

## **How to remove toxins from your Body.**

Although, The Kidney, Liver, Skin, Lungs and Lymph do a great job of Detoxification.

There are few things you can do fortnightly in order to ensure better digestive health so that your organs are nourished, healthy and clean from the inside and you are glowing from the outside.

I am sharing 10 incredible rituals you can add into your lifestyle that will transform your life and amplify your vitality to the next level!

### **1. RAW Juice therapy.**

Once you start including Raw fresh pressed juices into your life, You will begin to restore your health and rejuvenate your organs like never before. The cleansing capacity of the body is maximised and accumulated metabolic wastes are eliminated through stool or urine.

An exclusive diet of Vegetable and fruit combinations are prescribed for a few days to increase the digestion and absorption of nutrients upon completion. Elimination of uric acids and other inorganic acids will be accelerated.

### **2. Oil Pulling**

This is an ancient Ayurvedic practice for peak dental health that has been a part of lifestyle for more than a year now every morning before Brushing.

I use organically cold pressed coconut oil or Sesame seed oil and add in a drop of clove essential oil and swish it back and forth in your mouth to heal toothache, whiten your teeth, remove toxins, bad breath and other dental problems. It is a great way to achieve a glowing smile and I personally use coconut oil for its antiseptic and anti-inflammatory properties.

### **3. Dashmool Tea Basti/ Enema**

Ayurvedic Enema is often practised using a decoction of Dashmool tea. Dashmoola is the 10 root herbal tea administered through an enema to cure imbalances.

Ayurvedic Enemas are considered to be one of the most effective ways of cleansing internal toxins of the tissues in the body by flushing out deep seated gunk from the intestines.

However, Do not use during Pregnancy, Menstruation or if you are suffering from Hemorrhoids or Diarrhea

### **4. Triphala Tea**

Triphala has been hailed in the alternative medicine world for supreme digestive health. It has been used for thousands of years to bring harmony and detoxification.

Simply by adding a 1 tsp of Triphala in a cup of boiling water and allow it to steep for a few minutes for it to brew. Sip it slowly

Now, depending on when you drink it, It has different effects on your system.

At night, It regulates your metabolism and cures constipation and other digestive ailments. If eaten in the morning preferably with organic jaggery, It acts as a nourishing revitalizer for your organs.

### **5. FASTING**

A ritual which is followed in almost every religion and is regarded as a curative method of treating diseases, However, Fasting should not be resorted to if you are suffering from diabetes.

During Fasting, Body burns up and excretes huge amounts of wastes and juice fasting in my opinion is the best form of healing by giving the digestive system a much needed rest. A gradual introduction of food upon completion of fasting will restore vigour and vitality to the individual. The vitamins, minerals and enzymes are extremely beneficial in normalising all the activities of the body and accelerates a speedy regeneration for optimal functioning of the body.

## **6. Detoxing Toxic Emotions and Building Resiliency**

Take a Pen and Paper right now and write down top 10 things that are stressing you out right now. Isn't it ironic that we spend all our lives acquiring knowledge and earning money, Yet we Do not spend an hour or two to figure out for yourself what you are and why are you living the way you are ?!

These are some of the most important and profound questions you will ever ask yourself

Chronic stress will impair your immunity and trigger the underlying issues of anger, guilt, frustration, resentment and anxiety. Negative thoughts on a daily basis are more poisonous than mercury or lead in our personal hygiene products

When we overwhelm ourselves with never ending to-do's and task lists, We end up resorting to unhealthy self medicating coping tendencies like eating alcoholic beverages, too many carbs or sugar laden desserts coupled with unnecessary retail therapy, irregular sleeping habits wreaking havoc on our system.

This is where you need to start practices like Journaling – List the 3 good things in your life right now which builds Resiliency and Hope one day at a time.

Did you know keeping pent up emotions in your body can create chronic anxiety and produce stress hormones like cortisol and adrenaline. Hurt is a poison that intoxicates and kills.

Those who are unable to forgive, accept and let go of the things that are not in their control will forever remain physically, emotionally and spiritually ill. No amount of blood thinners or Blood pressure medication will heal what is destroyed by anger and resentment

As, We dive into practices of Yoga, Meditation and the process of inward inquiry, Remember that between a stimulus and a response is a space, That space holds the power to choose our response and in our response lies our growth and freedom.

One of the practices to build Resiliency is Mental Noting- Naming our thoughts and feelings, Acknowledging our emotions versus sliding it under the carpet.

Stepping into Gratitude- According to a study in University of Berkeley and Harvard called 3 good things where you set aside time each day to note down 3 Good things that happened during your day and how it made you feel. Practising it daily for 3 weeks helps to set the reset button to bring awareness and step into the state of Gratitude and let go of negative thought patterns and bring your emotions in control.

Worry and Anxiety are wasted emotions.

There is not much power in these practices to build neuroplasticity and build the Resiliency muscle of your mind.

## **7. Breathing Techniques**

The first thing that goes off in the body when we are stressed is our breath. It helps lower your cortisol levels and brings you back from a state of stress to a state of calm.

Whether it is a 15 min daily practice of Pranayama or a practice of deep belly breathing or Box breathing, The benefits of breathing are endless for secreting endorphins and dopamine and reducing any existing hormonal imbalances.

Deep breathing coupled with daily asanas improves cardiovascular health, alignment, balance, flexibility. In the end, Do what makes you happy while being aware of your breath pattern.

## **8. Asanas for DETOX**

Although, Our bodies are designed to detox every single day. Simply by practicing these twisting poses on a daily basis will activate your Lymph to push toxins and waste out of your body.

Yoga triples a renewed zest for life, Glowing skin and fabulous hair along with a feeling of being fabulous every single day!

**Here are my TOP 5 asana to rock your life and get your chi moving:**

### **1. Three Legged Downward facing Dog pose:**

Downward Dog encourages blood to circulate and move the lymph nodes which aids in mental relaxation & releases fear! It improves your flexibility and gives strength and vitality.

### **2. HALASANA**

Plough pose is an incredible asana that tones your abdominal wall and improves your metabolism and massages your abdominal organs.

Parivrat Utkatasana

### **3. TWISTED CHAIR POSE**

This pose is FIRE! The gentle pressure on your kidneys, liver and spleen stimulates the removal of toxins and relieves any mental and physical sluggishness.

#### **4. Ardha Matsyendrasana**

Seated Spinal Twist increases spinal mobility and is extremely invigorating and increases oxygen supply to the lungs.

#### **5. Legs up the wall – Viprita Karni**

This is a beautiful restorative pose to be practiced everyday before bedtime to boost your blood circulation especially if you have been standing or sitting all day long. It also relieves lower back pain, However if you are suffering from Hypertension, High blood pressure or Hernia, It is advised to avoid this pose.

#### **9. Cooking in non-toxic cookware**

This is such an overlooked and underrated topic of discussion as majority of the toxins enter our bodies through the cookware it is cooked in.

Aluminium for instance is one of the most toxic metals to cook in for umpteen reasons, Food cooked in aluminium can absorb aluminium into the bloodstream and gets stored in different tissues of the body. It can cause peptic ulcers, indigestion, eczema, crohn's disease and ulcerative colitis.

Even worse is aluminium cookware coated in teflon or non stick coating to prevent aluminium from dissolving in the food and did you know aluminium is also present in dental fillings? !!

Aluminium can also be ingested via cans, food packed in aluminium foils, deodorants and continued exposure to aluminium may cause Alzheimer's disease.

However, These are the alternatives that can be used in place of aluminium for greater health and vitality. It's about time we pay heed to the cookware we are using to feed our loved one's on a daily basis.

- **Cast Iron**

I love my cast iron pan to whip up dosas and pancakes and Kadhai to make delicious curries and stews. I love it more because it leeches iron into the food as well and fortifies it multifold through all the curries and stir fry's! Plus it is indestructible and you can easily pass it on from one generation to another!

- **Stainless steel**

For those who wish to stay neutral! It neither causes any harm nor adds any value to the food it is cooked in. I own a Tri-Ply Stainless steel set from Calphalon and over the years I thoroughly enjoyed using it.

- **Clay Pots**

An ancient Ayurvedic way of cooking to retain the nutrient value of the food cooked in it as its alkaline nature balances the acidic nature of the food. You need to taste the food cooked in it.

These are the best to cook in! Honestly!

People travel far and wide to taste Handi Daal ( Lentil soup from India cooked in Clay pots) and pay double the price for the taste of the daal cooked in earthenware, but

are unable to use clay pots at home because of their fragile and time consuming nature.

To be honest, I have tried Clay pots in the past, But somehow I have cracked all of them and ended up using them to grow herbs at home. However, I plan to continue trying to use them as and when I can to reap their immense health benefits.

#### **4. Bronze/Kansa**

In the ancient vedic lifestyle, Bronze utensils hailed for increasing the body's immunity and revered for minimising obesity and strengthening memory.

Please note that metal has to be coated with tin and it should not exceed 0.05–0.08 in order to avoid toxicity, But it wears out over time with regular scrubbing and scouring, So if you can regularly get the coating done, You can opt for this metal or else give it a pass if it seems like too much of a hassle.

P.S- Please do not use without the coating under any circumstances or else, copper might react with other ingredients and become toxic.

#### **10. Spiritual and Nervous System Detox**

**“In the end, We are all spiritual beings having a human experience”**

Get in touch with all senses, get outside, feel the weather, get grounded to experience the magic inside you, Listening to your internal voice is the quickest way to let go of the things that do not serve you.

Transform negative thought patterns into compassion and empathy and nurturing the soil of your mind.



As you move through spiritual detox, Consider eliminating consumption of electronic media.

instead, Read inspiring books

Listen to uplifting pleasing music,  
Spend time outdoors,  
Practice Yoga,  
Get a massage.

Our Spiritual health is something that not everyone can see, Still, we need to work on it.

Make a daily routine, what you read, listen, think, everything affects your soul.

Listening to uplifting music, regular massages with essential oils to activate your energy centres.

Invigorate your body by soaking your body in warm epsom salt which can prove to be a very calming and healing practice for your body.