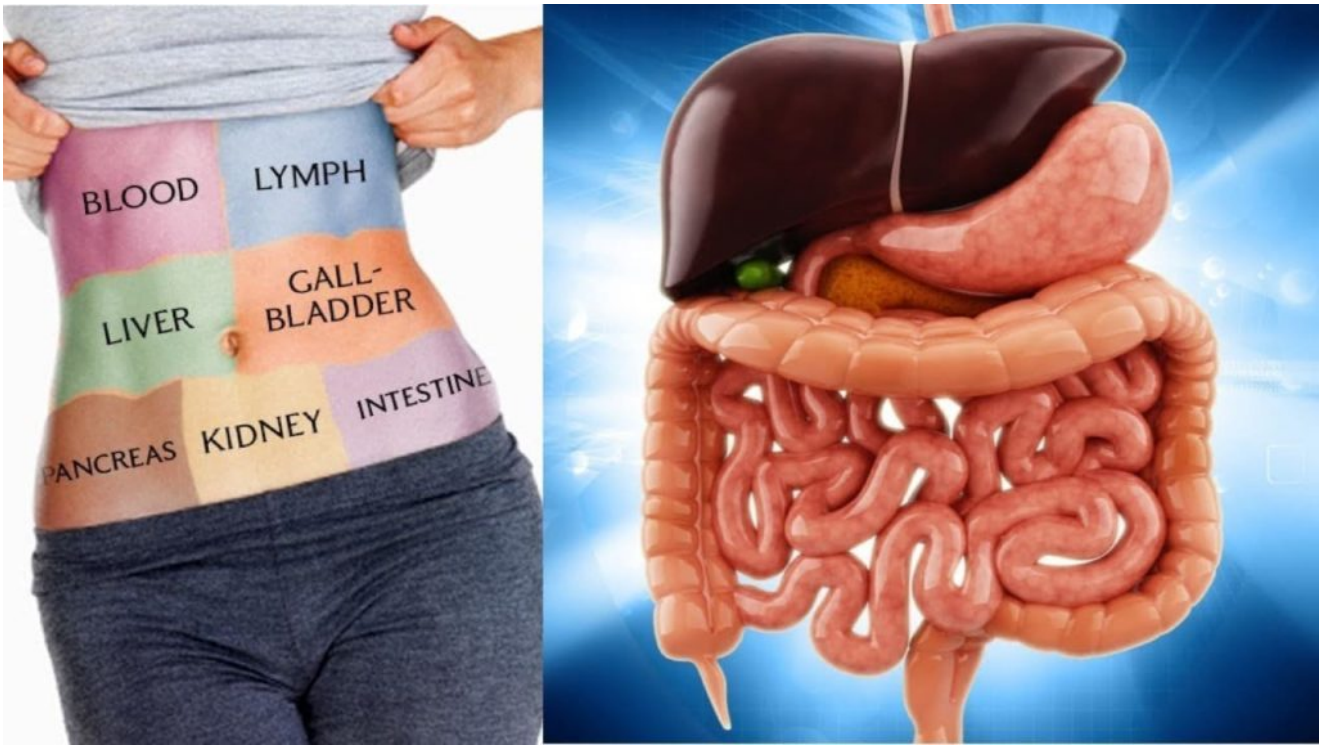
HEALTHY TIPS

How to Detox Each Organ To Never Be Sick or Tired Again

By bestfolkmedicine · 14/11/2018 · 3 min read



The number of people (especially young ones), who are being diagnosed with chronic diseases like autoimmune conditions and cancer, is on the rise. Nowadays, we are constantly attacked by environmental toxins from all sides and they can damage our genes and cause numerous health problems.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Genetic health problems may also happen as a result of excessive stress, parasites, bad bacteria, viruses, and diets full of refined carbs and pesticide-rich foods. Taking into account that these problems can

additionally weaken the immunity, we need to help it become stronger and decrease the negative effects on our health.

In the list below, check out a list with important methods through which you can detox the organs and strengthen your immunity.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Whole Body Cleanse for a Strong Immunity

1. **Healthy diet**

Avoid wheat, soy, dairy, gluten, processed foods, fried foods, and GMOs. Focus on foods that are organic and rich in nutrients. This will minimize the high level of inflammation in the body and strengthen your immune system. Moreover, stay away from hydrogenated oils, artificial sweeteners, refined sugar, trans fats, caffeine, and alcohol. Enrich your nutrition with foods such as coconuts, avocados, omega-3s, olive oil, nuts and seeds, and probiotics. Use a water filter to eliminate toxins from your tap water. Try and consult a nutritionist on how best to follow an alkaline diet which is low on sodium and high on potassium.

2. **Cleanse the skin**

The daily skin care products we use, including deodorants, lotions, makeup, etc. often contain unhealthy substances such as parabens and endocrine disruptors. These substances can contribute to endometriosis, fibroids, hormonal issues, etc. To expel toxins from your body, exercise on a regular basis, have sauna treatments, do hot yoga, and try dry brushing.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

3. **Help the lymphatic system**

This system is pivotal for the removal of waste from the body. To enhance its functioning, make sure you are regularly exercising, walking, and doing yoga. You can also try deep breathing techniques, dry brushing, rebounding, and lymph massages.

4. **Cleanse the kidneys**

There are numerous natural ways to detoxify your kidneys. Some of them are herbs like horsetail, ginger, vitamin B6, black cherry concentrate, etc. You can also benefit from magnesium, apple cider vinegar, Epsom salt baths, lemon water, etc.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

5. **Detoxify the colon**

Coffee enemas are a useful method for colon and liver cleansing. Also, make sure you regularly drink distilled and water free of fluoride, eat only organic foods, drink more aloe vera water and coconut kefir, consume more ginger and garlic, and use bentonite clay and activated charcoal regularly.

6. **Enhance the functioning of the liver**

To better the functioning of your liver and thus, enhance the removal of toxins and boost their filtration, opt for powerful herbs like dandelion root, burdock root, milk thistle, garlic, fermented foods, turmeric, and castor oil. Tulsi tea can be of great aid for people suffering from some liver-related problem.

7. Eliminate Parasites

Natural remedies like black walnut hull, wormwood, cloves, cinnamon, garlic, coconut oil, psyllium husks, bentonite clay and coffee enemas are excellent against intestinal worms and parasites.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

8. **Heavy Metals**

To expel dangerous heavy metals from your body, opt for natural chelators like chlorella, cilantro, high sulfur foods like cabbage, onions, garlic and brussels sprouts. Zeolite clay and activated charcoal are great chelators.

Sources:

CHATELAINE

MIND BODY SPIRIT

JON BARRON

Read online: https://bestfolkmedicine.com/2018/11/detox-each-organ-to-never-be-sick-or-tired-again/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.