

Detoxification

and Methods to Support the
Body's Cleansing Mechanisms

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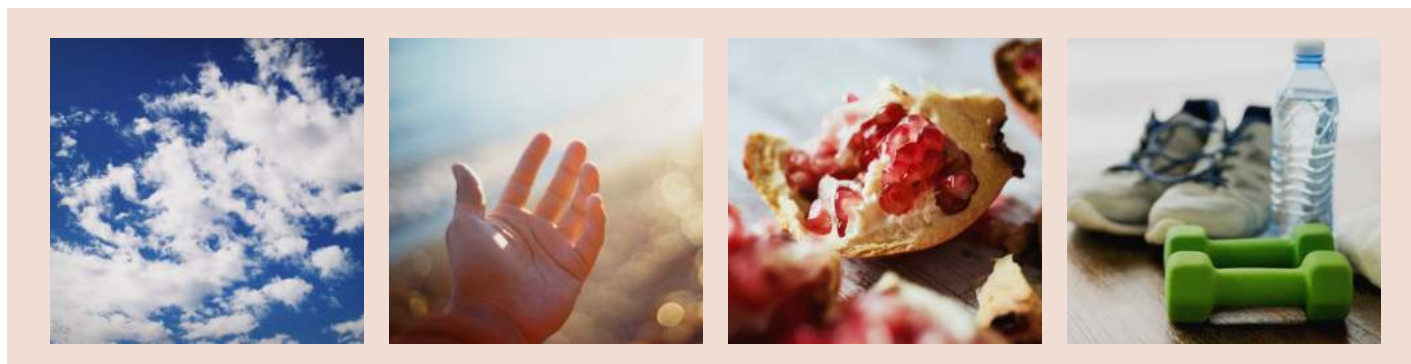


Cleanses and detoxification products are a big part of the natural health industry, but people often try them without really understanding how they affect the body. Also, many begin a cleanse for the wrong reasons or without the correct expectations. Unless paired with long-term lifestyle modifications, results may be short-term and not as beneficial to overall health.

So, what is detoxification, and how can you help support your body's cleansing process?

First Things, First

The body naturally detoxes itself. It eliminates toxins primarily by way of the kidneys and liver [1]. Other detoxification pathways in the body include your skin, lungs, digestive tract, and lymphatic system [1]. At Trinity, we refer to these detoxification pathways with the acronym BULLS, which stands for bowels, urinary, lungs, lymph, and skin. Keeping in mind that these organs and systems need to function properly for detoxification to occur, there is no “cleanse” that can work without their support. For a detox product or program to be most effective, one must first support these organs holistically. Cleansing the kidneys, for example, can help improve the absorption of nutrients, which helps avoid or reduce fatigue [2]. A “detox” isn't just consuming nutrients and healthy foods or temporarily eliminating certain foods from one's diet[3], but rather a combined, long-term process of primarily keeping the BULLS functioning properly. There is no quick-fix detox or cleanse[1].



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So, how can we support these vital organs before trying an individualized or result-driven detox program? To start, focus on continuously improving the foundations of a healthy lifestyle as outlined in our coursework. These include air, water, food, breath work, exercise, body and energy work, balanced emotions, spirituality, rest, and sunlight. Once you feel your foundations are well-maintained, focusing on specific support for the BULLS may be beneficial. According to the Urology Institute, you can cleanse your kidneys of toxins by frequently consuming apple cider vinegar, diluted lemon juice, and dandelion tea or by eating kidney beans, watermelon, pomegranate, basil, and dates [2]. Additionally, we must drink enough water so the urine is consistently pale straw yellow, not too dark or too clear.

To support the liver, milk thistle and turmeric extract may be beneficial. Additionally, maintaining a healthy weight and limiting alcohol also benefit the liver [4]. To support the kidneys and the liver, it's important to reiterate that eating nutritious foods and leading a healthy lifestyle that promotes natural toxin removal is necessary.

Another great way to help detoxify the body is by regularly exercising, which releases toxins through the skin with sweat. Sauna use is an alternative method to increase sweat release from the body. In fact, studies have shown that far infrared sauna use can be beneficial for removing heavy metals and chemicals from the body through sweat. However, longer sessions are required to flush out heavy metals and chemicals, so speak with your doctor beforehand to ensure it's a safe tool for you [5]. It's also a good idea to regularly avoid toxins in your environment, such as cleaning products, insecticides, and aerosol products, by wearing a mask, ventilating the area, or using an all-natural product instead [6]. Ensuring your food and water are clean and pesticide-free is also a good way to avoid or reduce the toxins that enter your body.



Detoxing: How to Start and Which to Choose

When starting your search for a detox or cleanse, pay attention to your body and health history. You may already understand what you need to support, but if you need some help, begin with a food journal. List the items you consume daily, how you feel, and any changes in bowel habits. You can also include the household or personal cleaning items you regularly use to see if there's a connection between your health status and what you've been exposed to recently. You can also discover if the products or foods you consume could produce negative reactions by researching them. As much as feasible, switch to trusted chemical-free and toxin-free brands. Also, if you have an unhealthy habit present in your life, such as smoking cigarettes, find assistance to quit by talking with a healthcare professional.



Take note of complaints you have and your lifestyle foundations. For example, do you have headaches, nausea, or other negative effects? Speaking with a natural health practitioner, healthcare professional, or a ZYTO technician could be beneficial and point you in a specific direction to explore. Based on your complaints and daily habits, these professionals may suggest supporting the body by detoxing from heavy metals, parasites, environmental toxins, or unhealthy lifestyle choices. They may also offer cleansing methods such as massage, chiropractic, sauna, aromatherapy, herbs, homeopathy, or oil-pulling techniques. Changes in sleep patterns, water consumption, and exercise routines may also be recommended for whole-body support. Some cleanses, such as fasting, can also be more aggressive and harder on the body. A practitioner can help determine if a gentle cleanse, such as homeopathic or food-based cleanses, may be better for you. Another light detox that may be recommended is eating celery, barley grass, or wheat grass and their juices. No matter what cleanse or detox you ultimately choose to do, be prepared for some short-term complaints, such as headaches, nausea, or backaches, at first. If these problems persist, stop the detox, and speak with your healthcare practitioner.

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If you decide to complete a professional detox program, follow the manufacturer's instructions and note the expected outcomes and any common side effects, such as diarrhea. Also, record your baseline health status and track your results, both tangible and intangible, for comparison. Remember to speak with your healthcare provider before beginning any detox, especially if you have a pre-existing condition. Women who are pregnant or nursing, children, seniors, or those who feel weak or ill should not undertake a detox or cleanse.

Detoxing: Next Steps

A complete detoxification program can be a complicated process. You may not know how your body will react or which one is best for you. To help ensure you make the best decision possible, speak with a natural health practitioner and your physician. They can help you determine possible detox programs or supportive tools to improve the function of your BULLS. They can also monitor your progress to verify if the cleanse is appropriate and helpful for you. Additional preparation steps may be required before starting a detox, so an expert in natural health lifestyle choices may be the key to your long-term success.

If you're interested in learning more about detoxification and ways to support your BULLS, consider our Certified Natural Health Practitioner program or Certified Health Coach program. Visit trinityschool.org/programs/list or call 8000-428-0408, option 2, to learn more and enroll.

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