

Cleansing From Within

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We are constantly exposed to pollution, pesticides and preservatives, all of which can be harmful to our health. Many of us also consume alcohol, nicotine and junk food. So what are the best ways of detoxifying our bodies of these harmful substances and how often should we expose ourselves to such cleansing processes?

Overall wellness

Wellness clinics normally address improving the overall functioning of the body. In addition to dealing with the sources of the toxins that we take into our body on a regular basis, there is also an element ensuring we take care of our emotional and spiritual aspects. Meditation is commonly employed to get rid of excess baggage from our minds.

It is common practice among those who follow this form of detoxification to use the body's natural mechanisms to assist in removing the toxins from the body. Sweating is one of the most popular methods of flushing out unwanted chemicals and can easily be achieved by visiting a sauna on a regular basis.

Chinese herbs are also credited with helping the detox process with different herbs used to target specific organs. A common diagnostic in relation to this approach is if the eyes show any form of discoloration then the liver is in need of detoxification.

Diet and exercise

Toxins can build up within the body as a result of poor digestion. Accordingly, if we improve the ability of the body to readily digest food, then less toxins will build up within the cells.

The stretching, breathing and poses of yoga are designed to assist the body digest food. They also target the cleansing of various organs that are responsible for filtering the toxins from within our body.

Back bends, for instance, target the cleansing of the liver, removing the toxins this important organ filters. Spinal twists are believed to flush out the spleen, pancreas, colon and gall bladder. Combine these with the increase in blood circulation as a result of a good yoga workout and you have a great detoxifying method.

Our diet is also a major contributing factor. Consuming healthy foods, such as vegetables, close to their natural state (raw or partially cooked) greatly assists in this respect. By avoiding meat and processed as well as fried foods we can eliminate the source of many of the toxins regularly introduced into our bodies.

Finding the underlying or direct cause of an eating disorder is the first step in correcting it. Bad eating habits are often related to emotional problems. Such disorders can also result in foodstuffs and their waste products being retained in the body longer than they should be. The retention of these types of toxins for extended periods of time can in turn cause an

even greater build up of toxins.

Accordingly eating the right foods at the right time is one of the underlying foundations of a healthy lifestyle.

Health and beauty

Can beauty treatments work to improve your health? This is where the mud baths and massages have their claim to fame. In principle it is a slightly different approach to healthy living in that various products and herbs are absorbed through the skin. Massage is then used to assist the internal organs in releasing the toxins that they have retained. These unwanted products are then discharged by large amounts of water being consumed to allow the released toxins to be flushed from the body.

To assist with the absorption of the herbs through the skin, it is common practice to have a session of defoliation first. This involves the removal of the outer layer of skin to allow the products applied during mud bath and massage to penetrate into the body more easily.

A series of massages follow allowing the internal organs to release their build-up of toxins. These massages usually include the lymphatic system and the lymph nodes. This also results in stimulating blood flow around the body. Again, large amounts of water are consumed to flush the released toxins out of the body.

Remember, there are only three basic ways to remove the released toxins from within our bodies _ sweating, urinating and defecating. Insufficient fluids within the body can interfere with any or all of these functions. That is why the intake of sufficient water is so important, not only during the above detoxification processes, but also on a daily basis when your body is attempting to continually carry out these processes.

As can be imagined, most of these processes can initially leave the body feeling tired and weak so it is a good idea to allow yourself a reasonable period of time to recover.

For anyone who has been overdoing the consumption of unhealthy things, a minimum of three days purification is recommended. During such periods, not only are mud baths and massages employed, but large amounts of fruit and vegetables are consumed while caffeine and alcohol must be avoided.

Avoiding the culprits So now that we have seen how to remove the toxins from our body, it is a good idea to summarise what we should not put into our bodies in the first place. Alcohol and junk foods have been generally mentioned throughout but let's take a more precise look at what we should definitely avoid.

Caffeine is one of the main offenders. Although it may give an initial boost and help keep us going for a while, the toxins that it introduces are far more detrimental than the benefits it gives. Also, most of us add some sugar to our coffee. To put this in perspective, many experts claim that sugar is the worst single item in causing toxin build ups within our bodies.

White flour is also another item to avoid. It is a highly processed foodstuff which results in the toxins used in its processing being introduced into our bodies.

Working too hard is also something to avoid. Work for most of us involves long periods of concentration under high levels of stress, often without sufficient breaks or the correct food readily on hand to recharge us when we most need it. In addition, long periods of inactivity such as sitting in front of a computer are unhealthy and supply the ideal setting for a full blown toxin build up experience