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Detoxification for your Health

Detoxification is the process by which the body eliminates toxins from the tissues and the cells. These toxins are in the air we breathe, the food we eat, the water we drink, the thoughts we think and the atmosphere in which we live.

We know toxins are heavy metals, pesticides, insecticides, industrial compounds and pollutants, hormones, chemicals (chemicals used by hair dressers, dry cleaners, or off gassing of carpets and cupboards in new homes), and other substances that we are exposed to on a daily basis. Toxins that are often overlooked are Phthalates (chemicals used to make plastic flexible; this chemical and its metabolites act like estrogen in the human body), second hand smoke, prescription drugs, electromagnetic waves, microwaves etc., improperly digested foods, food preservatives (nitrates), bacteria, yeast and hormones manufactured by the body, food additives and dyes and artificial sweeteners.

In short, detoxification aids the body in getting rid of many of these unwanted substances.

Organs of Elimination

Skin: Exercise, a hot bath followed by wrapping up in warm blankets, saunas, hot and spicy foods or teas can also aid this process.

Combine equal parts: 1 tsp each dried Yarrow, elder and peppermint loose herb. Pour 1 quart boiled water over herbs and let sit for 20 minutes. Then drink a cup or two of the warm brew.

Kidneys: Drinking plenty of fluids (water, lemon water, apple cider vinegar in water, vegetable juice with celery, watercress, basil and parsley, teas with dandelion leaf, burdock, cleavers, nettles and plantain and eating lots of fruits and vegetables (especially asparagus and celery) aid the kidneys in mobilizing toxins out of the body.

Lungs: Exercise, singing and deep breathing are the best ways to detoxify the lungs. Tai chi and yoga can help teach people how to breathe.

Liver - General Liver supportive foods, plants and spices:

Organic, hormone and pesticide free fruits, vegetables, legumes, beans, sea vegetables, eggs, whole grains, nuts, seeds, fish and meat.

Liver supportive herbs and spices: Dandelion root, burdock, sarsaparilla, yellow dock, milk thistle, cilantro, licorice, rosemary and cinnamon.

Foods and nutrients that decongest the liver by promoting the flow of bile and fat to and from the liver: Choline, inositol, betaine, folic acid, beets, carrots, artichokes, legumes, whole grains and cabbage family vegetables.

Vitamins and minerals: Copper (nuts and legumes), magnesium (nuts, seeds, legumes, whole grains, and green leafy vegetables), zinc (oysters, nuts, seeds, fish, whole grains, legumes and red meat), B vitamins especially Vitamins B12, B6 and folic acid and Vitamin C (fruits, especially tangerines, lemons and oranges, not grapefruit, and, pepper and vegetables)

Choline: a vitamin-like compound provides proper metabolism of fats; without choline fats become trapped in the liver where they block metabolism. Needed for good liver function. Found in grains, legumes as lecithin or phosphatidylcholine.

Inositol: functions closely with choline to prevent liver disorders. Like choline it promotes the flow of fat to and from the liver thus preventing the stagnation of fat and bile. Food sources: Citrus, whole grains, nuts, seeds, legumes.

Chlorophyll: Nature's cleansing agent; green pigment in plants. The natural chlorophyll found in plants is fat soluble, most chlorophyll products sold in health food stores are water-soluble. Water-soluble forms of chlorophyll are not absorbed by the gut. Fat-soluble chlorophyll is absorbed by the intestines and acts as a detoxifier of heavy metals, an antioxidant and anticancer agent.

Best obtained from juicing of parsley, spinach, kale and beet greens.

Glutathione, methionine and cysteine rich foods: fresh organic fruits, vegetables, especially asparagus and avocados, walnuts, beans/legumes and whole grains, free range eggs, fish and meat.

High sulphur –content foods: garlic, onions, chives, legumes, onions, eggs, red peppers, Brussels sprouts and cabbage.

Molybdenum rich foods: legumes, beans and whole grains, especially if people are sensitive to sulfur containing foods and additives.

Curcumin: compound that gives tumeric its yellow color. Found in Curries this spice is a known to have powerful liver protective and anti-carcinogenic properties. It seems to have an affinity for neutralizing the carcinogens that come from secondhand smoke and charcoal-broiled meats.

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Good sources of fibers: seaweeds, oat bran, apples, flax seeds, legumes, beans, fruits, vegetables, whole unprocessed grains

Vitamin C: fruits, especially tangerines, lemons and oranges, not grapefruit***, peppers and vegetables

***Grapefruit juice contains a flavinoid, naringenin that decreases cytochrome P450 activity. Thus decreasing the rate of excretion of certain drugs and toxins

Cabbage family vegetables: broccoli, Brussels sprouts, kale, kohlrabi, cauliflower, mustard greens, watercress, turnip greens and cabbage all contain indole-3-caribinole, a powerful anticancer chemical that stimulates the detoxifying enzymes in the gut and the liver.

Oranges, lemons, tangerines, dill and caraway seeds contain a phytochemical called limonene that activate specific detoxification pathways in the liver, thus neutralizing toxins.

Intestinal Tract/Colon: Support of healthy gut function and daily bowel movements are essential! Include plenty of fluids and fiber; organic fruits and vegetables, seaweeds, whole unprocessed/unrefined whole grains, beans and legumes. Fiber supplements such as psyllium, apple pectin, flax seeds and oat bran with plenty of water will keep your digestion in motion. Periodic cleanses will also help keep the gut healthy and the bowels moving.

Inulin: Many plants that enhance and support intestinal and liver function contain inulin: dandelion, burdock, globe artichokes (fresh) and Jerusalem artichokes (fresh or flour). Just remember that if you don't take your waste to the dump, it will recycle in the body, so good BMs are essential.

Lymphatic System: Massage, vichy showers, body scrubs, hydrotherapy, exercise, ionization therapy and sauna are all good practices to decongest your lymphatic tissues.

Additional recommendations:

Clean the clutter out of your house and work space. Contact someone who does Feng Shui.

Aside from just the detoxification of the body, one must also consider detoxification of the mind/emotions and spirit. Without keeping this in mind one can never truly detoxify. So a good attitude and watchful eye on negative thinking and staying away from negative environments is just as important as detoxifying the body. Laughter and compassion are the powerful medicines and detoxifiers.

References:

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