

NATURAL DETOX METHODS

By The American Institute of Health Care Professionals, Inc



DETOX NATURALLY

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Detox

As a word, it's satisfying. Or, it at least *sounds* satisfying. The idea of purging toxins and restoring your balance.

Before we can discuss natural detox methods, though, we have to talk about what it really *means*.

It's a process. One where your body purges toxins. Toxins are present due to environmental issues, as well as from the diet that you eat. The liver and kidneys are in charge of the detoxification process.

So, a true and legitimate detox diet would be one that supports the health of your liver and kidneys. Your liver needs to be at its optimum function in order to properly detoxify your body of the toxins and pollutants that are present.

Toxins

Before we proceed, let's briefly discuss toxins. Take a look around you... they are *everywhere*. In your environment, pesticides, car exhaust, plastic packaging, hormones in dairy and meat, heavy metals, secondhand smoke, and more.

There is no way you can navigate the world without coming into contact with toxins. Your body will kick in to do the detox work for you.

Think about how you live.

Do you support your body in its endeavor to detoxify naturally? Or, do you add to the toxins in your body by eating junk food, losing out on sleep, and dosing up with caffeine to get you through? If so, then you are certainly the perfect candidate for a detox diet.

Natural Detox Methods

None of us can be immune to the toxicity of modern life. It's in the air that you breathe and in many of the foods that you eat. By relying on natural detox methods, there are a host of benefits to enjoy like clear skin, more energy, improved digestion, better sleep, improved digestion, weight loss, fewer cravings, and a reduction in inflammation.

- **Sauna**

What could be better for you than sweating it out? A meta-review of 50 studies published in the Journal of Environmental and Public Health, found that sweating can purge the body of heavy metal toxins such as mercury and lead (<https://www.hindawi.com/journals/jep/2012/184745/>). Of course, there's the added benefit of peace, quiet, and relaxation.

Is there a specific type of sauna that is more effective for the purposes of detoxification? Well, there was a study that suggested infrared saunas were more efficient for this purpose, but it was funded by a group of infrared sauna companies. Essentially, *both* are effective so, it's up to you to decide which you prefer. The difference between the two is that a traditional sauna heats the air. T

The infrared sauna doesn't get as hot because it's heating your tissue directly. A traditional sauna runs from 180 to 200 degrees, whereas the infrared sauna runs from 130 to 150 degrees. An infrared sauna is also cheaper to operate if you want to install a home sauna. Just be sure to drink plenty of fluids before and after a sauna.

- **Clean Eating**

Have you ever heard people talk about shopping on the edges of the supermarket? Typically, in a traditional supermarket layout, all of the fresh goods are on the periphery. When you delve into the main aisles (discounting the toiletries, etc.), that's where things can go *really* wrong. The core of the store is where the tempting processed, packaged, and refined foods are hiding. *Don't* go into the woods! Nothing good will happen there. Stick to the periphery and shop fresh.

When it comes to shopping the produce section, you should shop organic as much as possible. You can find a list of the Dirty Dozen and the Clean 15 on the Environmental Working Group website (<https://www.ewg.org/foodnews/>).

This will help guide you through the produce section and can help you save on your produce bill by buying organic on the right products. Generally speaking, fruits and vegetables with soft or thin skin are the products you should buy organic. If you really

want to detox your body, then lightening the toxin load you put in your body is a good place to start.

- **Hydration**

You need it for survival so, it should make perfect sense that drinking plenty of water helps support your liver and kidneys to flush toxins from the body. Your daily water goal should be to consume half of your body weight (in ounces!).

For example, the average American woman weighs 168.4 lbs.; divide that in half and you are left with 84.5. Therefore, the average American woman should drink 84.5 ounces of water daily. That works out to be around two and a half liters.

Staying hydrated removes toxins from the body, supports liver and kidney health, and it will leave you with great skin, too. If you struggle to drink enough water because you find it boring, you can jazz it up with cucumber, mint, oranges or even strawberries.

- **Exercise**

Exercise means sweating, which we already know helps purge toxins from your body. So, in addition to the benefit to your weight and figure exercise has, it also provides you the opportunity to sweat it all out. Of course, it will also provide you with plenty of energy!

- **Fasting**

This doesn't mean that you shouldn't eat at all. Instead, enjoy a diet of vegetables and fruits only for a day (or two). It's a great way to kick-start a healthy eating regimen. It doesn't have to be as depressing as you're picturing it right now. For example, you can enjoy a banana for breakfast alongside herbal tea.

You can make a giant salad for lunch with plenty of fresh vegetables throughout it, and you can do the same again for dinner. Just enjoy carrot sticks or a piece or two of fruit at snack times. With the variety of vegetables on offer, you could eat salad daily for weeks without ever using the same ingredients (except for the lettuce, of course).

- **Smoothies**

If you're going to drink your fruits and vegetables, then smoothie form is preferable to juicing. When you juice, you're extracting the juice and missing out on the rest. A smoothie means you get the benefit of the vitamins and nutrients from the *whole* fruit. It's a great mid-morning snack. It's a great way to enjoy extra veggies. So, choose apples, carrots, beets, and add in spinach or kale. It's delicious and beneficial.

Additional Detoxification Methods

So, that gives you a good idea about some of the natural ways you can detox your body. That's just the beginning! If your body's natural system of detoxification is being overwhelmed by a poor diet, constant illness, infections, stress, and excessive and constant exposure to a variety of toxins, then you probably need to take extra steps to fight. So, we have compiled a variety of methods to support you.

- **Air Purification**

Believe it or not, the air in your home is more polluted than the air outside (<https://www.epa.gov/indoor-air-quality-iaq/inside-story-guide-indoor-air-quality>).

There are a number of reasons for this. One of these is your HVAC system. This simply recycles old air throughout your home and if you rarely open the windows to allow fresh air in, it simply becomes trapped. It's also likely you haven't kept up with filter maintenance and replacement.

Keep your indoor air pure by opening your windows regularly, use a HEPA filter, buy purifying plants, and keep your pets well groomed!

- **Clean Water**

There's no point drinking more water if it isn't clean, right? Install filters on your faucets, whether it's drinking water or for bathing. Alternatively, you can have a filtration system installed.

- **Clean Products**

You should also be mindful about what you put on your skin and in the air of your home. So, use clean products to clean your home. There are plenty of great options available from your local supermarket. Avoid the products that are brimming with toxins. The same goes for the lotion that you use, the soap that you buy, and even the deodorant you use.

You can't avoid toxins altogether, it's impossible. So, it's up to you to support the natural detoxification process your body operates. Which means that it's vital to support your liver and kidney function.

Foods That Boost Your Body's Ability To Detox

Plenty of hydration and lots of sweating are two of the greatest ways to do this. However, there is also a wide range of specific foods that you can rely on to boost your body's ability to detoxify.

Chlorella

It's a freshwater alga and as far as food goes, it's a superstar. It's packed with amino acids, potassium, phytonutrients, beta carotene, protein, vitamins A, B2, B3, magnesium, iron, and zinc (<https://www.webmd.com/vitamins/ai/ingredientmono-907/chlorella>). Thanks to those contents it brings with it a range of health benefits. The most important of which is its ability to detox your body of heavy metals.

Spirulina

You may be more familiar with its other name – blue-green algae. It also happens to be one of chlorella's cousins. It comes from both saltwater and freshwater sources and it's a powerhouse! It just so happens that NASA uses it *in space* to keep astronauts healthy.

Why is that? Well, it's packed with protein, vitamins B1, B2, B3, magnesium, iron, manganese, and potassium (<https://www.webmd.com/vitamins/ai/ingredientmono-923/blue-green-algae>). It has anti-inflammatory properties and therefore, can prevent oxidative damage to cells. It's also helpful in removing toxins from the body all while boosting your immune system.

Ginger

The root of this flowering plant isn't just a spice. It has been used as an antioxidant and anti-inflammatory agent for... well, thousands of years. It's also known for its ability to relieve nausea (<https://www.webmd.com/vitamins/ai/ingredientmono-961/ginger>). Beyond that, though, it boosts circulation, improved digestion, and promotes sweating. These are key to your body's natural detoxification process!

Turmeric

This belongs to the ginger family and is best known for its appearance in curry. It's been embraced in the health world as well. The reason for this is curcumin, the phytochemical it contains (<https://www.webmd.com/vitamins/ai/ingredientmono-662/turmeric>). It supports

the body's immune system and battles inflammation. Beyond that, though, it also supports the gallbladder which supports the liver. Your gallbladder produces bile which helps cleanse the liver.

It also prevents present toxins from being converted into liver damaging compounds. The greatest thing about turmeric is that you can easily toss it into your cooking. Though, you may want to consider a supplement for a larger dose.

Beets

They're not just delicious, no, they are great at cleansing the blood and supporting your liver (<https://www.webmd.com/vitamins/ai/ingredientmono-306/beet>)! They're high in iron, folate, fiber, and pectin, which cleanses the blood. It's up to you to support your liver and kidneys in order to support the natural detoxification of the body. Beets are a great way to do that. You can toss them in smoothies, add them to salads or just enjoy them on the side of your meal.

Leafy Greens

It shouldn't surprise you to find leafy greens on this list. They are key to supporting your overall health and wellness. Leafy greens like parsley, kale, and spinach are particularly beneficial. They are packed with potassium, iron, magnesium, fiber, calcium, and a host of vitamins as well. It's that fiber content that makes them slower to digest, which is great for your bowels.

Apples

Ah, this could explain that saying about keeping the doctor away. How can apples provide your liver with detox support? It's down to the malic acid and pectin. These help cleanse the blood and remove toxins from your body. Just be sure to buy organic apples.

Activated Charcoal

Today, your local emergency room will use activated charcoal to treat patients who have consumed poison (<https://www.webmd.com/vitamins/ai/ingredientmono-269/activated-charcoal>). It binds to chemicals and poisons and allows for you to pass them out of your body naturally (defecation).

It's also possible for it to bind to healthy things so avoid taking it when you take other supplements. Try to take it when you're planning a sauna session or heading to exercise. This should absorb excess toxins.

Glutathione

Your liver produces this naturally, but you can also find it in a variety of meats, fruits, and vegetables. What it does is protect your liver from damage. It is used for a wide variety of purposes in the medical community (<https://www.webmd.com/vitamins/ai/ingredientmono-717/glutathione>), but the digestion process destroys it. You can purchase a supplement that will make it through. Or, you can use supplements like alpha-lipoic acid or NAC that support your body's creation of glutathione.

Calcium-D Glucarate

Essentially, once in your body, this will convert to glucaric acid. Now, glucaric acid will scavenge your body to find toxins and bind itself to it. It essentially supports the function of your liver and its ability to properly detoxify your body.

Good Habits And Healthy Lifestyle

Are you still with us? Essentially, the best natural detox methods are the habits that you follow and the lifestyle that you choose. The best way to detox naturally is to support the health of your liver and kidneys. This will allow them to do their job properly and detox your body naturally. So, that means eating the right food.

While we have provided you with a variety of examples above, it all boils down to this – plenty of berries, spices, garlic, and cruciferous vegetables. When you pair these foods with lean protein and healthy fats, you are consuming a diet that will support your liver health. Shop organic where you can and make good decisions every day!

Additionally, your gut health is vital to the body's ability to detoxify naturally. It's important that you eat food that supports gut health and provides your body with the right nutrients. If you suspect you have a digestive problem, you should speak to your doctor.

If you have a diagnosed gut or bowel issue, then ask your doctor to recommend the right foods to support your issue. Someone with irritable bowel syndrome that leans toward constipation will have different triggers than someone who typically suffers from diarrhea.

Toxicity in your body contributes to a major problem – inflammation. This can lead to more toxicity. So, a diet of anti-inflammatory foods like omega-3 fatty acids, wild-caught fish, spices, and non-starchy vegetables are perfect to support this.

You can also support your immune system by managing your stress, following a healthy sleep pattern, practicing good hygiene, and of course, eating well.

Your body is constantly detoxifying itself. It's a never-ending process. However, you can still support this a few times a year by doing a formal detox. This would see you completely eliminate things like coffee from your diet. Your formal detox can last anywhere from two days to three weeks. It doesn't mean that you have to go for juice only or just smoothies.

It's removing the "unhealthy" items from your diet and then slowly reintroducing them after the fact. You can still lead a relatively healthy life and follow a healthy diet while enjoying things like coffee. Sometimes your body needs a break, and that break should be a detox.

Easy Detox Method

Ultimately, the best line of defense against toxins is offense. That starts in your home. We highlighted the areas of your home that you can detoxify so, that's where you can begin your journey. Just open the cupboard where you store your cleaning agents and think about the toxins they contain.

Make sure you drink plenty of water, eat clean, sweat it out, and sleep well. To see you off on your journey, we've put together an easy detox that you can try. This is ideally done for seven days and we have seven steps for you to take.

1. **Lemon Juice** – kick-start your day with a digestion boost by squeezing half a lemon into hot water (you can even add a dash of turmeric to this). Drink this instead of coffee before you sit down to your healthy breakfast.
2. **Exercise** – when you're in an active detox, then you should make it your goal to exercise for an hour each day. That doesn't mean any old exercise will do. It's important that you get your heart rate up and get your sweat on. So, don't go easy just to get through the hour.
3. **Raw Food** – do as little cooking as possible, instead, embracing fresh, raw foods instead.
4. **Detoxifying Your Mind** – a detox for your body is great, but don't forget about your mind. During this detox period, you should meditate daily for at least 15 minutes. If you don't enjoy meditation, you can try yoga or deep breathing. The point, really, is to find a quiet place, to shut the world out, and just clear your mind.
5. **Hydration** – this should come as no surprise. Work out your daily hydration goal and go out of your way to ensure you drink it every single day. Again, you can enjoy plain water or add fruit, vegetables, and herbs to it for a bit more flavor.
6. **Chew** – this is about bringing a bit of mindfulness into your meal times. This will improve digestion, which is naturally going to improve the body's detox process. Chew every mouthful at least ten times before you swallow. There's another benefit to doing this, it will slow you down and you will end up eating less as your brain receives the signal that you're full.
7. **Body Brush** – a daily body brushing will improve your circulation and improve the body's detox through the skin. You can invest in a fiber body brush or use a loofah for

this. Simply start at your feet and move your way up your body. You should use circular strokes and be firm. Don't brush your throat, face or any sore areas or skin issues. Do this right before your shower and end your shower with a minute of cold water.

Final Thoughts

Detoxing doesn't have to be some big rigmarole. It isn't as terrible or as complicated as people often make it. You don't need to spend a fortune on detox teas, juices or any other products.

You just have to apply common sense and consider how best to support the health of your liver and kidneys, they're going to do the hard work as long as you are prepared to let them.