

Additional Detox Support

Purify the air you breathe.

Using a quality air purifier will help eliminate mold, dust, pollen and many other environmental toxins that you walk into your home on your shoes, clothing and pets. An air filter should be a part of the detoxifying equation if you really want to clean house (literally).

Some general hints for use: keep your air purifier next to a vent in the house as vents can harbor a lot of offenders. This is especially helpful if you only have one air purifier-- these machines can only do so much; you can't expect one little air purifier to take care of the whole house, so keep it in a room that you most occupy, like your bedroom when you sleep at night. Also, keep in mind that a clean machine is critical; follow the manufacturer's instructions on keeping your purifier sparkling clean.

Cleaning your house.

Cleaning products are one of the most toxic things out there and should all be changed over to insure your detox is complete. Overexposure to household cleaning chemicals can double one's cancer risk, so making sure your cleaning products are green and non-toxic is absolutely essential to your health whether you're detoxing or not! You can even make your cleaning products with such inexpensive and common household items, like white vinegar and baking soda to make glass cleaner, scouring powder, and all-purpose cleaners to name a few. This is the frugal, old-fashioned way our grandmothers and great grandmothers kept house. There are plenty of websites that will show you how, give you recipes and tell you how to store and use your homemade cleaning products. Here's a good one:
<http://www.naturodoc.com/library/lifestyle/cleaner.htm>

Green plants equal clean air.

Plants are another way you can help purify the air you breathe in your home and in your office as well. They naturally cleanse the air around them and unlike the air purifiers you plug into a wall, these natural air purifiers are mobile and can be moved around to suit

your needs. Studies have shown that not only do plants help detoxify the environment they're in, they also have a calming effect and help reduce stress.

Some good houseplants that would work well are: spider plants, golden pothos, elephant ear philodendrum, banana trees, ficus and fig trees; all of which can be successfully grown indoors.

Personal care

Fluoride toothpastes, antiperspirants, shampoos, skincare products and perfumes can all contribute to toxic overload in the form of endocrine disrupters and other problematic issues. You want products that boast being paraben, sulfate, phthalate, and petrochemical free. If you don't see these claims on the label, then you've probably got one or more these offenders in the product.

Electric pollution.

Overexposure to invisible EMFs (electromagnetic fields) can have an impact on the body just like the toxins we can see. Cell phones in particular have been under scrutiny because of constant use and using them near the head and having them on our bodies. As convenient as wireless technologies are, they don't come without risk; immune system disorders, ADD/ADHD, DNA damage, hormone disruptions and especially sleep disorders are just a few of the problems associated with EMF's.

To protect yourself from electro-hypersensitivity due to overexposure to EMF's, a good place to begin is in the bedroom. Purchase low EMF products when you're in the market for a replacement, such as alarm clocks. Keep computers and televisions out of the bedroom if at all possible or replace (when you can) with a low EMF product. Again, manufacturers are more than willing to share that their product has such a rating; do your homework and find the best possible solution. A good place to look for EMF products and more EMF information is mercola.com

Move & Sweat

One of the ways you detoxify is through your sweat. Sweat and circulate. One of the ways I want to stress is exercise. An important way to get yourself sweating is by moving. Obviously, you want to move more in general.

When you're taking time out to exercise, you want to make sure the exercise you're doing is full-body movement that gets the blood flowing. That aids circulation, warms you up, and gets you sweating.

I have found over the years that many of my clients who suffer from a higher toxic burden either don't have regular BM's and/or they don't sweat well. Sweating is the way our body cools itself down when overheated. We sweat and then the evaporation of this sweat cools us down. This is another way our body detoxifies. Now if you aren't sweating because you aren't exercising then it is time to get moving. But if you are one of those people who rarely sweat even after a tough workout session then you should consider using a Far Infrared Sauna. These are different than the regular saunas in that they penetrate more deeply and thus help mobilize the fat from the fat stores. As you begin to consistently use this sauna, one of the signs of improved detoxification is an increased ability to sweat. If you don't have access to a sauna, you can purchase a home model or a FIS sauna blanket. Be sure to drink plenty of pure spring water before and after your sessions.

Another way that you can circulate is dry brushing and massage, especially lymphatic drainage style. To dry brush, get a brush with natural bristles. Prior to taking a hot shower, use a dry brush to exfoliate your body and get your blood flowing. You're going to start at your feet with this dry brush and use circular motions, going from the feet all the way up your body. The purpose is to brush off the dry skin.

As a side note, if you have dry skin, that's an indication of some other health issues. You'll want to exfoliate that skin in circular motions, going toward the heart. If you start with your arm, you'll go from your fingertips toward your chest.

Remember, our skin is our largest organ, and we're detoxifying through our skin. This helps to stimulate circulation in addition to getting rid of all that dead, flaky stuff.

Quality poops

You detoxify through your sweat, urine and feces so it is critical that you are having 1-3 quality poops each and every day. That means that you don't strain when you are defecating and that your poops are well-formed and rich brown in color. Sorry to be so graphic but this isn't something that is generally described. Your poops shouldn't float which would be a sign of fat maldigestion. If you aren't having 1-3 quality poops daily here are some strategies to help you have poops you can be proud of:

- Be sure you are drinking 8 or more glasses of pure spring water in between meals
- Boost your fiber to 50 grams or more a day. The average American eats 9-14 grams a day so if this is you please don't go from zero to 60, you need to increase your fiber intake over time rather than overnight. Great sources of fiber include berries, apples, nuts and seeds, legumes (beans). I use Thorne Research Medibulk as an additional source of fiber.
- Regular exercise supports good circulation and can help get and keep things moving.
- Add 2-3 prunes to your daily diet.
- Increase your intake of Vitamin C and magnesium. I start clients with 2 grams of Vitamin C and 500 mg of magnesium and increase if necessary until they are consistently having quality poops. You can also soak in Epsom salts baths to help increase your magnesium levels.
- If you suffer from constipation or diarrhea consider a trial of probiotic therapy for 1-3 months as well. I recommend Thorne Research Bacillus Coagulans.

De-stress.

Toxins are not just chemicals they can also be emotional. And stressful thoughts (also called ANTs – automatic negative thoughts), worrying and stressful people can raise cortisol and cause a toxic hormone cascade in your body. Stress also depletes B vitamins and Vitamin C, key nutrients in detoxification. Stress can lower hydrochloric acid thus impacting protein digestion and lower Secretory IgA – your gut immune system. Think of stress as both impeding your body's ability to detoxify as well as creating its own toxic burden.

Get a Good Night's Sleep

Sleep provides rejuvenating functions for the body like muscle growth, protein synthesis, tissue repair, and emotional processing. Sleep is a time not just for rest, but of restoration, when the body and mind recalibrate for the next day. Sleep quality is as important as sleep quantity.

Strategies that can help with sleep are:

- Using your alarm clock to remind you to STOP working and power down 1 hour before your appointed bedtime
- Ensure that you are eating enough during the day
- Don't eat 2-3 hours before bed
- Take a B Complex early in the day
- Take calcium and magnesium
- Talk to your health care professional/nutritionist about trying GABA, 5 HTP or a comprehensive natural sleep formula

Cravings

If cravings are making you crazy, here are some concrete things to do that will help you get through:

- Brush your teeth, floss and gargle with something strong like Listerine.
- Sleep! Studies show that sleep deprivation will lead to carb cravings because your body needs the energy. The ultimate form of carbs is sugar, so make sure you get your sleep.
- Ensure that you have eaten a balanced healthy lunch with enough calories to get you through until dinner.
- Add in a short exercise session, even if it is just 5 minutes, to boost your metabolism.
- Have a Green Iced Tea for a mild boost with a calming effect.
- Get out in the sunshine for 15 minutes a day to boost your serotonin naturally.
- Try the supplement 5 HTP. 5 HTP is a precursor to serotonin so it can help raise serotonin levels. Try taking 50-100 mg of 5 HTP 30-60 minutes prior to the time you typically get your afternoon cravings. (Note, if you are on an SSRI, please consult with your doctor before taking 5- HTP).