

DETOX NATURALLY:

Your Pathway to Health and Vitality



Detox Naturally: **Your Pathway to Health and Vitality**

by

PUREHEALTH®
RESEARCH

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INTRODUCTION

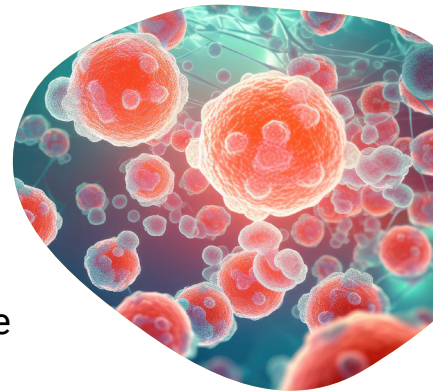
Every day, your body is exposed to toxins. Some of these come from the foods you eat or the beverages you drink. Others come from exposure to environmental sources. The body itself manufactures yet others.¹

In a perfect world, your body would naturally process and excrete most of those toxins by itself. We don't live in a perfect world, however. We live in an increasingly toxin-filled world where the body often needs a helping hand to eliminate these dangerous substances from our skin, blood, and internal organs.

We call this process “detoxification,” which can take many forms.

Natural detoxification refers to your body's innate ability to remove dangerous chemicals and byproducts on its own. For instance, the lungs can remove toxic gases from the body, such as anesthesia from surgery or even alcohol after a night of drinking (the liver plays the largest role in alcohol metabolism, of course). The kidneys help filter toxins from the blood and into the urine, and the digestive system helps eliminate toxins through diarrhea or vomiting.

Long ago, the body might have been more than enough defense against toxins human beings encountered in their daily life. Today, that's not the case. We live in a world increasingly filled with toxins, from chemical pollution² to toxins in the very food we eat.³ With that onslaught of natural and synthetic toxins, the body may require a helping hand.



Detoxification is the process of taking intentional steps to augment the body's natural processes. You have the power to safeguard your short and long-term health this way. In this book, we'll explore detoxification and help you understand both what's necessary to help your body and the significant amount of control you have over your exposure to and risk from toxins.

CHAPTER 1

Understanding Detoxification

You might have heard of “doing a detox” or “cleansing” the body. They’re often used in reference to harsh rules regarding fasting, drinking nothing but lemon juice, or eating only cabbage for days on end⁴. Don’t be fooled. These are fads and they can be dangerous, but detoxification is real (and necessary). Your body’s natural detox processes occur all day, every day, and provide you with invaluable protection against the threats lurking in our world.

The body’s natural detox process comprises two distinct phases that ultimately involve most of your systems and organs. Let’s break things down a bit.



PHASE 1 – During the first phase, the body **attempts to alter the toxins that entered your body**. They do this by transforming them into other things – free radicals, for instance.

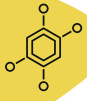
The body can also convert toxins into other, less harmful substances, all of which must be eliminated as quickly as possible. They might no longer be as toxic as they initially were, but these substances can still be dangerous.



PHASE 2 – The second phase is the elimination of those converted substances, whether we’re talking about free radicals or something else.

During this process, your body requires specific things, like water and amino acids, to **flush toxins from the body**.

Technically, phase two is a two-part phase, which is why you'll sometimes hear medical professionals refer to three phases of detox⁵. In this format, we're looking at the phases like this:



PHASE 1 – **Enzymatic activity** transforms toxins through oxidation, reduction, and hydrolyzation.



PHASE 2 – Additional enzymes **conjugate the products** created during Phase 1.



PHASE 3 – **Transport proteins move** transformed/converted substances from different parts of the body to be excreted.

The body's natural detoxification system involves multiple parts. Your lungs, kidneys, liver, digestive system, and even your skin all play critical roles here.



How Toxins Enter and Affect the Body

Toxins have always affected human beings. These threats aren't unique to the modern world. Even hundreds of thousands of years ago, our ancestors had to worry about the effects of toxins. However, the threats we face have proliferated thanks to the use of chemicals in manufacturing, modern farming and ranching processes, and exposure to chemicals ranging from cleaning products to engine oil.

But how do these toxins enter the body? And once inside, what do they do? Why is detoxification so important?

Toxins enter the body in one of four ways⁶:

INHALATION – One of the most common ways for chemicals to enter the body is through inhalation. You just breathe them in. Smoke, the chemicals in perfume, and even invisible threats like carbon monoxide are all good examples.



CONTACT – Chemicals that contact the skin or eyes can be absorbed into the body.

INGESTION – You can ingest chemicals in food or drink or by taking anything via the mouth (medication, for instance).

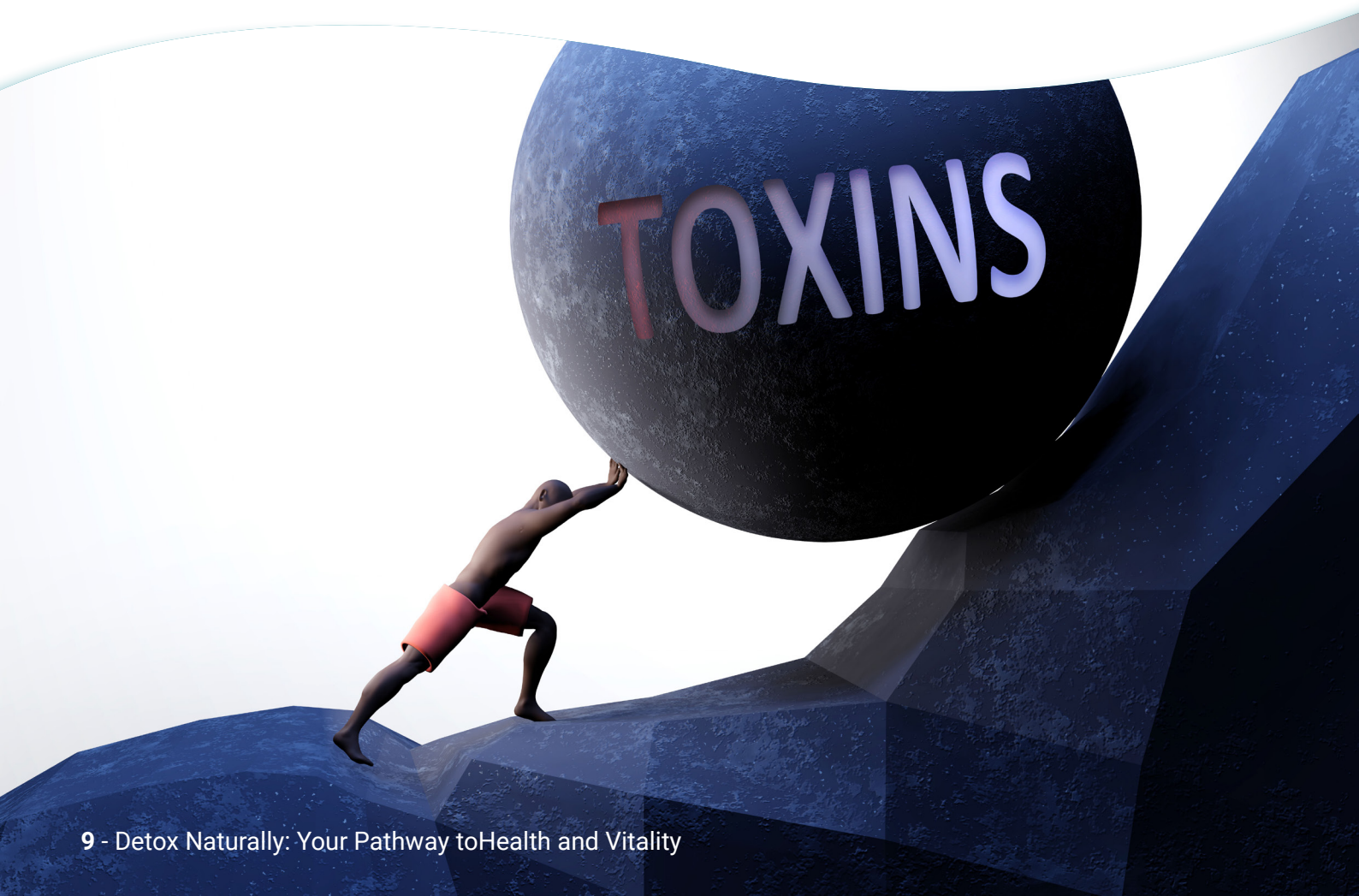


INJECTION – Finally, there's injection. This refers to any toxin entering the body by breaking the skin and includes hypodermic needles, but also other things, like lacerations from broken glass or puncture wounds.

Once in the body, toxins immediately begin acting on our systems⁷. The effects vary greatly depending on the toxin in question, its concentration, and how long it remains in the body. Some of the most common effects of toxins include:

- Inflammation
- Cellular damage and degeneration
- Autoimmune diseases
- Depletion of nutrients
- Organ dysfunction
- Weakened bones
- Allergies
- Slowed mental cognition or development
- Reproductive issues
- Cancer
- Accelerated aging

No matter the toxin in question, it's bad news for your body and mind. Thankfully, detoxification can help eliminate those threats.



CHAPTER 2

Diet and Detoxification

While your body's systems and processes are the first lines of defense against toxins, your diet also plays a critical role. In this chapter, we'll explore essential nutrients for detox support, how fiber supports detoxification, and the impact of hydration on the detoxification process.



Essential Nutrients for Detox

Your diet plays a central role in everything from weight gain or loss to the amount of energy you have every day. It also affects your body's ability to eliminate toxins. Make sure you're getting the right nutrients to support your body's detoxification processes.



Iron and Riboflavin – Usually referred to as vitamin B2, iron and riboflavin support good liver health and help break down and remove toxins from the body.

Vitamin A and D – Vitamins A and D play a role in skin health and wound healing, protecting against toxins that might penetrate through or be absorbed by the skin.



Vitamins E and C – Vitamins E and C are powerful antioxidants and help fight free radicals (what the body converts some toxins into) and protect DNA from damage.

Vitamins K, B1, and B6 – These three vitamins provide important benefits for your liver and support it in its body detoxification efforts (the liver is the primary detoxification engine in the body⁸).



While you can take most of these vitamins and minerals in supplement form, it's far better to get them right from the foods you eat.

The Role of Fiber in Detoxification

Fiber is most famous for its role in helping us go to the bathroom, but it's so much more! It's an essential part of protecting yourself from toxins⁹. Fiber can bind to and eliminate toxins, as well as many heavy metals, and even some hormones. It also helps protect against antioxidants and increases enzyme-based detoxification in the liver, while reducing the risk of certain types of cancer.



Hydration and the Detox Process

Hydration is essential to life. You can go days and days without food, but just three days without water is a death sentence. Likewise, hydration is vital to eliminating toxins.

Water helps your body flush toxins through urine, but also sweat. It aids the liver in its detoxification efforts and boosts blood volume and healthy kidney function¹⁰. Make sure to drink plenty of water each day. Men should shoot for around 15.5 cups and women should drink around 11.5 cups of water each day¹¹.

Nutrition and hydration are vital for detoxification, but there are things you can do to further protect your body. In the next chapter, we'll discuss holistic detox practices that anyone can do on their own.



CHAPTER 3

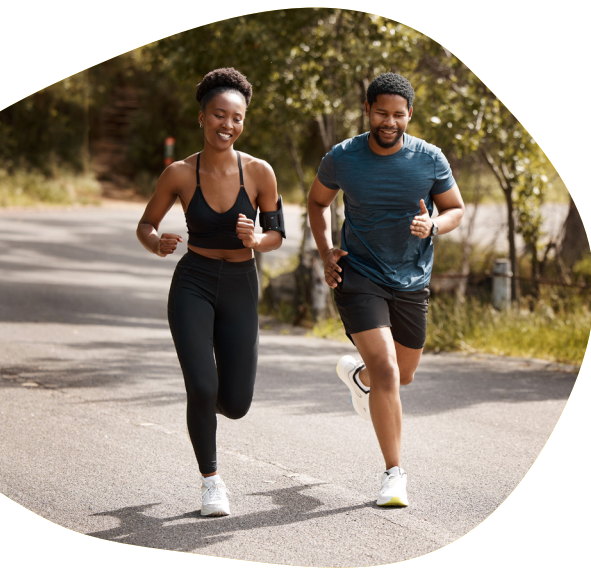
Holistic Detox Practices

While your body's natural processes eliminate most toxins without the need for your conscious assistance, there are things you can do to help. Many of them will also improve your overall health and wellness.



Fasting

Fasting is a time-honored tradition in many cultures and religions. It's seen as a way to put distance between the body and things that affect it – a reset, so to speak. It's also an important tool in the detoxification process. Fasting can boost weight loss and reduce inflammation, but it also increases the level and activity of the liver enzymes responsible for detoxification in the liver¹².



Physical Exercise and Detox

One way the body detoxes is by releasing some toxins through sweat. There's nothing quite like physical exercise to help you "sweat it out", either. Physical exercise is also important for other parts of the detoxification process, including lymphatic drainage, as well as enhancing liver and kidney function and health.

Herbal Supplements for Detox

Herbal supplements have been used since ancient times to treat everything from allergies and headaches to toxicity in the body. Originally, all forms of medicine were herbal supplements. Today, you can still take herbal supplements to augment your body's natural detoxification capabilities. Some of the most frequently recommended supplements include:



Milk thistle
(may cause liver
damage – speak to your
doctor before using)



Turmeric



**Dandelion greens
and root**



Green tea
(contains caffeine)



Psyllium
(for fiber and stool
bulking)



Spirulina



**Activated
charcoal**



Probiotics

In addition to a healthy diet, plenty of exercise, and the right herbal supplements, you can also reduce your exposure to toxins within your environment, which is what we'll discuss in the next chapter.

CHAPTER 4

Environmental Toxins and Reduction Strategies

Toxins are all around us, every single day. They're in the air outside. They're in our homes. They're in the car with us on the commute to work. The good news is that you're not powerless and you can reduce the level of toxins in your environment.

Common Sources of Environmental Toxins

We're surrounded by toxins daily today. That's thanks in large part to our modern lifestyles and conventional manufacturing practices, as well as modern agriculture, pest control, and other processes. Here are some of the worst offenders¹³:

- Pesticides
- Household cleaning chemicals
- Volatile organic compounds (VOCs)
- Chemicals and other contaminants in drinking water
- Dry-cleaned clothing
- Wood preservatives
- Fuels and petroleum-based oils
- Paints
- Disinfectants
- Air fresheners
- Conventionally grown/raised fruits, vegetables, and meat

Avoiding Exposure: Safeguarding Your Health



While we're more exposed to a wide range of toxins today, you're not without ways to mitigate their impact and spread in your daily life. One way you can reduce exposure is by **purchasing organic produce grown without potentially dangerous pesticides and herbicides**. However, note that "organic" does not always equate to "chemical-free." Many chemicals are allowed on organic-certified farms by the FDA, so it's worth investigating producers to see what they use or don't use.

Another option is to **filter your water**. An activated charcoal filter can do wonders to turn ordinary tap water into something healthful and hydrating. Don't think you're safe if you're on well rather than city water, either. Well water is often contaminated with bacteria, agricultural runoff, animal waste, and dangerous chemicals leached from the surrounding soil.



Finally, **natural cleaning products in your everyday routines** can also make a difference. Avoid chemical disinfectants, aerosols, air fresheners, and cleaners. Instead, opt for natural formulations that are less dangerous.

CHAPTER 5

Detox Cycles and Natural Rhythms

The body's natural rhythms are responsible for everything from our sleep habits to our energy levels. They're also implicated in cellular detoxification.

A study of mammals and fruit flies found that a neuropeptide responsible for feeding was also responsible for detoxification at a cellular level every 24 hours¹⁴. According to the study's authors, "Many detoxification genes are expressed with a circadian rhythm in the mouse liver and in the fruitfly equivalent called the fat body. This work could eventually have implications for chronotherapy -- the study of the timing of when best to take medications."

It's not just neuropeptides in the genes, either. The brain itself is governed by a 24-hour cycle that includes flushing toxins¹⁵. Essentially, a good night's sleep truly does clear the mind! During sleep, the glymphatic system opens up, allowing fluid to flow through the brain rapidly, flushing toxins and helping reset the organ.

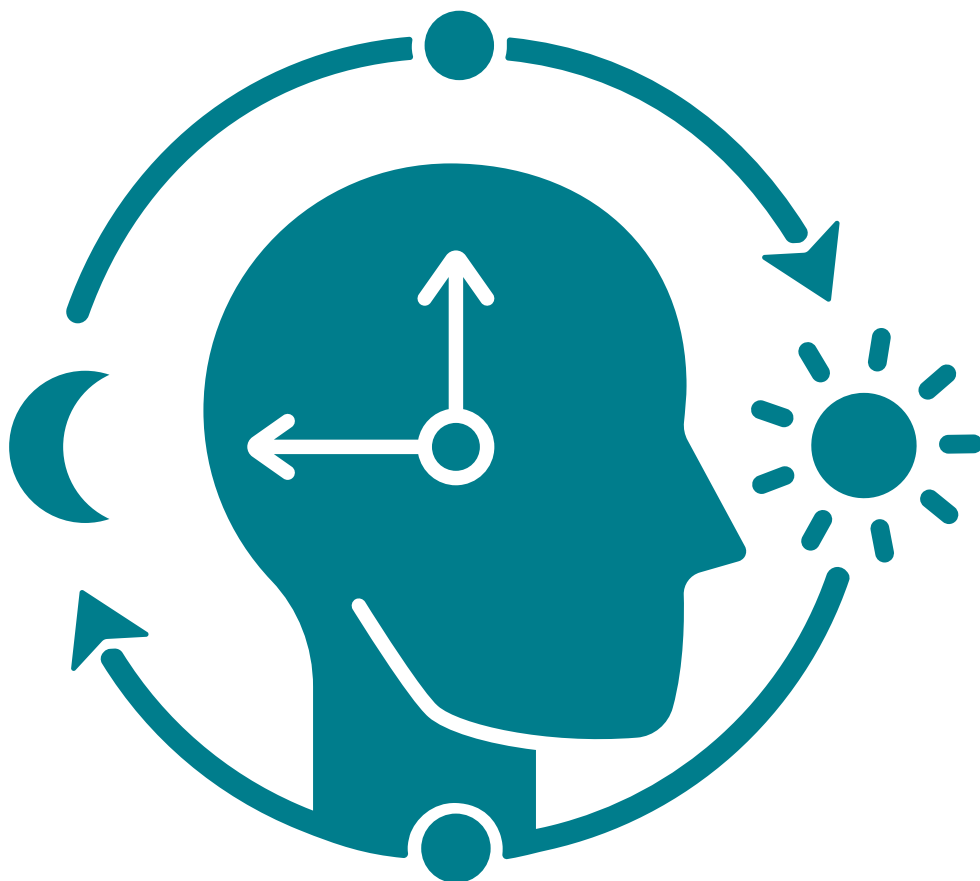
The liver, that most important detoxification organ, is also affected by your circadian rhythm¹⁶. Disruptions in your sleep habits due to lifestyle factors and changes can throw off that rhythm, leading to serious complications and diseases.



So, how do you use detoxification practices with your body's natural rhythms? It all comes down to honoring your body's internal clock, combined with other tips and tricks we've listed within this book.

Set a regular bedtime and don't deviate from it. Meditate before bed to help encourage deep, restful sleep. Avoid screen time before bed to limit blue light exposure and the increased brain activity associated with it. When possible, avoid shift work (2nd and 3rd shifts), as these lead to misalignment with your body clock.

Explanation of daily and seasonal detox cycles



CHAPTER 6

The Role of Sleep in Detoxification

No doubt you understand the value of a good night's sleep. It helps you feel more energetic and focused the next day, improving your productivity and more. Of course, sleep is also important to brain and heart health. But did you know it plays a role in bodily detoxification?

During sleep, the glymphatic system “opens” and more fluid flows through the brain. The space between neurons also increases during sleep, allowing toxins and damaged molecules to flow more freely out of your gray matter. Some researchers call this the body’s “toxic evaporation technique”¹⁷.



Of course, getting enough shuteye is challenging at the best of times. Here are a few important tips to help improve the quality and duration of your sleep.



Set a consistent bedtime. Create a regular routine and then follow it seven days a week.



Limit napping during the day. Yes, a nap can help reenergize you, but it can also make it hard to go to sleep at bedtime.



Avoid caffeine and alcohol, especially closer to bedtime. Caffeine energizes you and will remain in your system, affecting your body long after you stop feeling its effects. Alcohol might make it easier to get to sleep, but your body doesn't reset while sleeping, leading to poor-quality sleep.



Avoid screens around bedtime. That means putting the phone or tablet down. Instead, read a book or consider meditation.



Avoid large meals at dinnertime. Feeling bloated and overfull makes it harder to go to sleep and reduces the quality of your sleep.

CHAPTER 7

Stress, Emotional Well-being, and Detoxification

Stress – it's an unavoidable part of modern life. We know that it affects our cardiovascular, mental, and emotional health. It also affects the body's ability to detoxify itself.

The Stress/Toxin Connection

Much of the body's detoxification process happens at the cellular level. Chronic stress damages our cells' mitochondria (the powerhouse of the cell) and limits their ability to detoxify. Emerging evidence suggests that both stress and increased toxins within the body combine to affect our health in many ways¹⁸. That includes affecting brain-gut communication, how our cells process waste, and our body's ability to excrete toxins. In addition, stress disrupts the gut microbiome, causing dysbiosis and promoting an increase of toxic bacteria in the intestines.



Emotional Wellbeing and Detoxification

While Western medicine is only beginning to understand the impact that emotional well-being has on the body, there is evidence that poor emotional health can affect your body's ability to detoxify. In most cases, poor emotional health is linked to chronic stress, which slows the metabolism, floods the body with cortisol (a stress hormone linked to weight gain and poor heart health), and more¹⁹.

Mindfulness Techniques to Reduce Stress and Improve Emotional Health

While there is little we can do to mitigate outside forces and their impact on our lives, we can take steps to reduce how we react to those forces and events. Mindfulness techniques can help you combat stress and improve your emotional health. Below, you'll find a few of the most recommended:

- Practice being present and just sitting with what you're feeling.
- Focus on your breathing – breathe in and breathe out, embodying your breathing.
- Explore guided meditation for a few minutes each day. Even just five minutes can make a difference.



Further Reading

Interested in learning more about the toxins we live with every day? Maybe you want more information about detoxing your body or how to create a daily meditation practice. Here are recommendations for further reading and exploring.

- [365 Tao: Daily Meditations by Ming-Dao Deng](#)
- [The Art of Living by Thich Nhat Hanh](#)
- [The Complete Guide to Fasting by Dr. Jason Fung and Jimmy Moore](#)
- [Dr. Jensen's Guide to Diet and Detoxification: Healthy Secrets from Around the World](#)
- [In Defense of Food: An Eater's Manifesto by Michael Pollan](#)
- [Prescription for Nutritional Healing, Sixth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs, & Superfoods by Phyllis A. Balch CNC](#)
- Focus on stretching and being present for the entire process. You may also appreciate yoga.
- Focus on things you can control in your life and let that empower you and build self-confidence.

CHAPTER 8

Creating a Personalized Detox Plan

While you cannot eliminate toxins from your life, you can take many steps to limit your exposure and augment your body's ability to detoxify itself. Creating a personalized detox plan is the key to achieving those results.

Assess Your Individual Needs and Goals

Everyone has different toxin exposure levels, as well as physiological, psychological, and emotional needs and goals. The first step in creating a personalized plan is to know yourself. What are your needs and goals? How will those affect other parts of the plan, like your ability to follow a healthy diet or exercise?



Integrate Detox Practices into Daily Life

Many people focus on periodic cleanses, which is fine for some things. However, you're exposed to toxins every single day and your body detoxifies itself constantly. Rather than cleansing once every year or six months, it's better to integrate detox practices into your daily life. That might be something as simple as intermittent fasting, or it could be introducing herbal supplements into your routine, beginning a regular meditation practice, or doing yoga every day.

Building a Balanced, Detox-Supportive Diet

Food is medicine, whether for good or ill. Ultimately, we are what we eat. If you eat foods filled with pesticides and additional hormones, your body will struggle to detoxify itself. Instead, build a diet that supports detoxification.

Focus on organic fruits and vegetables, limit (or eliminate) your consumption of most meats, avoid highly processed foods with long lists of ingredients and focus on more whole foods, and support your health with high-quality herbal supplements.



Exercise, Sleep, and Stress Management

Finally, you need to build time into your plan for exercise, sleep, and stress management. That might seem overwhelming – after all, you’re already pressed for time – but you’ll find that simple steps can have big impacts on your health and quality of life.

For instance, just 30 minutes of moderate exercise three to five times a week is enough to jumpstart your metabolism and your body’s detoxification process (more is fine, too!). Creating a regular bedtime and sticking to it will be challenging at first, but once you build the habit, it becomes second nature. And stress management techniques like meditation and yoga can slot in almost anywhere in your day!



CONCLUSION

We live in a world filled with toxins. From chemical cleansers in our homes and workplaces to pesticide residue on the foods we eat, threats to your health abound. The good news is that holistic detox methods can help. They're simple, commonsense steps to retaking control over your life and giving your body the support it needs to do what it's designed to do – detoxify and heal.

Use the tips we've discussed in this book to identify the toxins you're exposed to and then build a strategy that helps you limit exposure while supporting good overall physical, mental, and emotional health. And most of all, keep learning and practicing! You'll find sources and further reading suggestions at the end of this book.



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