

DETOX

“Detox” is currently taking the world by storm, and with good reason! Detoxification, cleansing and purification of the body and mind is increasingly recognised as the path to longevity, optimal health and vitality. With Spring sprung, a more active phase is stirring presenting an opportune time to clean your body of accumulated toxins. If feeling somewhat heavier and congested after winter, perhaps a Detox is just what you need.

Detoxification is what the body’s chemistry does to clean itself of unwanted chemicals. Chemicals are produced from metabolic processes, intestinal bacteria, come from the air we breathe, the food, water and drugs we consume and from skin and hair products we use.

The major site of detoxification is the liver. It is continually performing a two-phase process, which renders toxins harmless and in a form that can exit the body. A Detox or partial fasting program accelerates and support this process.

The body’s major elimination vehicles are the faeces and urine. Minor elimination occurs through sweat and breath. Successful Detox requires the bowel, kidneys, lungs and skin to function well. If functioning sub-optimally, unwanted substances can be transported through the lymph system, interfering with immune function. Excess toxins in the body are often stored in fat cells throughout the body and brain.

Relaxing helps the body to detoxify. The new discipline of psychoneuroimmunology is proving that our thoughts affect our physical function more than we ever realised. Releasing toxic thoughts, stress and negative attitudes, not only feels good, but is good for your health.

Throughout the ages spiritual masters have practiced purification. Jesus fasted for forty days and forty nights in the desert and Buddha learnt to fast, whilst cultivating compassion and patience. Cleansing our physical and mental self provides easier access to our subtle, spiritual aspects.

Simplifying and slowing down are keys to successful Detox. Accustomed to the complexity and buzz of the contemporary world, many of us find it highly challenging to lie around and relax. It’s fundamental to go slow when you fast.

There are many ways to enhance detoxification. Here are three:

3 day Juice fast

Juice fasting accelerates Detox. By only ingesting fluids our digestive processes are simplified and deep cellular cleansing can occur. Regular intake of

antioxidant rich juice quenches free radicals and supports the liver. Juice fasting often slows or stops bowel motions. Taking psyllium husks or slippery elm powder with lots of water, and some gentle exercise, can assist in maintaining bowel movement. Don't be surprised if you feel nauseous or headachy in the first 24 hours. Once the toxins leave your body, you'll be feeling light and terrific.

Use organic or spray free produce for your freshly squeezed vegetable and fruit juices. A lemon water to cleanse the palate, followed by a fruit juice is a good start in the mornings. Slowly drink 2-4 vegetable juices for the rest of the day. Vegetable juices are rich in potassium, minerals and vitamins, provide energy and have an alkalising effect on the body. Carrot, beetroot, celery and cucumber create wonderful cleansing juices. Herbal cleansing teas like nettle, cleavers, red clover, dandelion and burdock root can be drunk freely.

3 day Monofast

Monofasts involve restricting food intake to one food for 3 days. Apple or brown rice are a good choice. Again, use biodynamic or organic produce. Detoxification occurs because toxic intake stops and the monofast food contain nutrients that support detoxification. Apples, for example, are rich in pectin, a known "cell scrubber". Both are good fibre sources, to cleanse the bowel. Drinking vegetable broth each evening assists in alkalising the body.

A Week Raw Food Regime

Raw foodists believe heating food devitalises it and that a raw food diet provides vital, life giving energy. Heat denatures proteins, as evidenced by an egg white when fried. Cooking destroys nutrients. Micro waving broccoli and cruciferous vegetables destroys 97% of all cancer preventing plant chemicals!

Raw food enthusiasts generally shine and radiate good health. Their diets are free of animal products and consist of sprouts, sprouted breads, fruit, vegetables, nuts and seeds prepared in all manner of different ways. Nut cheeses are an interesting delicacy. Normally, a raw food program start with a juice fast then continues on raw foods alone.

Breaking fast

Breaking a fast with the long awaited piece of chocolate cake is both unwise and damaging. A gradual reintroduction of wholefoods must follow the fast. Try starting with fresh fruit salad. Eat raw vegetables the first evening, then a wholegrain, like brown rice or millet, the next evening. Follow with seeds and nuts the day after that. Introducing live bacteria into the bowel after fasting is really beneficial. Try low fat yoghurt containing an array of different bacterial strains, with a teaspoon of oat bran. Breaking the fast unwisely can undo all the good the fast has done. Go slowly on the Retox too.

SUPPORTIVE PRACTICES FOR DETOX (maybe good to box?)

Drinking 1.5 – 2.5 litres of purified water daily.

Colon hydrotherapy session

Body-work session

Dry skin brushing before showering each day

Yoga and gentle exercise

Sun bathing

Regular antioxidant supplementation: Vitamin C and bioflavonoid powder,
Vitamin A, C, E and Zn or a St Mary's thistle tablet twice daily

Flower essences Bush Essence Bottle brush or Bach flower Crab Apple

If pining for food, breathe out entirely, and remind your self that it's only for a couple of days.

Spending quality time with yourself

By Sally Mathrick – Naturopath - smile@soundmedicine.com.au



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medicine