

Detoxification for Better Health



Because eliminating toxins can help heal the digestive tract and restore healthy liver function, regular internal cleansing and detoxification is essential for those who want to achieve digestive wellness and vibrant health.

Detoxification is a total-body process that involves each of the body's seven channels of elimination—the colon, kidneys, skin, lungs, liver, lymphatic system and blood—each of which must be supported for complete detoxification to occur. The following are some of the most effective ways in which you can facilitate total-body cleansing and detoxification.

Dietary changes. Adhering to dietary guidelines is a very important part of detoxification. Toxins cannot be eliminated while they continue to enter the body. Because the kidneys are unable to function properly without sufficient water intake, drinking plenty of water during a cleanse is a necessity. Consuming a high-fiber diet that includes plenty of fruit, vegetables, legumes, nuts and whole grains is also important. That is because fibre helps to absorb and eliminate toxins as it passes through the digestive tract.

Herbal cleansing programs. The use of herbs for internal cleansing may have begun with the Sumerians nearly 5,000 years ago. Likewise, many ancient cultures relied on herbs as their only medicine. Although there are countless herbs with medicinal properties, approximately 25 are used regularly for cleansing and detoxification. They fall into one of two categories—those used for purification and those used for revitalization. Purification herbs are used to purge the organ systems. Revitalizing herbs help soothe and strengthen the organs.

Saunas, steam baths. The skin—the body's largest organ—eliminates waste via perspiration. Heat causes toxins to be released from the cells into the

lymphatic fluid. Because sweat is manufactured from lymphatic fluid, the toxins from the lymph are released when the body perspires. Saunas (dry heat) or steam baths (wet heat) create sweat intentionally to help release toxins from the skin.

Colon hydrotherapy. Another way in which the colon can support the elimination process is through colon hydrotherapy. Hydrotherapy is water therapy, and colon hydrotherapy then is the therapeutic application of water into the colon. In contrast to a traditional enema, colon hydrotherapy involves repeated infusions of filtered, warm water into the colon. Many patients have been able to overcome chronic constipation problems through colon hydrotherapy. Unlike chemical laxatives, which may encourage dependency, colon hydrotherapy actually helps to tone the bowel so that it resumes normal function.

Nutrient supplementation. Supplementing the diet with extra vitamins and minerals, particularly those with antioxidant properties (vitamins A, C, E and the minerals selenium and zinc) and B vitamins, may prove beneficial. A multivitamin and mineral supplement may be used to support the body as it purges toxic chemicals.

Exercise and deep breathing.

Exercise is an important part of the detoxification process. Breathing deeply helps eliminate toxins from the cells, and since the lymphatic system is actually part of the immune system, it can also help enhance immunity.

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Brenda Watson N.D., is among the foremost authorities in America today on natural digestive care and proper nutrition. She is the president of ReNew Life Formulas and the founder of five natural healthcare clinics specializing in internal cleansing, detoxification and [healthy weight loss diet](#). A renowned lecturer, media presence and best-selling author, her books include ReNew Your Life: Improved Digestion and Detoxification, and Gut Solutions: Natural Solutions to Your Digestive Problems.