



SAGE TEA NATUROPATHIC MEDICINE

LEARNING CENTER

Q: WHY SHOULD I DETOX?

A. Consider the many toxins in our everyday lives.

The grit and grime of industrialized life, the many plastics that hold our food, the burning of fossil fuels from our cars and busses, chemical preservatives with long names that we can't pronounce, the artificial colors and artificial flavorings, do we even know where they are derived from? What about the chlorine in our water supply, even if we don't drink it, we bathe and shower in it, taking it in through our skin. How about the hair dye, toxic nail polish fumes, rancid food and body oils, molds, funguses, paint, detergent, fabric softener, cleaning solvents... I could go on and on, but you get the point.

If you are struggling with skin problems, aches and pains, or digestive problems, or can't seem to lose weight, it might be time for a body detox.

Practiced for centuries by cultures around the world, detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

How does detoxification work?

Basically, detoxification means cleansing body of the toxins and impurities that build up and become stored in body fat and bone and primarily in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when these systems are compromised by toxins, the impurities aren't properly filtered and every cell in the body is adversely affected.

A detox program can help the body's natural cleansing process by:

1. Resting the organs through fasting;
2. Stimulating the liver to drive toxins from the body;
3. Promoting elimination through the intestines, kidneys and skin;
4. Improving circulation of the blood; and
5. Refueling the body with healthy nutrients.

Detoxification addresses the individual cells, the smallest units of human life, removing the muck that can suffocate them, causing them to function at less than optimum levels.

A good idea is to detox 3-4 times a year, more if you have toxic exposures such as if you work with chemicals in your career. Every change of the seasons is a good way to get into a regular routine.

Detoxification can relieve symptoms such as

- Fatigue
- Constipation
- Irritated skin
- Allergies
- Low-grade infections
- Puffy eye or bags under the eyes
- Bloating
- Menstrual problems
- Mental confusion

To safely detox, you should contact your naturopathic healthcare provider to participate in a structured and monitored cleanse.