?

A toxin-overloaded organ is like a stagnant pool of water that becomes a nuisance.



I liken a toxin-overloaded organ to a stagnant pool of water that soon begins to breed bacteria and mosquitoes, causing other live organisms like fish and frogs to die.

Rubbish starts to collect; stench and toxic fumes begin to be emitted, causing the surrounding area to stink. This is a very unhealthy environment and begins to affect people living in the neighbourhood.

This is how it is with our toxin-overloaded organ. Our blood cannot flow properly, cells start to die, bacteria breed, and there is bad breath and bad body odour. These are signs of toxicity of blood. Inflammation and pain will follow, and most likely at this stage you may have already been experiencing some chronic disease(s). If neglected further ... cancer.

A good detox program is like flushing out the system, clearing the organs of toxins and getting the circulatory system to flow smoothly again. After a proper detoxification program and a sufficient intake of nutrition, the body will recover and function as normal, keeping disease at bay and is the path to a long life full of vitality.



How would you like your systems to look, operate & feel???

GETTING STARTED—THE DIFFERENT TYPES OF DETOX

The body detoxifies naturally, and most detox programs are designed to assist this natural cleansing process. You can do a general body detox, or target a specific organ, such as the liver or kidneys.

For a thorough and complete cleanse, I recommend detoxing your body step-by-step in the following order:

1. It is important to start with a [gastrointestinal cleanse](#) as this will allow the body to successfully expel all the toxins from subsequent detoxes, without them being caught up/stuck to the clogged-up intestine walls.
2. Liver / gallbladder detox
3. Kidney detox
4. Lungs detox
5. Lymphatic system and skin detox – concurrently

Do people react differently to toxins?

Yes—there are many factors that affect the susceptibility of the body's response to toxins:

Age: the young and elderly are more susceptible to toxins.

Health status: people with low immune defences and with liver problem are particularly affected by toxins.

Gender: women tend to be more sensitive to toxins than men. Women have higher levels of hormones that are particularly sensitive to certain toxins.

Genetic make-up: our genetic make-up can affect the concentrations of detox enzymes in the body, causing some groups of people to be more susceptible.

Enzymatic defects: although rare, people with enzymatic defects may suffer more adverse effects from toxins than others.

Lack of nutrition: optimum nutrition allows the body to work at its best. A body will be more susceptible if lacking in the necessary vitamins, minerals, amino acids, fatty acids, etc.

Drugs: many prescription drugs cannot be eliminated and get stored in the body. People who take many prescription drugs are more sensitive to toxins.

Lack of exercise/sedentary lifestyle: the skin is the largest detoxification organ. Regular exercise helps improve circulation and increases perspiration—which helps eliminate toxins through the pores in the skin.

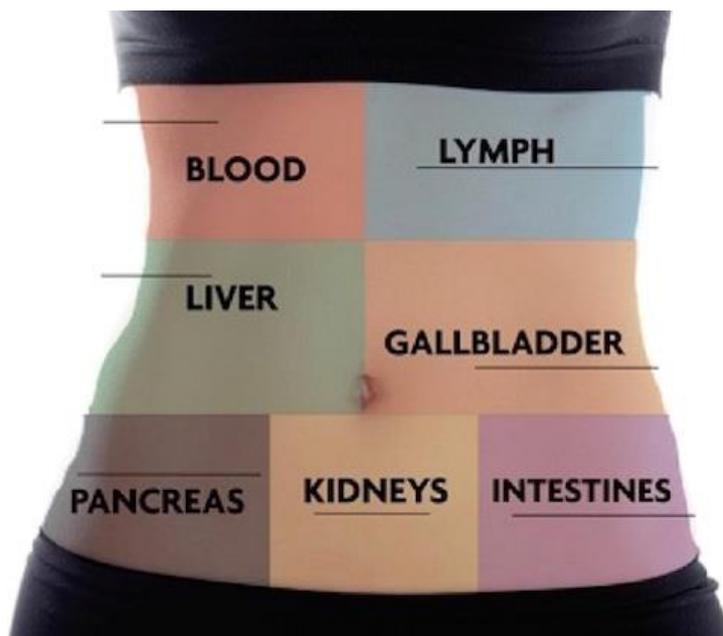
Contaminated food: constant consumption of foods contaminated with additives, food flavourings, preservatives, chemicals, hormones, etc. makes the body more susceptible.

CONCLUSION

There is a long list of chronic diseases caused by toxin build up in our bodies. The good news is that chronic diseases caused by lifestyle can be cured and respond positively to correct detoxification and nutrition.

There is no drug in this world that can heal a chronic disease. Medication can only suppress symptoms; it cannot heal you. Your body was made to self-heal. You need to give your body a chance to heal itself through correct detoxification and a healthy, nutritious diet.

HOW TO DETOX IN THE CORRECT ORDER FOR EFFICIENT TOXIN ELIMINATION



For best results, always detox in the correct order.

Detoxing your body step-by-step in the following order will lead to a more efficient and thorough cleanse, produce better results and avoid unwanted side-effects:

Gastrointestinal detox / colon cleanse - Liver / gallbladder detox - Kidney detox - Lungs detox - Lymphatic system and skin detox – concurrently

1. HOW TO DETOX THE GASTROINTESTINAL TRACT

First clean out the gastrointestinal tract—which begins from your mouth, to the oesophagus, stomach, small intestines, colon and to the bowels.

Upper Intestines

Due to years of poor eating habits and a diet lacking in fibre, the intestine walls can clog up with undigested food and waste material. Undigested food rot and formed encrustations on the intestine wall and absorption from the intestines become inefficient. If this goes untreated, more serious health problems can follow as the intestinal functions are compromised. Incidentally, the odour from these rotting encrustations is one of the causes of bad breath. SIBO (small intestinal bacterial overgrowth) is also a common problem and needs to be addressed before infestation gets out of control.

For this reason, always START a detox program with a gastrointestinal cleanse. Unclogging the intestines before you start, will improve absorption of nutrients as you work on the other detox organs, and allow the body to more easily expel toxins through the bowels.

Lower Intestine (Colon)

The lower intestine, or colon is where faeces collect before elimination. A lack of fibre in your diet means that they cannot be excreted at will, they compact in the colon and become even harder to eliminate. As faecal matter rots, bacteria and parasites multiply, producing toxic fumes. This is the beginning of a long list of health problems, that may end in cancer of the colon. A regular gastrointestinal cleanse will help maintain a clean internal sewage piping system and greatly improve the health of your intestinal tract over time.

Drinking fresh juices and regular juice fasting will also help detoxify the colon, as the juices work like a natural broom, sweeping out the gastrointestinal tract of old faecal matter. In cases of extreme constipation, a series of colon hydrotherapy is helpful (even necessary) to dislodge hardened faecal matter in the colon.

2. HOW TO DETOX THE LIVER AND GALLBLADDER

A correct gastrointestinal cleanse in step 1 will have helped to reduce blood contamination, lightening the burden on your liver. With a cleaner gastrointestinal tract, toxin elimination from the liver detox will also be easier. This is important as inability to eliminate toxins through the bowel can cause toxins to be reabsorbed into the system.

One of the liver's main functions is to filter blood coming from the digestive tract, detoxify chemicals and metabolize drugs in the blood. As it does so, the liver secretes bile that ends up back in the intestines. Symptoms of an impaired liver include yellow skin, liver spots and dark urine. Stones can form in both the gallbladder and the liver, inhibiting the flow of bile.

Many health problems begin when the liver is not functioning properly and people with chronic disease usually have a poor-functioning liver. Cleansing the liver allows the blood to flow properly again. This alone can help reverse many health problems.

The liver plays a key role in many of your body's functions. It is the largest internal organ and is located beneath the ribs on the right side of your abdomen.

Your liver is your body's main detox powerhouse with hundreds of functions in the body—from filtering the blood, to ridding your body of waste, metabolizing hormones, assisting in digestion, breaking down old and damaged cells, stores nutrients that the body requires for building blocks, and many more!

Through all these processing and filtering, when your body is not able to eliminate toxins as fast as they are being ingested in your food, the liver becomes overwhelmed and sluggish. Recognizing early signs of a liver problem is vital to nipping the problem in the bud and nourishing it back to health.

WARNING SIGNS OF AN IMPAIRED LIVER

If you've taken a blood test and your liver enzymes are high, or if you have a fatty liver, chances are these strategies will be beneficial for healing your liver.

Below are just a few of the warning signs that your liver gives out. Take heed to nourish your liver back to health before it is too late!

A pronounced potbelly

Fluid retention and swelling of the abdomen, leg and ankle

Pain in upper abdomen on the right side

Unexplained bruising

Unexplained weight gain

Chronic fatigue

High blood pressure

Excessive sweating

Bad breath, body and feet odour

Poor appetite

Persistent acne

Breakouts such as allergies, hives, eczema

Headache over the eyes

Unexplained nausea, motion sickness

Dark circles under the eyes

Yellowish skin and/or eyes

Liver spots or blotchy skin

Mood swings or depression

Sleep apnoea or snoring

If you have a handful or more of the above signs, you really should start taking action to detoxify, and make the necessary changes to alter your diet and lifestyle, to heal your liver. We share with you here, how to cleanse your liver.

COMPLETE GUIDE TO A LIVER CLEANSE

The earlier an impaired liver is given attention to treatment, the easier it is to reverse, cure, or prevent its progression.

Here are my recommended seven steps that you can/should take to heal your liver. When you heal your liver, many symptoms will just gradually go away.

Reduce exposure to toxins

Due to many years of eating highly processed foods that are laden in artificial chemicals, your liver is finally taking its toll for being unable to detoxify and eliminate the toxins efficiently. Give your liver a break and remove such toxic foods from your diet.

Processed foods are high in unhealthy fats, sugar and very low in nutrients. Every step of processing in these foods eliminates more nutrients; then artificial additives are added—colourings, flavours, emulsifiers, preservatives—to make the food look and taste good, but void of nutrients. When you eat highly processed foods, these artificial additives are left behind in your body to cause future health problems. At the same time, your body needs to expend its own nutrients to process these foods, causing

deficiency issues when not properly replenished. Exposure to chemicals in personal care products and household products also contribute to the intoxication of your liver. Find ways to gradually move to using organic, non-toxic and safer alternatives. Excessive alcohol-drinking is another contributor to an impaired liver, leading to fatty liver.

Do a gastrointestinal cleanse

Before you start a liver cleanse, it is very important that you do a gastrointestinal cleanse for two reasons:

To clean out the gastrointestinal tract, making way for easy elimination when you start with liver cleanse. With a clean gastrointestinal tract, you increase absorption of nutrients when you start your healthy regime of liver cleansing, making your detox efforts work much better and more effectively.

Do coffee enemas

Coffee enemas are one of the best things to do, to detoxify the liver efficiently and effectively. It is an especially powerful tool, if you have serious health issues with your liver.

Coffee enema has a long history of use that was made popular by Dr Max Gerson in 1930s for treating cancer patients, in what is now known as the Gerson Therapy. Today, natural healers and alternative medical practitioners use coffee enemas widely as part of natural treatment protocols for fighting cancer—a far safer and less invasive method than surgery, radiation and chemotherapy. When done correctly, detoxifying with a coffee enema protocol works beautifully. It is effective for healing most health conditions because of the healing benefits, among which:

Washing out the colon to remove toxic substances, colonies of parasites, bacteria and yeasts

Increasing bile production for proper digestion and excretion

Powerful antioxidant effect to neutralize oxidative damages

The palmitic acids in enema coffee enhance glutathione S-transferase, which is responsible for the removal of many toxins from the liver to purify the blood

Reducing congestion in the liver and rebuilding damaged and weak liver

Drink fresh juices every day

Drinking freshly extracted juices every day is one of the best things you can do for your body. Many people have weak immune system and fall sick because they are not feeding their body with the right food. Fresh fruits and vegetables have all the right nutrients that your body needs. They are rich in vitamins, minerals, enzymes, phytonutrients, antioxidants—drinking freshly-extracted juices flood your system with these precious nutrients to detoxify, repair and heal damaged cells.

Some of the best recommended vegetables (and fruits) for healing and supporting the liver are:

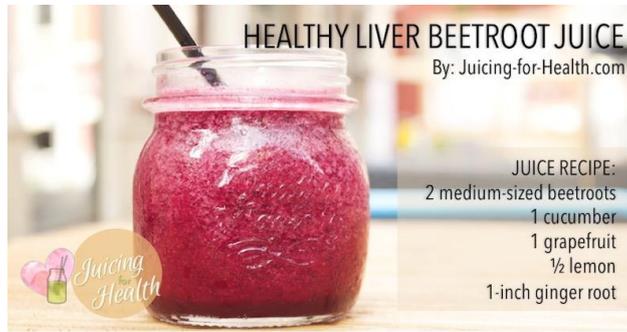
Beetroot and beet greens

All green vegetables for their rich chlorophyll content

Cilantro and parsley – Celery -Cucumber – Cabbage- Fennel -Grapefruit- Carrot-Green apple

Lemon-Ginger and turmeric

Use any of the above in your juices daily. Or, get more juice recipes using beetroot, for healing of the liver.



Eat liver-healing foods

When your liver becomes overloaded with toxins, it can no longer filter and process the toxins efficiently. All the above steps are helpful for healing your liver. When you eliminate from your diet—highly processed foods, foods high in fats and sugar, it gives your liver a break from continuously filtering toxins. Detoxification STARTS when you STOP putting toxins into your body. Eating the right foods, on the other hand, will help your liver to “dislodge” the toxins for elimination. Some of the best foods for healing the liver are bitter foods such as arugula, artichoke, beet greens, bitter melon, chicory, dandelion greens, spinach, purslane, radicchio, radish, endive, Swiss chards, watercress and vegetables from the cruciferous family.

Other liver-healing foods that you should add to your daily diet are all the foods mentioned in #4 above. Not only are these foods great to be included in juicing, eat them frequently for their liver-healing properties.

Take liver-healing supplements

Some of the best remedial foods for the liver are herbs that are often taken in supplement forms. The herbs recommended below can be taken in the form of supplements, or as liver-cleansing detox teas:

Milk thistle helps to detoxify the liver of toxins, heavy metals, environmental pollutants and damaging alcohol.

Dandelion root is known for its liver-cleansing properties that help the liver to eliminate toxins.

Burdock root is a fabulous liver protector. It effectively calms liver enzymes, reduces inflammation, and improves liver functions.

Do a gallbladder/liver cleanse

Liver and gallbladder congestion may be one of the causes of an impaired liver. Stones can form in the liver and/or gallbladder from eating a diet that is high in processed foods, fat and sugar.

Although last on this list, a liver and gallbladder cleanse is one of the most important things you can do for your liver health. A successful cleanse can restore your health and vitality, reversing diseases that would astound both conventional and alternative methods of treatment.

COMPLETE GUIDE TO SAFE GALLBLADDER CLEANSE THAT WILL OVERHAUL YOUR HEALTH

Liver and gallbladder congestion are among the leading health problems, yet conventional medicine rarely refers to it. Someone you know, or probably even you, may have been asked to remove your gallbladder surgically when it has become inflamed or when stones had formed. This is a common mainstream medical solution, but it need not be so.

The gallbladder is a small organ, but it has some important duties that help us digest our food in the best way possible.

Nestled under the liver, it is a low-key powerhouse in breaking up the fats we ingest. Its main function is to store bile used for digestion, which is produced by the liver. When it is not actively being used for digestion, the gallbladder holds onto the bile and stores it for later use.

When we eat, food begins to travel down our digestive tract into the small intestine which signals the gallbladder to release the bile that helps break down our food.

HOW ARE GALLSTONES FORMED IN THE GALLBLADDER?

Stones can form in the liver and/or gallbladder when things go awry, such as too much cholesterol or too many bile salts and other calcifications. These small stones form when bile in the gallbladder crystallizes, when there is more cholesterol than what the bile can dissolve.

Gallstones can be caused by a high fat diet, obesity or taking hormone pills such as birth control. Often, a gallstone will go unnoticed until it gets big enough to induce symptoms in the body. When there is a sudden and intense pain in the abdomen that causes nausea or vomiting, or a sudden, intense back pain between your shoulders, you may have a gallstone problem. If your skin begins to turn yellow, see a doctor immediately as this means your common bile duct is blocked and bile cannot reach the small intestines.

HOW DO YOU KNOW YOU HAVE GALLBLADDER STONES?

Every person who has some kind of illness or disease has large number of gallstones in the liver and gallbladder. The liver is responsible for the growth and functioning of every cell in the body. Any kind of malfunction, deficiency or abnormal growth pattern of the cell is largely due to poor liver performance. Therefore, the root of most diseases can be traced back to a problem in the liver. By successfully doing a liver and gallbladder cleanse, you can restore your health and vitality, reversing diseases that would astound both conventional and alternative methods of treatment.

These are some subtle but accurate signs that you have gallbladder stones, and they will disappear when stones are removed, and I don't mean surgically!

- Brown or black patches of spots on either side of the forehead, on the back between the shoulder blades, and on the back of hands and forearms.
- One or two deep vertical wrinkles between the eyebrows. These are not a part of aging but an indication of many gallstones in the liver.
- Horizontal wrinkles across the bridge of the nose.
- Green or dark colour on the temple area at the sides of the forehead.
- Oily skin in the area of the forehead.
- Hardening and thickening at the tip of the nose.
- Water eyebags under the lower eyelids.

- Cataracts—a white cloud that covers the pupil of the eye.
- Pimples or cracks on the tongue.
- Bad breath and frequent burping.
- Dark spots or patches on the lips.
- Swollen, sensitive or bleeding gums.
- A yellowing colour of the teeth, tooth decay

HOW TO DO A GALLBLADDER FLUSH/CLEANSE

Don't jump right into doing a gallbladder cleanse. Always do a full digestive system cleanse beforehand, to help move and clean out the bowels, so that when you do the gallbladder cleanse, the stones can be purged easily.

A colon irrigation (hydrotherapy) or coffee enemas any day during the preparation week is helpful to minimize any discomfort and nausea that may arise during the cleanse.

There are many different ways out there that people have found, that can flush out the gallstones, but only a select few are safe. The safest products to use will always be something that is natural, and that contains ingredients that you can pronounce. If you are not sure of the contents of a medication or chemical, don't put it in your body!

Gallbladder Cleanse Protocol

Typically, a cleanse will take place over 6-7 days. If you're unsure, it is best to consult a naturopath or a natural healer who will guide and coach you through the entire process to be sure you're doing the flush safely.

What You Will Need, To Do A Gallbladder Flush

About 32 ounces (1 litre) of fresh green apple juice for each day of cleanse

4 tablespoons of food grade Epsom salt dissolved in 24 ounces of water

½ cup of cold-pressed virgin olive oil

6 ounces of fresh grapefruit juice (pink is best), or fresh lemon and orange juice combined

A colander to collect the stones (use only for this purpose)

Epsom salt will help relax (dilate) the bile ducts to make it easier for the stones to be passed, so that you will feel less pain. And the olive oil helps to be as lubricant for the gallbladder stones to be easily passed.

Once your body is in tune, flushed, cleansed & purified of all toxins, only then can you enjoy full body health at an optimal level.

Should you need any guidance or mentorship, please call us on 01706 214506 / 07957 827280.

It's what we do, our passion is to help you achieve optimum health, the NATURAL way.