

Preparing For a Detox Cleanse



A toxic body is more of the norm than the exception, especially in the United States. There are more than 80,000 hazardous chemicals polluting the water we drink, the food we eat, the air we breathe, the personal hygiene and skin beauty products we use, along with the daily household cleaners we use. We are swimming and living in a sea of contaminants and our bodies have an additional burden of work in flushing out toxins. Just like we maintain our homes with spring-cleaning, our vehicles with oil changes and preventative maintenances, the human body also requires periodic detox cleanses to help eliminate these toxins from our systems. I like to do one for every season of the year.

The average person carries more than 700 known toxins in their body within all organ systems. These include the brain tissue, liver, blood, fat tissue, skin, and digestive tract. These toxins can increase the risk of cancer and chronic illness.

7 Strategies To Get The Most Out Of The Detox Cleanse

Before you begin any detox or cleansing to eliminate the unfriendly toxins you're carrying, here are a few strategies that will help you prepare and get the most benefit from your detox cleanse.

1. CREATE THE RIGHT MIND SET

One of the best things you can do is prepare your mind for the detox cleanse. So many people never do a detox cleanse because the timing is off (a wedding, vacation, divorce, graduation etc.), however cancer and illness doesn't care what is going on in your life at the moment. Create a support team at work and home letting them know your intentions and that you would appreciate their **positive** support. In other words if they have nothing nice or supportive to say, then it would be best to eliminate or minimize contact with them during this time period. Emotional and mental challenges sometimes creep in when you are trying to accomplish something positive in your life.

2. EAT REAL FOOD ONLY!

One of the safest ways to prepare for a detox cleanse is by eating real food that is organic, fresh and unprocessed.

- A variety of organic fruits and vegetables (preferably fresh vs. frozen if possible); consume 50% raw vegetables and 50% baked, steam, or lightly stir fry vegetables to minimize bloating
- Wild caught fish
- Organic poultry like chicken and turkey
- Pasture raised beef and eggs

- Healthy fats like olive oil, coconut oil, avocados, grass fed butter or ghee
- Sprouted or raw seeds and nuts
- Legumes like pinto, black, kidney or lentil beans
- Non-gluten grains like quinoa or white rice with butter or olive oil

It is best to not purchase any food in a package that is ready to eat like cold cuts, breads, premade shakes, protein bars, gluten free snacks. Many pre-packaged food contains additives, preservatives, salt, food colorings and sugar.

3. LIMIT NET CARB INTAKE TO 50G – 75G/DAY

Stabilizing blood sugar will help with mood swings, sugar cravings and fatigue. Some fruits and fruit juices are loaded with sugar. Net carb intake is Carbs - Fiber = Net Carbs. Example 1 cup of strawberries has 12 grams of carbs – 4 grams of fiber = 8 grams of net carbs

4. ELIMINATE ALCOHOL/SWAP OUT FOR FERMENTED BEVERAGES

Remove alcohol as it is loaded with sugar, yeast, gluten, and toxins that burden the liver and the gastrointestinal tract too. Switching to fermented drinks like Kombucha would be best as your gastrointestinal tract will benefit from this by adding healthy bacteria to create a balance of healthy intestinal microflora.

5. DRINK PLENTY OF WATER

Drink enough water, half your body weight of water in ounces. Spring, filtered, reverse osmosis, or alkaline water are some good

options. If you are not accustomed to drinking that much water add a dash of sea salt in a couple of glasses of water throughout the day. This will help add minerals back into the body.

6. ELIMNATE COFFEE

Americans are addicted to coffee. 1 to ½ cups a day is not harmful and can actually be beneficial however many people use coffee to wake up in the morning and keep them going through the day. Coffee abuse can age you, interfere with fat burning and even burden the liver. Swap out coffee and try some herbal teas like ginger, peppermint, dandelion and licorice, which can help, support the detox pathways. One of my favorite is hibiscus with 1 teaspoon of lemon juice with a dash of stevia or raw honey.

7. CREATE A NEW SLEEP SCHEDULE

Sleep is vital to weight loss, hormone balance, recovering from acute or chronic illness. The body thrives off of 7 to 9 hours sleep with the average of 8 hours a night. The best quality of sleep occurs between 10pm and 3am when the body is actively repairing, great for radiant young looking skin, and the fat burning.