HOME

Body Cleanse: 6 Ways to Do a Body Detox

By bestfolkmedicine · 28/10/2018 · 3 min read

Detoxification is the process of making lifestyle changes in order to remove all toxins from the body. Some of these changes include avoiding specific harmful things and improving the bodily processes. They can be temporary or permanent.

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What Are Toxins?

Toxins are poisonous substances that can have a negative impact on our overall health and well-being. Toxin is an umbrella term for metals, pollutants, chemicals, pesticides, poisons, and artificial food ingredients. There are artificial and natural toxins. Unfortunately, we cannot be safe from all the toxins present in our surroundings; however, there are several ways to minimize their negative effects. One such method is doing regular body cleanses.

The Body's Detox System

Our bodies have a natural capacity to detox in several ways. One of the most obvious ways is through feces and urine. The excretory system is known to play a big role in the cleansing process and it is comprised of the following organs: the skin, lungs, liver, large intestine, and kidneys. The whole body depends on this system in order to be healthy and it cleanses itself constantly and even the brain removes toxins while we sleep. Therefore, it is crucial to take adequate care of these organs so that they can function optimally.

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Assisting the Body's Natural Cleansing Abilities

Eat proper food

To better the body's cleansing capacity, you should lower the toxins you intake by eating more organic veggies and fruits rather than processed foods and GMOs that contain a lot of harmful chemicals and toxins.

Meditate and work out regularly

When we exercise, we sweat and sweating improves the elimination of toxins through the skin while meditation is known to lower stress and soothe the mind. Stress can be highly toxic to the health and an anxious mind can reduce the functioning of the physical body.

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Follow a healthy diet

A lot of foods are known to encourage the cleansing of toxins. For example, broccoli sprouts, lemon, garlic, beans, etc. Alkaline diets are considered to be highly beneficial temporary cleanses, especially for the colon and liver. Juice diets are also effective and they are consisted of daily consumption of fresh veggie and fruit juices.

Purify the air

Breathing a clean air is how you can lower the toxin exposure. This goes for the air in your home as we cannot control the air in the environment fully. To achieve this, opt for a quality air-purification device or place a couple of house plants that filter the air.

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Drink enough water

All of the pivotal functions in the body need water; to illustrate, water is necessary for the production of saliva, for the elimination of waste, and for perspiration. You should never replace your daily intake of water with coffee and sports and soda drinks. To make things more interesting, spice up your water with some lemons or cucumbers.

Perform a full body detox

This is done by cleansing specific organs like the liver, kidneys, and colon. Colon cleanses are pivotal because they will open up the major elimination route and enhance the body's capacity to detox itself. You can go with the 9 Step Body Cleanse.

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