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## Natural Detoxification of Body

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### Introduction

The detoxification is the metabolic along with transport processes which is used to make the chemically inactive compounds which are noxious and help in eliminating the toxic substances from cells by excretion from the body. The detox is a significant term used in the nutrition field. It signifies that for every particular period of time, clear all the toxic waste present in the human body to stay health.

Basically, detoxification is the blood cleansing process in body. It takes place by removing the impurities from the blood in liver, as liver helps in elimination of toxins, also helps in removing toxins through kidneys, intestines, lungs, lymphatic system and also skin. If proper detoxification is not performed in the body, then there will be adverse health effects.

### Principles of Detoxification

- 1. Cleaning and Rejuvenation:** Restoring the energy and freshness in every cell by removing the toxins.
- 2. Activating the vital life force:** Elimination of toxins which are ingested, emotional, physical, mental, and spiritual which is significant for increasing the vital force of the body. With the increased oxygen at the mitochondria level in each cell, the body is able to significantly amplify the cellular energy resulting in increased capacity to discharge accumulated toxins.
- 3. Diffusion of toxins:** The phenomenon of physical and chemical substances is known as diffusion, where the compounds move from higher concentration to lower concentration. If we lesser the toxins in the blood through dietary change, fasting and other processes, the law of diffusion tells us that the toxins concentrated in the cells begin to flow back into extracellular fluid. The toxins get diffused in the blood stream and go to liver and all other organs like kidneys, gastrointestinal tract, lymph and skin systems, and are eliminated.
- 4. Emotional and Spiritual Revitalization:** This process of uplifting the emotional and spiritual setting, which is enhanced by joyous nature where the light of spirituality is enhanced and awakened. Many people have a greatly depleted vital force from years of sadness and spiritual numbness that has led to a build-up of physical toxins on the physical plane.
- 5. Non-Invasive Cellular Energizing Procedures:** The most effective Detoxification programs that include such potent non-invasive cellular energizing processes are juice fasting, yoga, meditation, pranayama (breathing exercises) and other forms of exercises like aerobics, rebounding physical exercise, lymphatic drainage bodywork, emotional clearing, homeopathic and herbal remedies, infra-red sauna, ozone steam box, organic live-food, which are the powerful healing forces of nature.

### Work of Detoxing Process

The process of body performs for the removal of toxic substances by utilizing important nutrients from the diet to transform toxins, so they can be removed from the body. This is how the human body gets rid of waste. Toxins have the impact on organs acutely and cumulatively. More dangerous are the persistent, low grade toxins such as residue we consume regularly in conventionally grown fruits and vegetables. If waste builds up, we get sick. Reactions are not immediate. The key is to figure out the process of enhancing the body's capacity and to detoxify as well as get rid of waste while minimizing the exposure of toxins. For a healthy person, the body detoxifying system is like a well – oiled machine.

## Natural Detoxification

**1. Limit Alcohol:** In the liver, 90% of alcohol is metabolized where liver enzymes recognize the acetaldehyde as the toxin which is the product formed after alcohol metabolism. Therefore, the enzymes convert acetaldehyde into acetate which is harmful and later removed from the body.

**2. Adequate Sleep:** Ensuring quality and adequate sleep helps in enhancing the natural detoxification system. Good sleep ensures the brain to reorganize and helps in removing toxic waste by-products, which are accumulated throughout the day. With decreased sleep. Short and long-term health effects can be increased in the body like stress, anxiety, high blood pressure, heart disease etc.

**3. Plenty of Fluids:** Water has the ability to regulate the body temperature, helps in lubricating joints, aids in digestion and nutrient absorption and also detoxifies the body by eliminating the toxic and waste substances. Water helps in removing waste by-products like urea, nitrogen which are formed by the metabolism of macronutrients to form energy. The adequate daily intake of water is around 3-5 liters per day.

**4. Reduce Sugar Intake and Processed Foods:** The sugars and processed foods are the cause of health crisis. They elevate the consequences of obesity, heart problems, cancers etc, which decrease the ability to detoxify the body. By decreasing the junk food consumption can increase the natural detoxification of body.

**5. Antioxidant Rich Foods:** Excessive production of free radicals which are produced due to poor dietary habits, tobacco smoking, which can lead to oxidative stress in the body. The increased oxidative stress can cause damage to cells causing dementia, asthma, liver disease and also some types of cancer. Consuming antioxidative rich diet can help in reducing the oxidative stress and removes toxins from the body. Examples of antioxidants are vitamin A, vitamin C, vitamin E, selenium, lycopene rich foods have to be consumed.

**6. Prebiotics:** To ensure the detoxification of body, gut health is very important. The cells present in intestine has the ability to detoxify and excrete harmful toxins and chemicals from the body. Probiotics are a type of fibre which feeds on the good bacteria known as probiotics. The prebiotics produce short chain fatty acids and thereby increases the immunity of the body and help in detoxification of the body. Examples of prebiotics are bananas, asparagus, onions, garlic, tomatoes etc.

**7. Reduce Salt Intake:** Consuming excess salt than requirement will retain excess fluid, which can thereby have effect on liver and kidney. Too much salt releases excess antidiuretic hormone which prevent urinating and as a result detoxification. Consuming potassium rich foods counterbalance sodium effects. Examples of potassium include squash, kidney beans, spinach etc.

**8. Exercise:** Regular exercise irrespective of body weights helps in longer life and decreased risk of metabolic disorders. One of the important function of exercise is to reduce the inflammation in the body. Reducing inflammation in body. Reducing inflammation is necessary to recover from infection and healing wounds as increased inflammation weakens the body and promotes disease. Regular exercise of 20-30 minutes daily helps to detoxify the body and function properly.

For natural detoxification, improving of overall health of the body system by staying hydrated, consuming less salt, being active and following antioxidant rich diet is important.

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