

DETOXIFICATION TIPS



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In episode 29 of the Vibrant You Health Show, Blake talked with Tim and Nicole about why detoxing our bodies is so important and shared a lot of great information about how to detox with nutrition, lifestyle practices and supplements. Below is a summary of the key info discussed. To watch the full episode, visit www.naturespantry.life. Nicole Haggerty is a holistic health and lifestyle coach and fitness guru. Learn more about Nicole at <https://nicolehaggerty.com/>. Tim James is a health coach, the founder of Chemical Free Body supplement line and the host of the Health Hero Show. Learn more about Tim here: <https://www.chemicalfreebody.com/>.

At Nature's Pantry we believe there are two fundamentals to health that should not be overlooked: #1 put the right things in the body, and #2 get the wrong things out of the body. With the amount of toxins we are exposed to in our modern world, we need to learn how to properly detox well.

Water

According to Certified Nutritionist Linda Clayville, the best body cleanser is pure (chlorine free) water. Use an at home filter, and if you must buy water, get spring water. Bottled water can have an acidic Ph, and chemicals from the plastic bottle can leach into the water over time, especially in the heat. Use a glass or stainless-steel water bottle. Drink half your body weight in ounces every day (Example: 150 lb. person would ideally drink 75 oz. of water every day).

Nutrition

A diet rich in organic fruits, vegetables, whole grains, nuts, seeds, legumes and other real foods feed your body the vitamins, minerals, nutrients, phytochemicals, and enzymes it needs. High quality supplements can also assist in reaching nutritional goals. We need to eat foods that help the body detox naturally and avoid foods that add to the toxic burden. Avoid food that is heavily processed, sprayed with chemicals, injected with hormones and antibiotics, dyed and flavored with artificial ingredients. According to Dr. Andrew Saul, "The more toxins you are exposed to, the more nutrients you

will use up in dealing with them." Foods like cilantro, spirulina, barley greens, blueberries and dulce can support the body's natural detox processes.

Exercise

Exercise quickens breathing, promotes blood circulation, and increases sweat production, which all promote the release of toxins. Regular exercise has been shown to help increase circulation of lymph fluid, helping you flush out toxins and bacteria better.

Sauna

Not only can sauna therapy increase toxin removal by sweating, but it also mobilizes toxins locked in the fat increasing elimination. A healthy diet and a lot of hydration supports a sauna detox. Numerous clinical studies have shown that utilizing an infrared/steam sauna is able to remove many toxins through sweat; these include but are not limited to, heavy metals, phthalates, flame retardants, Bisphenol A, pesticides and PCBs. Learn more about infrared saunas here: <https://www.chemicalfreebody.com/infrared-saunas/>

Fasting

Fasting can help with weight loss, toxin and waste removal, cellular repair, removal of dead and damaged cellular material, reducing cholesterol, improving blood pressure, improves digestive health, slows down aging process, sharpens mental focus, boots metabolism and energy, improves organ function. Drinking lots of water and herbal tea and vegetable juices can aid with the removal of toxins during a fast.

Breathing

Deep Breathing helps to detoxify the body. Our bodies are designed to release a large amount of toxins through breathing. Carbon dioxide is a natural toxic waste that comes from the body's metabolic processes and it needs to be expelled from the body regularly and consistently. Breathing releases carbon monoxide, which is important to fully release. If you do not breathe fully, your body must work overtime to release these toxins. This is one reason why covering our airways with masks for long periods may be detrimental to our long term health.

Sleep

Good sleep functions as the body's natural detox process. Sleep can increase the space between brain cells, flushing out damaging molecules in the brain that are associated with neurodegeneration. Sleep helps your brain and entire body flush out toxic molecules, at the same time there tends to be an increased flow of blood, oxygen, and nutrients, leading to new healthy tissue growth.

CFB Gut Detox, Toxin Detox, and Turmeric 100

Gut Detox Formula micro cleanses the intestinal villi removing on average 6-12 pounds of impacted fecal material and keeps the pathway of elimination clear for maximum absorption of nutrients. Toxin Detox Formula detoxes the blood, fat and muscle tissue of heavy metals, radiation and chemical pollution thus removing a huge body burden on the micro level to create a massive boost in immunity. Turmeric 100 Formula reduces cellular inflammation so that the cells can absorb nutrients and detox toxins much faster. It's also great for pain and total body inflammation including headaches. Put the three together and you have a gentle daily detox powerhouse to detox your body without all the typical symptoms associated with other types of detoxification so you can work, play and travel and detox your way to better health. You can find all three products at Nature's Pantry.

Purium Cocoa Mint Spirulina

Spirulina has many health benefits and contains lots of vitamins. It has been referred to as nature's multi-vitamin. Spirulina is 60% plant protein and is great for drinking before or after activity. Spirulina aids in removing heavy metals from the body and contains potent antioxidants to aid in immune function. Spirulina

can also aid digestion and provide sustainable energy. You can find this product at Nature's Pantry.

Vitamin C

According to Dr. Thomas Levy, Vitamin C has been shown to be effective against numerous toxins. It is quite successful because of its water solubility, simple molecular structure, and ability to donate two electrons per molecule. "In short, health is dependent on a good flow of electrons, all the molecules that take away electrons are toxic and all the molecules that donate electrons are antioxidants," according to Dr Manickam Mahalingam.

Apple Pectin

An important discovery was made with Chernobyl victims, which showed that intake of apple pectin greatly reduced the radiation load in children from Ukraine and Belarus afflicted by the Chernobyl disaster. In one study the average reduction of cesium 137 levels in children receiving oral pectin powder was 62.6% after a month-long trial.

Zeolite and Bentonite Clays

Bentonite and Zeolite clays both act like electrostatically charged magnets in adsorbing harmful substances of positive polarity to their extensive surface areas. Zeolite clay has been shown to capture and eliminate toxins, eliminate heavy metals, and eliminate carcinogens. Bentonite clay adsorbs materials by sticking to their molecules or ions. As the clay leaves the body, it takes the toxin or other molecules with it.

Charcoal

Activated charcoal works through the digestive tract by trapping toxins in the gut and preventing them from being absorbed. Activated charcoal stays in the body until it's passed in stools along with the toxins— including bacteria and drugs. In some places, charcoal is used in the event of emergency poisoning or drug overdoses.

Milk Thistle

Milk Thistle can be used as a liver detox. It has been found to have a very effective ability to encourage the liver to cleanse itself of accumulated toxins. Milk Thistle also supports the liver by preventing the depletion of glutathione – an amino acid essential for the detox process.

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