

Detoxing the Body

Detoxing the body isn't necessarily as intense or difficult as it may sound. People often think of detox as a boot camp kind of situation where you massively deprive your body of everything. In fact good detoxification can be a very normal part of your life. Gently and constantly having a detoxification element in your programme brings tremendous health benefits.

If you are being encouraged to undertake any intensive detoxification or metabolic regimes ask yourself and them some very pertinent questions:



What is the experience and science behind this approach?



Who is giving you this advice, what expertise and experience do they have?



How much do they know about your particular type of cancer, how it behaves metabolically



How much do they know about you, your treatment, have they checked results on your kidney and liver function tests?



Are they devising a programme for you as an individual or is it a programme that will be given to anybody who walks through the door?



If you are unhappy with answers to any of the above please be very careful before embarking on anything extreme or intensive with a practitioner, if in doubt check it out with us.

You can detox both internally and externally. The skin is a much under-utilised detox organ which can help relieve the pressure on the liver and kidneys by maximising its use. Detoxing internally will really boost your wellbeing. All forms of detox may increase the speed with which the body eliminates drugs so get advice on what is an appropriate and safe detox programme for you.

There are clinics where more intensive detoxing with support and help is available but at home the following can be utilised in your programme:

Internal Detoxing



Juicing; the most nutritious form of detox and boosts your energy and sense of well being



Water apart from tap is the cheapest, easiest way to help your body cope with all the challenges treatment can throw at it



Liver flush, done regularly will ensure your liver is given the support to cope with any treatments



Coffee enemas part of many metabolic programmes, they flush the liver and remove toxins from the bowel



Epsom salts taken orally helps clear the bowel and raise magnesium levels



Sodium bicarbonate, alkalises, kills yeasts and microbes

Skin Detoxing



Epsom salt baths removes toxins and draws magnesium into the body, the most delightful way to detox



Bentonite clay bath is highly effective at removing heavy metals from the body



Dry skin brushing will stimulate your lymphatic system and improve your circulation



Filtering your water supply will ensure you are not being daily subjected to the high level of chemicals used to clean the water and toxic hormones. Drinking water regularly is a cheap and efficient method of detoxing



Infra-Red Sauna- personal saunas are a low cost and very enjoyable way to utilise the skin as a useful detox organ