

# DETOXIFICATION – CLEANSING THE BODY

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All people have chemicals in their bodies that are known to have toxic effects. The human body has the capacity to process toxins. In today's world, environmental toxins and toxins created within the body can overtax the body's detoxification system causing serious health issues. To maintain good health a detoxification program should be done on a regular basis.

Some of the symptoms that may appear as you detoxify are headaches, colds, fever, skin rashes and 'break outs', sluggish bowel and/or diarrhea, tiredness, weakness, nervousness, and depression.

The more you rest and sleep the faster these symptoms will disappear. Just remember that when you rest, your body is becoming younger and healthier because you are throwing off waste that eventually becomes disease and suffering.

## Every day Detox

- Eat high quality whole foods preferably organic
- Fast for 10-12 hours every day

## Kidneys

- Eat high water content foods raw or steamed fruits and vegetables
- Use dulse, kelp, sea salt
- Drink fresh juices, pure water and herb teas
- Avoid caffeine, alcohol, sugar, fried foods, poor quality fats, excess protein refined starch, and poor quality dairy

## Liver

- Most important organ of elimination- removes chemicals, processes all nutrients, metabolizes hormones, filters blood
- Signs that the liver needs a cleanse: fatigue, poor skin quality, overweight, constipation, poor digestion, skin conditions (acne, psoriasis, eczema), allergies, depression, anger, moodiness, headaches, frequent illnesses
- See above

## Colon

- Nothing beats a whole foods diet
- 1 tsp. Psyllium powder + 1 tsp. ground flax seeds + 8 oz water- first thing in the morning and last thing at night
- Foods that lubricate the intestines: spinach, bananas, sesame seed, honey, pear, prune, peach, apple, apricot, walnut, pine nut, almond, alfalfa sprouts, soy products, carrots, cauliflower, beet, okra, seaweed
- Foods that promote bowel movements: cabbage, papaya, peas, black sesame, coconut, sweet potato, asparagus, fig, whole grains

- Flora enhancing foods: miso, sauerkraut, yogurt, kefir, chlorophyll-rich foods; wheat grass, dark greens, micro-algae, alfalfa green
- Probiotics - always take these if you have taken antibiotics. They can be purchased at your local health food store in the refrigerator section. Take as directed

## Lungs

- Avoid mucus-forming foods (poor quality dairy or foods that you are sensitive to or allergic to)
- Eat chlorophyll rich foods (spirulina, blue green algae, chlorella, barley, wheat grass and green vegetables)
- Get fresh air
- Practice exercise
- Proper breathing, deep breathing, yoga, Tai chi, Gi Gong, stretch and relaxation
- Avoid chemicals and pollutants
- Rinse sinuses in the shower

## Skin

- Avoid skin creams that block the pores
- Exercise - until you perspire
- Saunas and steam baths
- Baths
- Epsom salts eliminates toxins
- Baking soda - makes body more alkaline
- Cider vinegar - normalizes pH balance



Tamara and Charlene