



Holistic Support for Detoxification

Detoxification is the process of removing toxic substances from your body. Toxic substances can be things like heavy metals, pesticides, pollutants, food additives and a variety of chemicals that are in our environment. These substances hide in everything from the water you drink, to the air you breathe, the food you eat, your personal care products, and other products you use in your home. Your body removes toxic invaders through lymph and circulatory systems, and more broadly by your liver, kidneys, and intestines. Your bowels, lungs and skin also play a part in processing the toxins you take into your body.

As you can see, your body has its own extraordinary internal detoxification system. However, that system can get overloaded when dealing with toxic overexposure. Below are some natural ways to support your body to be an optimized detoxifying machine.¹² In addition to the things listed below staying hydrated (drink half your weight in water in oz/day), getting enough sleep, adequate movement (min 30 minutes a day) and managing stress are all part of the equation too. If you are taking any prescription medication or under the active care of a doctor, please check before adding any of these suggestions to your life.

In Your Home	The Food You Eat	Supplements to Boost Systems ³
<p>Plants: plants are capable of absorbing a number of toxins and removing them from the environment. Some air-purifying plants include:</p> <ul style="list-style-type: none"> ● Aloe vera ● Spider plant ● Dracaenas ● English ivy ● Bamboo palm <p>Air Purifier: Get an air filter that is both HEPA and has an activated carbon filter.</p> <p>Avoid Adding Contaminants: Avoid products with fragrance and go non-toxic and plant based as much as possible.</p>	<p>Leafy Greens: Leafy greens are full of the main minerals and vitamins that are involved in detoxification. They are good for detoxifying your bowels and heavy metals from your body.</p> <p>Apples: Apples contain pectin and malic acid and help to remove cholesterol, toxins, and carcinogens from your blood.</p> <p>Broccoli Sprouts: Broccoli contains a chemical called sulforaphane, which fights cancer and may help detox environmental pollutants.</p> <p>Beets: Beets are a blood-cleansing and purifying food. They are high in antioxidants and many detoxifying supporting nutrients.</p> <p>Artichokes: Artichokes contain plant compounds known as caffeoylquinic acids, which increase bile flow and liver function.</p>	<p>Chlorella:Chlorella provides a host of health benefits. It helps your body remove heavy metals and keeps them from being reabsorbed, is a nutrient dense superfood and supports your immune system.</p> <p>Spirulina: A superfood and a super detoxifier. Boosts liver function and helps to remove toxins such as heavy metals and other pollutants from the blood.</p> <p>Milk Thistle: An antioxidant that assist in liver cell regeneration, and protects cells from exposure to chemical and industrial pollutants or excess alcohol or fat consumption.</p> <p>Vitamin C: Regular intake of vitamin C helps to rid the body of toxins. It is an antioxidant that is good for respiratory health and your lungs.</p>

¹ "8 Foods to Help You Detox Naturally - Amy Myers MD." 31 May. 2018, <https://www.amymyersmd.com/2018/05/8-foods-to-help-you-detox-naturally/>. Accessed 17 Nov. 2018.

² "Eat These 10 Foods to Support Detoxification - Dr. Christine Maren." 22 Mar. 2018, <https://drchristinemaren.com/foods-to-support-detoxification/>. Accessed 17 Nov. 2018.

³ "The Best Foods to Cleanse your Lungs - Healthy and Natural World." 20 Jun. 2018, <https://www.healthyandnaturalworld.com/the-best-foods-to-cleanse-your-lungs/>. Accessed 17 Nov. 2018.

	<p>Protein: Protein is essential for liver function. Protein deficient diets impair detox pathways in the liver. Only consume free-range, humanely raised animal meat to avoid further exposure to toxins.</p> <p>Onions and Garlic: Onions and garlic contain compounds that support the detoxification pathway for environmental chemicals, certain drugs, and food additives.</p> <p>Berries: Berries are full of antioxidants, anti-inflammatory and vasoprotective. They contain compounds that help the liver neutralize carcinogens.</p> <p>Fruits and Vegetables: Go with brightly colored and always organic. Full of antioxidants they support body in many ways including detoxification.</p>	
<p>Essential Oils to Stimulate⁴</p> <p>These are the best essential oils to help detoxify the body:</p> <ul style="list-style-type: none"> ● Lemongrass ● Lemon Tea Tree ● Lemon ● Rosemary ● Clove ● Valerian Root ● Mint family ● Oregano ● Eucalyptus ● Myrrh 	<p>Herbs and Spices to Activate</p> <p>Turmeric: The main healing agent in turmeric is curcumin, which is a powerful antioxidant and anti-inflammatory compound. It stimulates your gallbladder to release bile that helps cleanse your liver and rejuvenates liver cells.</p> <p>Ginger: Ginger is anti-inflammatory and antioxidant rich. It stimulates digestion, circulation, and sweating, your body's three main avenues of natural detoxification.</p> <p>Garlic⁵: Garlic has many health benefits. In one study it was shown to help detox the body of heavy metals.</p> <p>Cilantro⁶: Cilantro not only helps to detox the body, but also protect it from infection and toxins.</p>	<p>Teas to Drink⁷</p> <p>These teas are all high in antioxidants, liver supporting nutrients and help to detoxify of the most harmful toxic compounds from your body:</p> <ul style="list-style-type: none"> ● Matcha ● Dandelion, Burdock, Dandelion and Chicory Root ● Peppermint ● Milk Thistle ● Ginger

⁴ "11 of the Best Essential Oils for Detox - The Truth About Cancer." <https://thetruthaboutcancer.com/detox-essential-oils/>. Accessed 17 Nov. 2018.

⁵ "11 Proven Health Benefits of Garlic - Healthline." 28 Jun. 2018, <https://www.healthline.com/nutrition/11-proven-health-benefits-of-garlic>. Accessed 17 Nov. 2018.

⁶ "12 Cilantro Benefits, Nutrition & Recipes - Dr. Axe." 21 Jun. 2017, <https://draxe.com/cilantro-benefits/>. Accessed 17 Nov. 2018.

⁷ "10 Best Teas for Detox and Cleansing – NaturalON - Natural Health" <https://naturalon.com/top-10-best-teas-for-detox-and-cleansing/2/>. Accessed 17 Nov. 2018.

⁸ "Liver Detox: Top 9 Herbs for Liver Cleansing - Global Healing Center." 9 Feb. 2018, <https://www.globalhealingcenter.com/natural-health/top-9-herbs-for-liver-cleansing/>. Accessed 17 Nov. 2018.