

EASY DETOXING

Foods

In our great, great grandparents day the level of pollution from industry, mining ventures, and pesticides, cleaning chemicals, personal care products and chemicals and toxins in our foods was very minimal in comparison to today. The detoxification organs of our body (namely the liver, kidneys, bowels, lungs and skin) had a much easier job to do. The filtering and excretion of lactic acid, hormones and metabolic wastes was the main task of these organs and the body coped very well with this.

Today our detox organs are being hammered by a constant onslaught of toxic poisons from every angle, so they often need a helping hand. If you don't detox regularly in this 21st Century, you are highly likely to suffer from a buildup of acidic poisons in your system, eventually causing illness of some kind.

Ideally you should undertake a detox regimen at least once per year for at least a month, preferably two. This will give your body the time it needs to eliminate effectively and reduce your chance of illness in the future.

So, where to begin...

Here is the simplest method of detoxing that can be followed by almost everyone.

Let's begin with the foods;

The types of food the body has the most difficulty processing are the processed, packeted, artificial foods – the soft drinks, chips, chocolate, alcohol, deep fried food, white bread and pastas, cakes, lollies, doughnuts, snack bars (eg. Muesli Bars, fruit rolls etc), sugar, diet drinks and jellies, margarine, commercial salad dressings, processed cereals and anything else in a packet.

Following closely after these are the processed meats such as crumbed chicken, chicken nuggets, sausages, cheerios, salami's, processed fish (eg, fish fingers) and marinated meats. Also, the processed dairy foods like pasteurized, homogenized milk, cheese, yoghurt, ice-cream, and sweetened creams.

Lastly, followed by the tinned foods and preserved fruits (eg, in syrup) and grains.

What the body can digest and process easily is, water, fresh fruit, salads, vegetables, nuts, seeds, avocado's and coconuts, followed by cold-pressed oils (not canola or peanut), legumes, organic eggs, fish and seafood and organic meats.

Therefore, when you undertake a detox utilize the foods listed directly above. You may still cook the foods preferably by grilling, roasting, baking, steaming or stir-frying. Use coconut oil or ghee to cook with and completely avoid using the microwave (it destroys nearly ALL if the nutrition in your food, even when re-heating and defrosting). Utilize herbs and spices to flavor your food as well as lemon or lime juice. Let this be an opportunity to re-learn how to cook and prepare food using the basics.

An easy list of foods to avoid looks like this:

Alcohol

Caffeine (coffee, black tea)

Dairy

Sugar

Artificial sweeteners

Yeast

Grain foods

Processed meats and anything in a packet.

If you are really keen to detox well, choose 1 week where you only eat raw fruits, vegetables, avocado, coconut and a wide variety of nuts and seeds. Juicing fresh fruits and vegetables is also ideal. You can opt to do this for longer if you wish.

Water – During a detox it is crucial to drink at least 2L of good quality filtered rain or bore water or Reverse Osmosis filtered tap water. If you haven't got access to either of these then buy your water for the duration of the detox. Water straight out of the tap is not ideal due to the fluoride, chlorine and any other chemicals in it. These chemicals inhibit the liver's ability to detox effectively. The amount of water to drink depends on your body weight (the heavier you are, the more water you need) and how much activity you are doing as well as the temperature and general climate. The hotter it is and/or the more activity you do, the more water is needed.

During detox, some people will feel their energy is low and they don't feel like exercising. If this is the case for you, then yoga, slow walking or stretching is still a good idea to get the lymphatic system and blood circulation moving. If you have plenty of energy to burn, then go for it. Choose an activity you enjoy – bike-riding, swimming, jogging, Pilates or anything else that takes your fancy. It doesn't have to be for long periods of time, just get your body moving.

In The Home

More than ever before in history, we are responsible for the poisoning of our own bodies – it's just that most of us haven't realized it (until reading this). As mentioned, our liver has the job of filtering out and preparing for elimination of all of the chemical toxins we plaster on ourselves daily in the form of make-up, creams, hair products, sunscreens, toothpastes, baby wipes, laundry powders and much more. This is absolute madness and totally unnecessary since today there are brands out there utilizing 'green chemistry' and making products without the harmful ingredients. (admittedly, it is a very small range of companies, but they do exist). It only takes a little bit of education to be able to implement these changes. The main ingredients to avoid are:

MEA (monoethanolamine)

DEA (diethanolamine)

TEA (triethanolamine)

Aluminium

Propylene Glycol

Sodium Fluoride

SLS (Sodium Lauryl Sulphate)

SLES (Sodium Laureth Sulphate)

PEG's (Polyethylene Glycol) and

Suttocide (Sodium Hydroxymethylglycinate).

Supplements

To help the organs of elimination to cope with the breakdown and release of toxins, it is ideal to take a few key supplements at this time. Access high quality supplements for detoxing as the cheap poor quality ingredients and some of the binding agents used in some brands can interfere with effective liver detoxification. Ideal products are:

Liquid minerals

Green powders

Acidophilus

Fibre

Krill Oil

Multivitamin as well as a good quality Anti-oxidant with ingredients such as White Pine Bark, Tumeric, Grapeseed, Taurine, Cysteine, Green Tea, Rosemary, Evening Primrose, Lycopene, Lutein, Inositol, Vitamin C, E, Selenium and Zinc.

Sleep

Adequate sleep (7 – 9 hours per night) is vital during detox. The body has a lot of work to do releasing, filtering and eliminating toxins and you can feel exhausted at times. Get to bed as early as you can each night and be sure it is before 10pm. The 2 hours between 10pm – 12am are the equivalent of 4 hours sleep and your immune system repairs itself during this time as well. If you regularly wake between 1am – 3 am it is a sign of the liver struggling with detoxing, so ensure you drink plenty of water and utilize the supplements mentioned above to assist.

Happy detoxing and get prepared to do it all again next year.

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Disclaimer* Any information presented here is to be taken as general information and in no way takes the place of advice from your healthcare professional.