



# TAKE OUT THE TRASH!

## Tips for Clearing Toxicity from the Body

by Lisa Helffrich Hudson, RD, LD

*Toxins are anything that interferes with our body's ability to function optimally and remain healthy. They are stored in the body's tissues and fat cells. As your body goes through its normal activities, it is important to make sure you support the filtering and elimination of these toxins.*

If you clean out your closet, you don't just leave the items you're getting rid of in your bedroom or hallway. You bag them up and put them on the curb or take them to a donation center, right? The same holds true in your body. You want to be sure the toxins from the cells and tissues are completely removed from the body. Otherwise, these materials may simply create congestion in other areas of the body. This is often what people experience if they feel sluggish during a detox program. Thus, it is important to make sure your liver, kidneys, and colon are being given enough support to handle the load effectively.

### WHAT IS DETOXIFICATION?

*Cleansing or purification as a way of ridding the body of harmful toxins has been used for thousands of years as part of our rituals for health and well-being.*

The premise of body cleansing is based on the ancient Egyptian and Greek idea of autointoxication, in which food consumed can putrefy and produce toxins that harm the body. A more recent term—detoxification—is a process that promotes optimum health and wellness by removing toxins from the body and replenishing essential nutrients. It involves eliminating, neutralizing, and/or cleansing them from the body.

We do regular maintenance on our cars, cleaning the filters and changing the fluids so the engine runs better. The body is really not that much different. Cleaning our filters and fluids will help the body run more efficiently and feel better too.

### HOW THE BODY DETOXIFIES

*The body has a very sophisticated system of filters and exhausts that continually remove toxins from the body's tissues and fluids and eliminate them from the body.*

The lymphatic vessels run parallel to and interact with the circulatory system traveling throughout the entire body. Blood is constantly pumping through our lungs, liver, kidneys, and GI tract, reabsorbing nutrients and filtering out impurities. The waste is collected in our bladder and colon to be eliminated on a regular basis. Last but not least, the skin is our largest detoxifying organ that can absorb as well as excrete toxins.

A healthy detoxifying system will filter impurities from the blood and lymphatic system in a timely manner. Oftentimes, however, our diet as well as modern lifestyle habits influence this system and put additional demands on the body. When you look at the various sources of toxicity in our food supply and environment, it is easy to see how the body may need extra support.

## HOW DO YOU FEEL?

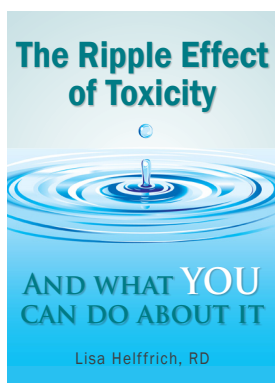
*Our stressful lifestyles can sometimes include tiredness, fatigue, or low vitality. On the other hand, a body that is effectively managing toxicity and keeping up with the waste will naturally experience high energy levels, immune system health, regular bowel movements, pain-free movement, ease of exercise, restful sleep, healthy skin, and shiny hair.*

Healthy detox involves dietary and lifestyle changes which reduce the intake and production of toxins as well as support healthy elimination. The focus is to minimize the toxic burden while supporting healthy detoxification by providing fiber, antioxidants, and phyto-nutrients that help the liver and other organs do their jobs.

You want to eat a well-balanced diet that focuses on whole “real” foods such as fresh vegetables (dark/green/leafy are especially good), fresh fruits (berries are the best), and nuts/seeds like almonds, walnuts, and chia seeds. For your proteins choose lean cuts of grass-fed beef, poultry, or wild-caught fish. Healthy fats include olive oil, coconut, and avocados. Choosing organic foods as often as possible is very important to minimize exposure to toxins from pesticides, herbicides, insecticides, hormones, antibiotics, and GMO’s.

## WHAT ELSE CAN YOU DO?

*Making the healthy changes to the foods you eat on a daily basis is a huge step forward in your efforts to limit exposure to chemicals and toxins. Other important factors are lifestyle habits, exercise, and addressing your environment.*



The importance of water to our health cannot be overstated, and this is even more true during a detoxification program. It should constitute the majority of liquid consumed daily. For recommended intake, the rule of thumb is one-half your body weight in ounces daily. However, this number is just the minimum and should be increased during a detoxification program.

Ask your practitioner to learn about assisting digestion, healthy elimination, and the immune system with enzyme therapy. And for more suggestions, you can read my book *The Ripple Effect of Toxicity: And What YOU Can Do About It*.

**Download the FREE Ripple Effect ebook!**  
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