

Spring Cleaning for the Body

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Our organs of elimination – the liver, kidneys, lungs, lymph and colon are designed by nature to remove impurities from our body.

Foreign molecules enter the body through the air that we breathe, the potions we slather onto our skin as well as the food and drink that we consume. In more pristine times our air was clean, cleaning agents were made from natural ingredients (soap was made from fat and ashes) and the foods we ate came directly from the earth. The body could handle eliminating any unfamiliar molecules as the demand was minimal.

Today's world brings us into contact with many more foreign invaders. The air we breathe is now rife with car exhaust; our cleaning agents and laundry supplies filled with thousands of new chemicals. Foods now come laden with over 3,500 pesticides and 5,500 food additives as well as artificial fats and synthetic vitamins. As a result, our organs of elimination get overwhelmed with their task.

The body has options when it comes to dealing with toxins. It can 1) remove them, 2) hide them in body fat or 3) deposit them in tissues such as joints, muscles, skin, uterus, ovaries, lungs, heart, etc. The burying of toxins deeper into body tissues is the body's attempt to protect itself from further damage if detoxification pathways aren't up to par. This toxic load that the body is trying its best to hide can underlie many nagging health problems.

Indicators that your body is overwhelmed and having trouble removing toxins can include: poor digestion, poor sleep, constipation, excess weight, skin conditions, headaches, high cholesterol, joint pain, mental fog and frequent illness. Such symptoms are often explained as "natural", "genes", "menopause" and "aging".

We can't change our oil and put on a new filter as we do on our cars. As stewards of our body it is up to us to reduce the toxic load and to care for our organs of elimination so that they may work for us as efficiently as they can.

Spring is a great time to give your body a break: an oil and filter change so to speak. There are many detoxification protocols available. I prefer more gentle routines, lifting the load of toxins that enter the body while nourishing the organs of elimination so that they might take a break and self-cleanse.

Any thorough internal cleansing is best under the watch of a seasoned health care practitioner. Not only do they have products they know and trust, but they have experience in maneuvering any bumps in the road of detoxification should they appear.

On a daily basis, here are some basics to enhance your body's detoxification systems:

- Drink 8-10 glasses of pure water per day
- Start your morning with ½ lemon squeezed into warm water. This serves to enhance liver and gall bladder function.
- Choose to eat organic, toxin free, alive foods straight from the earth.
- Include these foods that facilitate the liver's detoxification pathways: beets, beet leaf greens, broccoli, cabbage, kale, asparagus, brussel sprouts, onions, garlic and egg yolks.
- Eat dinner by 6-7 pm and get a good night's sleep. Our body's task at night is focused on elimination. If the body is busy digesting a late meal or with late night activities, detoxing is compromised.
- Be sure that you are having at least one healthy bowel movement per day. If the bowels are backed up, the liver gets backed up and the toxin burying process begins.
- Include daily exercise. The lymph system, the waste removal of our body on an intracellular level, only functions properly with body movement. Exercise also enhances the removal of toxins through the skin with sweating.

For a greater understanding of detoxifying I refer you to "The Detox Solution: The Missing Link to Radiant Health, Abundant Energy, Ideal Weight and Peace of Mind" by Patricia Fitzgerald. A good spring cleaning for your body may be an excellent way for you to jump start into greater health.