

# Detoxification Generation

By Louise Elliott

**The world today has become a cesspool of industrial waste abandonment, where humans, animals and the environment are the unwilling recipients and inadequate filters, for a planet. Heavy metal fall-out from industrial plants, mass agricultural chemical use, even the common use of chemical-based personal grooming products, accumulate and poison our bodies over a lifetime.**

Although we cannot change the world we live in, we can combat the amount of toxins and poisons we store, and the consequential sicknesses. Forget Generation X, Y or Z! Enter Generation D - the Detox Generation!

Detoxification is the natural - or assisted - process of ridding harmful substances from our bodies. Humans have an amazing, systematic process of eradicating toxins. Our main cleansing organs are the liver, skin, kidneys, lymphatic system, bowel and lungs. You can often tell when your body is overwhelmed and attempting to detox, is when you experience smelly armpits, stinky feet, coated tongue, dull headaches, your food tastes funny and your friends ask, "What's with the bad mood?!"

Actually, our own bodies can be a source of toxin production: over-eating, stress, lack of plain water and fibre and too little exercise, can prevent the bowel emptying properly. Undigested matter gets stuck in 'pockets' of the bowel and then lays there rotting, poisoning the body for weeks, months and even years. In fact, a Colon Irrigation therapist once told me she found a Barbie Doll shoe in the faecal elimination of a 40 year old client. Obviously not likened to consuming toys in her adulthood, the shoe must have been in the lady's bowel for many, many years!

Did you know our food can be a source of toxins as well, from what I call the "farmicides"? This is a term I use for the cumulation of the "cide-poisons" lacing our agriculture and ultimately our food: Insecticides, weedicides, herbicides, pesticides and chemical-based fertilizer-cides!

Then there is the principle of bioaccumulation, a situation where humans are at the top of the global food chain and accrue the toxic accumulation of plants and animals consumed down the chain. For instance, the cancer-causing insecticide DDT (banned in Australia since 1987) is still being found in the fatty tissue of some animals!

Is it any wonder our bodies need a toxin purge now and again?

It's not as simple as an organic diet change. It is the everyday lifestyle situations, like using plastic containers, smelling carpet/furniture off-gases, car

exhaust fumes and household cleaners, that all contribute in the short term - and over a life time - to toxic bodies.

To take it one step further, our bodies' sophisticated elimination organs, which cleanse the daily pollutants, can become overloaded and ineffective at removing toxins!

The symptoms of overloaded, toxic bodies are as severe as: migraines, skin infections, memory loss, anxiety and depression, abdominal pains, constant joint pain, and Chronic Fatigue Syndrome. It is common too, that other disease symptoms can present with toxicity, and unfortunate cases as these are treated with harsh, medical interventions, rather than simpler detoxification methods.

The point is, for all our positive lifestyle efforts, where we are careful about what goes into our bodies, may not be enough to actually keep us healthy when our elimination functions are compromised. Normal health is a balance of goodness and grime going in, but wastes definitely coming out!

So why not be a part of the Detoxification Generation and see how you can increase your mental clarity, manage your weight, boost your energy and live well!

Please note, when attempting to detox be aware you may experience some "undesirable" initial reactions. Symptoms like mild headaches, joint soreness, abdominal bloat, flatulence, and mood sensitivity are normal. Any reaction more severe than this would indicate that you need to ease up your program.

## Some Methods for Detoxification:

### Drinking Water

Headaches, skin problems (like acne), body odour and mental fatigue can be caused by dehydration. If our body struggles to dilute or wash away waste-products, then ailments result. Unfortunately, dehydration is a state that many in our population exist! Have you ever tried to clean something without water? Of course not - water is essential to effectively remove muck, as it is in our bodies also. For many people, just by increasing their intake of filtered water, they will experience significant increases in detoxification.

### Raw Foods

Raw foods like fresh fruit & vegies, grains and legumes, contain live enzymes and natural sugars, which assist the body to purge wastes and build new, healthier cells. By eating unprocessed, organic meals - that don't contain (any more) contaminants



- your body has a chance to 'catch up' and eliminate stored toxins. If you are unfamiliar with preparing 'raw' meals, seek a Raw Food Cook Book - you'll be surprised how delicious the meals are!

### Breathing well

It is understood that the deep inhalation and exhalation of clean air into the lungs is a key to good health. Aside from the benefits of relaxation and mental clarity, correct breathing helps eliminate metabolic waste from the body.

Most people adopt a shallow "chest" breathing action, which is heightened by anxiety and stress. To assess your breathing technique, place one hand over your navel and see whether your diaphragm moves it away, or if your chest expands above. Aim for slow, diaphragmatic breathing. Yoga, Pilates, eastern meditation and Buteko Breathing courses, offer instruction in correct breathing.

### Foot baths

The feet contain very large pores, numbering at least 2000, which are linked to the lymphatic system, thereby making them a perfect area from which to eliminate toxins. It is known that as toxins build up in the body they cause an electrolyte imbalance within the cells - a situation that prevents cells from absorbing nutrients and removing wastes. The foot bath consists of electrodes that provide a detoxifying stimulation and harmonising effect on the lymph system and the body's energetic field. You may notice discolouration occur in the bath as the water reacts with its own metals and salts, and with the wastes and acidity of the person!

### Saunas

Different cultures have long-known the benefits that comes from profuse perspiration, including skin clarity, immune system stimulation and increased vitality. The skin is the largest organ in the body and, therefore, makes great sense to be utilised for cleansing purposes. Surpassing traditional steam saunas is Far Infrared (FIR) Sauna technology, as tested by NASA. The gentle, dry heat atmosphere

induces detoxification via vibration of encapsulated toxins, allowing their release into the perspiration. The quantity of toxin removal induced by FIR energy is far greater than achieved in a traditional steam sauna. This method is very relaxing and highly effective for detoxification.

### Juicing

Many fruits and vegetables have potent cleansing properties, along with an abundance of concentrated nutrients for cellular renourishment. Juicing is one of the most delicious ways to provide detoxification to the body! Drinking juices daily can provide gentle waste-removal, or if used when fasting they can accelerate toxin elimination. A total juice diet allows your digestive system a chance to rest and use its energy for cellular repair. There are many guides available from bookstores or at the local library that detail detox juices!

### Fasting

Fasting is practice employed by ancient cultures, but which send shivers down the spines of modern societies! The deprivation of food is an unheard-of lifestyle for Westerners, where over-eating is encouraged! The body has a small amount of time during sleep to eliminate wastes. You probably know the typical signs of detoxification in the morning: smelly breath, coated tongue, drowsy mind and puffy, uneven skin tone. This mini-fast is not enough time to effectively reduce toxin overload; longer fasts provide an extended break for the body to purge, unburdened by food digestion. It is a good idea to start with a fruit and veggie, or juice fast for a couple of weeks, to ease the body into any side-effects or hunger torment!

### Colon Hydrotherapy

The colon - also known as the bowel or large intestine - is the last section of gastro-intestinal tract, where water and minerals are absorbed, and faeces are created and eliminated. Infections, parasites and viruses can take over when the colon is not functioning properly! People should produce

stools more than once per day; delayed stools allow digestive, toxic residues to remain and poison the body. A Colon Hydrotherapy treatment (or 'Colon Irrigation') has the ability to penetrate high into the bowel and dislodge toxic waste matter. Often a person will feel energetic for many days after a Colonic treatment, plus ailments may cease to distress!

### Massage

You may ask, can the wonderful relief and relaxation offered by massage therapy, also help with detoxification? Yes, and it is one of the most underestimated treatments for toxin removal! Massage improves the circulation of cells and facilitates the elimination of wastes. The lodgement of toxins and formation of crystals around joints can be eased by massage, and similarly, internal elimination organs can benefit from external massage stimulus. The lymphatic system utilises muscular pressures to move wastes through our bodies, and thus can be prone to stagnating. Lymphatic massage increases toxin movement from cells to lymph for removal, as well as reduce swelling and puffiness in the skin.

### Retreats

Visiting a Health Retreat is the perfect way to initiate detoxification, plus receive the education and tools needed to maintain a high standard of personal health care. In fact, many of the detoxification methods mentioned in this article are available at Health Retreats. For those needing a helping hand initiating a detoxification regime, or for providing the self-discipline to complete one, this is the way to start. Retreats are usually set in remote, tranquil surrounds and engage nutritive, meditative and counselling approaches for holistic healing.

### Chelation Therapy

For sufferers of heavy metal toxicity, Chelation (key-LAY-shun) Therapy holds scientifically-proven promise. It was initially utilised in World War II to alleviate arsenic poisoning and then later in the



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1940's by the US Navy to remove lead poisoning. Chelation therapy introduces certain chemical substances into the body (usually intravenously), which bind to metals and minerals like arsenic, iron, lead, and mercury, making them less reactive and easier to remove from the body. Some Vitamins (like Vitamin C), trace elements (like alpha-lipoic acid) and chemicals (like EDTA), can facilitate chelation. This is a proven therapy provided by some medical practitioners and natural health professionals.

**Detox Products and Tonics**

Visit any health food store or pharmacy and choose from the many number of Detoxification formulations available. These consist primarily of plant extracts known for their purifying and purging properties. Of favourable mention are:

**Dandelion** – an herb that works on the liver – our primary cleansing organ – to release stored toxins.

**Spirulina** – a single-celled algae of superior, nutritive constitution, that can sanitise the bowel by promoting good bacteria growth, act with antioxidants to neutralise and reverse free-radical damage, and restore cellular function and improve natural elimination.

**Fibre** – Correct bowel function is paramount to effective toxin removal. An easy method to stimulate more frequent stool movements is by increasing the amount of fibre in your diet. This can be via consuming more fruit and vegetables, or by adding to your meals: Oat, rice or wheat bran, Barley or wheat grass powder, or Psyllium husks.

**Skin brushing** – Firm, consistent buffing with a natural bristle brush can stimulate the lymphatic and vascular system to remove toxins, as well as encourage the skin to discharge wastes at the pores.



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