



## Five Detox Methods to Enhance Your Health

Detoxifying the body and eliminating toxins can be accomplished through various detoxification methods. Everyone's toxic overload is different and many factors come into play, such as your health status, weight, metabolism, age and genetics. If you want to enhance your detoxification and overall health, here are five methods that some use to detox the body and support the reset process any time after the 10 day Green Smoothie Reset (Please Note: These methods are not encouraged during the 10 days).

1. Colonics
2. Liver Cleansing
3. Saunas
4. Body Brushing
5. Detox Foot Bath/Foot Pads

### Colonics

Colonics, also known as colon hydrotherapy, is a method used to remove waste and impacted fecal matter from the colon. The first modern colonic machine was invented about a hundred years ago. Today, colonics are performed by colonic hygienists or colon therapists.

Colonics work somewhat like an enema but involve much more water and none of the odors or discomfort. While you lie on a table, a machine or gravity-driven pump slowly flushes up to 20 gallons of water through a tube inserted into the rectum. The therapist may use a variety of water pressures and temperatures. While the water is in the colon, he or she may massage the abdomen. Then the therapist flushes out the fluids and waste through another tube. The therapist may repeat the process. A session last up to an hour.

The average colon weighs about 4 lbs, but it is not unusual at all for the colon cleansing to flush away as much as 10 to 20 lbs of stagnant fecal matter. Your colon can hold a great deal of waste material that, when not eliminated, putrefies, adding to the toxic load of your body. Many people with "pot bellies" may actually have several pounds of old, hardened fecal matter lodged within their colons. The process may actually cause you to experience some immediate weight loss.

It is a common misconception that doing a colonic will rid your body of all the good and bad bacteria. If you decide to do a colonic, it will rinse out good bacteria with the bad, you want to replace the good bacteria within the 24 hours, unless you are extremely unhealthy or weak. However, you should always take a probiotic

supplement after a colonic to replenish the good bacteria right away. A good colonic therapist will always provide you with probiotics (good bacteria) at the end of your colonics session.

If you choose to research colonics and decide to include them as part of your detoxification process, you probably want to go at least once a week for up to 6 weeks, particularly when you 1<sup>st</sup> begin aggressively detoxifying the body. That is because you are drawing out toxins in the body, and if they are not eliminated quickly, they can cause detox symptoms that become uncomfortable. One rule of thumb as to whether to do a colonic is determined by how frequent your bowel movements are. If your body is managing toxins and waste well through normal daily bowel movements (one to two per day), then you probably don't need to have a colonic.

There are no major drawbacks to a properly administered colonic by trained colon hydro therapists. You don't need to be concerned about the safety of colonics as long as they're done with certified colon therapists on a good quality machine.

### ***Check your poop to evaluate your health***

Here is another simple way to evaluate your health. As an example, bowel movements (BMs) that are black or reddish indicate potential health problems. Thin BMs suggest that more fibre is needed in the diet or there is some type of imbalance in the digestive tract. If you have chronic constipation and BMs are rock solid, this may be an indication that your liver is overworked. If you experience chronic constipation or difficult bowel movements for an extended period of time, you should seek medical advice.

Your bowel movements will help you understand what's going on with your body. Healthy bowel movements should:

- Occur 2-3 times/day and definitely no less than once/day
- Should not have a strong foul odour
- Should be medium brown in colour, shaped like a banana, about the width of a sausage
- Should float, not sink right to the bottom of the toilet

The one secret to releasing unwanted body fat and keeping it off is to keep the liver healthy and operating at peak performance.

The liver (also known as the fat-burning organ) is the #1 secret weapon to releasing body fat. The liver is responsible for breaking down, eliminating and neutralizing toxins in the body which allows for the breakdown of fat. Therefore, it is essential that we cleanse the liver to improve the body's detoxification capabilities and to help the body metabolise and burn fats.

When the liver functions efficiently, it is much easier to release fat. The liver has to perform well enough to eliminate toxins that are causing fat cells in the body. If you have body fat accumulation, especially around the waste and midsection (ie; belly fat), it suggests that your liver may not be functioning properly or as efficiently as it could. To release the excess body fat, you have to detoxify and cleanse the liver, which leads to not only a slimmer waste line but also a thinner body.

One easy way to cleanse the liver is to take herbs/supplements, such as milk thistle, dandelion root and burdock. These herbs are all-natural and very effective at liver detoxification. You'll find that many products on the market combine these herbs into one supplement so that you can achieve the best results. As you look for products to help you cleanse your liver, be sure to only use those that are all-natural and gentle on the body.

Additionally, an inexpensive liver-cleansing option is to drink 1 to 2 tbsps of apple cider vinegar in 8 ounces of water every morning and night. Do this for 2-3 weeks or continue until your sluggish liver symptoms have improved.

Completing a liver cleanse can be a positive and rejuvenating experience that yields numerous health benefits. As you improve liver health, you increase your body's ability to detoxify itself, improve its fat-burning capabilities and achieve optimum health.

## **Saunas**

The skin is the largest organ of elimination for the body and saunas help you sweat out toxins from the body. Why I love the sauna is that I'm all about things that have a health benefit while providing a beauty benefit. You can kill two birds with one stone. You release toxins, burn calories and come out with glowing skin.

Sometimes if you want to know how healthy someone is, you just have to look at their skin. If someone has clear, radiant skin, there's a good chance he or she is very healthy. Experts say that a sauna session can do more to clean, detoxify and simply freshen your skin than anything else.

### **Benefits of the Saunas:**

**Weight Loss** –In a sauna you can burn 300-500 calories in 15 – 20 minutes, almost equivalent to 1-2 hours of brisk walking or 1 hour of exercise. Saunas work positively on metabolism, increasing its speed and intensity, which in turn results in fat release.

**Elimination of Toxins**-The steam in a steam sauna opens up the pores, allowing the skin to sweat out toxins that can cause illness. Perspiration is how the body purges itself of toxins and impurities.

Cure of Illnesses-The heat of the steam causes the body's temperature to rise, which helps kill viruses, bacteria, fungus or parasites in the body.

Improved Skin-The steam hydrates and moisturizes the skin, making steam saunas particularly beneficial to people with dry skin

Strengthened Immune System-The high temperature of a steam sauna causes an artificial fever, which sends a "wake up call" to the immune system and increases an individual's white blood cell count.

Relaxed Muscles-The heat from the steam warms and relaxes tense muscles. This relaxation helps to reduce stress levels, revive mental clarity and improve overall physical and emotional health.

For a steam sauna, you sit in moist heat for 15-20 minutes. Follow that with a quick shower to wash off all the toxins that have been flushed from your skin to feel truly refreshed.

Another type of sauna is an infrared sauna, which produces what is known as radiant heat. The heat of an infrared sauna also penetrates more deeply without the discomfort and draining effect often experienced in a conventional steam sauna. An infrared sauna produces 2-3 times more sweat volume and due to the lower temperatures used (110-130 degrees), it is considered a safer alternative for those at cardiovascular risk. It accelerates the removal of toxic waste and chemicals that are stored and lodged in the fatty tissues of the body. The sweating caused by deep heat helps eliminate dead skin cells and improves skin tone and elasticity. The heat produced in infrared saunas is extremely helpful for various skin conditions including acne, eczema and cellulite. Another benefit of the sauna is that you burn calories. Studies have shown that you can burn 600 calories in 30 minutes in an infrared sauna. Whichever you prefer, steam or infrared sauna, both can be dehydrating, so it is important to hydrate properly before and after a sauna.

A few of Tips on Using Saunas:

- It is important to try out different types (steam, infrared and oxygen steam saunas). You can make appointments at spas to see which type of sauna you like best
- You might want to invest in a home steam sauna. Some can be found on Amazon for \$200 and are great alternative to paying to go somewhere
- Sitting in a sauna 1-2 times/week is ideal for getting the best results
- You will need to drink water before and after you get into the sauna. Coconut water is excellent for its super hydrating power after a sauna
- If you have heart issues, sensitive skin or asthma, or if you are pregnant, you should not sit in a sauna until you check with your doctor

## **Body Brushing**

Body brushing (also known as dry brushing) is done with a natural boar-bristle brush, which can be found in health food stores. Dry brushing on a regular basis lightens the burden on the liver by helping to remove excess waste in the body. Dry brushing stimulates the lymphatic system, which is a secondary circulatory system underneath the skin that rids the body of toxic waste, bacteria and dead cells. By body brushing, you move the toxins along and out of the body for elimination. By brushing the body from head to toe with the dry brush, focusing on the lymphatic drainage regions, like behind the knees, you'll improve efficiency of the whole lymphatic system.

Firm, gentle brush strokes across the skin will improve your blood circulation, clean out clogged pores and enable your body to remove toxins faster. Body brushing removes dead skin layers and encourages cell renewal for smoother skin. If the liver is the fat-burning organ, then the lymph system can be called a fat-processing system. So cleansing the liver and lymphatic system are key to weight loss and diminishing cellulite.

To effectively use the body brush, remove your clothes and begin brushing the soles of the feet. Next, brush from the ankles to the calves, concentrating on the area behind the knees, using long upward, firm strokes toward the heart. Then brush from the knees to the groin, the thighs and the buttocks. If you're a woman, make circular strokes round your thighs and buttocks to mobilize fat stores, such as cellulite. (Dry brushing actually helps to diminish cellulite). Then brush the torso, avoiding the breasts. Finally, make long strokes from the wrists to the shoulders and underarms. The entire process should take no more than 3-5 minutes and will leave your skin feeling totally invigorated. The best times to brush are in the morning before a shower or at night before bed.

## **Detox Foot Pads/Detox Foot Bath**

Detox foot pads are a quick and easy way to rid the body of toxins. You put the pads on the bottom of your feet overnight as you sleep. The ingredients in the detox foot pads are said to pull impurities and toxins out of your system during the night while you sleep. In the morning, you remove the pads from your feet and discard them. They are helpful with aches, pains, sore muscles, joint pains, swelling and bloating.

The detox foot bath (ionic foot baths) works by soaking your feet in a warm saltwater solution made up of many different toxin-drawing ingredients. The ionic activity in the water shoots through your body fat and is supposed to draw the toxins out through the hundreds of pores in your feet. Thirty minutes is the average time for a detox foot bath, which costs a little more than foot pads (\$15 vs \$60 for a detox foot bath). A detox foot bath is said to make joint movement easier in the knees and elbows. It's an alternative-medicine option for people who suffer headaches and chronic joint and bone pain. A detox foot bath is simple and extremely relaxing! If you want to get a detox foot bath, it is typically offered as a spa service under the name of Aqua Chia Foot Bath.