

Seven Essentials to Easy Cleansing by Alexis Touyz

Get rid of the winter blues. Cleanse your body, strengthen your will, and increase your energy levels. Use gentle techniques to develop lifelong strategies for toxin elimination and immune system stimulation.

There are healthy ways to cleanse and detoxify your body. There are many different kinds of cleansing protocols which we can broadly group into five categories. 1. A general cleanse for the whole body. 2. Ones that focus on eliminating heavy metals. 3. Cleanses which detoxify the body of tobacco, alcohol and drugs. 4. Those that focus on organ specific cleanses and 5. Cleanses that focus on specific diseases and infections.

Detoxifying programs work best when nutrition, supplementation, herbology and homeopathy are applied in conjunction in an attentive way.

During a cleanse try eat organic food. Organic foods don't have harmful pesticides used in production, and therefore none are absorbed. It is irrational to do a cleanse where one tries to eliminate toxins from the body while ingesting them on the food you eat. Go off all salt (substitute fresh herbs for flavor instead.) Don't heat any spices as the heat changes the organic properties and the result is they become inorganic and difficult to digest. Do not eat eggs, sugar, red meat and dairy. All flour based products should be avoided. Eat instead whole grains, sprouts, fruits and vegetables and nuts and seeds. Include small amounts of monounsaturated fats, like olive oil and try to include the essential fatty acids and omega oils, like flax seed and Omegas 3 and 6.

Herbs and minerals taken during a cleanse should build up strength in the body and support the elimination of mucus and catarrh.

Mineral levels during cleansing are essential for healthy metabolic function: Iron, Potassium, Magnesium, Calcium are basic elements which the body requires for healthy cellular function. These basic units' facilitate the metabolic reactions in the cells and support the elimination of waste and toxins on a cellular level. Minerals also allow the cells to continue functioning healthily. An excellent source of these mineral are the Homeopathic tissue salts. A combination of 12 salts will cover all the minerals needed for healthy metabolic function.

Seaweed is a fabulous nutritional aid both during and after a cleanse. It contains Vitamins A, B1, B2, B6 and Niacin as well as Vitamin E, Calcium, Phosphorus, Magnesium, Iron and Zinc. Seaweed is also an excellent source of Chlorophyll. Seaweed is good for oxygenating the tissues and the high concentration of magnesium binds to the free radicals and helps eliminate toxins from the body. Sources include the most edible seaweeds or if the flavor is too intense try the green supplements like Spirulina or other Algae.

Herbs can be used in a generalized capacity for detoxification or with a specialized focus on an individual organ or disease. Use herbs either in the form of teas, tinctures or in capsules. Each herb chosen should assist an organ individually and help in the elimination of toxins and mucus from a specific area in the body, as well as support the function of the organ involved. A basic formula would include Nettle and Clover for the blood, Cayenne pepper for the lungs and mucus in the entire body, Barberry root, Milkthistle for the liver, Cleavers and Dandelion leaf for the kidneys, Calendula for its anti microbial properties, and Hawthorn berry for the heart.

A Homeopathic constitutional remedy will ensure that the body is functioning at its optimal ability. Your body will respond to the detoxification process in the most efficient way possible. It will also serve to strengthen the immune system and support the body after your cleanse. Specific homeopathic remedies can be utilized in a specialized way to target elimination e.g. Nux Vomica. Other remedies are useful in cleansing specific heavy metals from the system or in helping with a drug or alcohol or tobacco detox. These remedies should be used under supervision.

One of the most essential factors in any cleanse is water. As a general rule people should drink between 1 1/2 – 2litres of water a day. During a cleanse doubling the intake of water is extremely beneficial, about 3litres a day The water flushes the system, hydrating the tissues and also gives the body a medium for removing the toxins from the system. The extra fluid helps protect organs like the kidney and liver as the toxins are diluted in fluid and therefore the body manages the whole elimination process without undue stress. Add fresh lemon. It helps with the alkalinity of the body

Depending on the length of the cleanse other procedures are recommended to support the elimination process. For example dry body scrubs and saunas are comforting ways to encourage detoxification through the skin. Gentle exercise encourages elimination via the bowels, the lymph and the skin.

Cleanses vary in length and intensity from 3 days to 3 months.
Individualized cleanse programs are ideal as everyone is different. See your
health practitioner for your customized program.