

The Truth About

DETOX'S

Detoxing is a hot topic in Nutrition. There are so many tea's, kits and pills out to cleanse you, but are they really necessary?

It really boils down to one simple concept:

Stop putting crap in and your body will detoxify itself.

Our bodies are very well equipped to process and eliminate toxins, in fact our liver keeps busy doing that constantly and our sweat, pee and poop work well to carry them out of our bodies.

This is just one reason why it is so important to drink lots of water, eat foods high in fiber and sweat every day.

There are some rare cases where a more aggressive detox approach is needed, like the guy who loved tuna so much he gave himself mercury poisoning (Definitely see a Doctor for this one!!), but if you try to go from your Standard Canadian Diet into a heavy detox, you will do more harm than good.

The best way to detox is to slowly remove as many toxins from your environment as possible. because if it's not there to begin with then you don't need to work so hard at removing them.

For all those nasty toxins that do work their way into our bodies, and for all those toxins that our bodies produce (yes, we make lots of toxins ourselves!), our liver works amazingly hard to keep us all clean and healthy.

In fact, the liver does over 500 functions.

Not only does the liver detoxify, it is responsible for the metabolism of fats, proteins and carbohydrates, produces bile for fat absorption, produces vital cholesterol, helps regulate blood sugar levels, and so many more.

**So to feel vibrant and healthy,
it's a very good idea to take good care of your liver.**

(More on that soon!)

But let's talk a bit more about cutting back on the crap to begin with...

The toxic chemicals we try so hard to get rid of are found sprayed on our produce, used in the processing of foods, added to most of our personal care products and are apart of the manufacturing of all the products we love so much.

They're everywhere.

But once you know where they are, it's easy to start weaning them out of your life.

Start with small changes, maybe one a week, and add on from there.

Let's get started.

FOOD

-organic is always the best way to go, but that can get expensive fast. If you want to include more organic food in your diet, focus on meat, fish, eggs and dairy first. These tend to accumulate more toxins than produce simply because they have more growth time to build them up, they have a higher fat content and toxins are commonly fat soluble (as opposed to water soluble).

-reduce the amount of processed food in your diet, this will save you money and hands down, is *much* better for your overall health. Simple changes like more popcorn and less chips, oven roasted baby potatoes over frozen french fries, DIY salad dressing (once you taste it, you will never go back!!), homemade cookies over oreos and a few less crackers when snacking just to name a few. The less packaging, the less toxins (not always, but most of the time!) which means the less you ingest.

-eating out less is the quickest, most effective way to cut back on spending and to control what is in your food. Most restaurants now use pre-made everything, which means you never really know what your eating...Learn a handful of 15 minute meals (breakfast for dinner anyone?), use your slow cooker and eat all your leftovers when you don't feel like cooking.

-love your liver by eating liver supporting foods (that doesn't mean you need to eat liver) Lemon, beets, onion, garlic, leafy greens, asparagus, mushrooms and eggs are all great foods to include every day.

EVERYTHING ELSE

-personal care products are full of nasty chemicals like parabens, phthalates and carcinogens. These nasties mess with our hormones, and since hormones are the master controllers of our bodies that means just a tiny little bit can have a huge and damaging impact (this is especially true for kids!!). Ingredients like "parfum" or "scent" are usually a good indication it was added.

-home cleaners are another big source of toxins. It's not necessary to use harsh chemicals when milder and safer options work just as well. The green revolution is increasing the many great options for green cleaners available, all affordable and just as efficient as the conventional cleaners without any drawbacks.

-our world is now plastic obsessed. While this product is great with it's many uses, many still contain those nasty hormone mimickers that can do so much damage. When possible, switch back to glass or stainless steel, and when plastic is needed make sure it is plastic #1, 2, 4 or 5.

For an amazing summary of toxins in our lives, two great reads are ***Slow Death by Rubber Duck*** and ***Toxin Toxout***, both by Bruce Laurie and Rick Smith. Not only are these guys Canadian, but they are true health and environmental crusaders who make it easy to understand where the concerns are, why we need to be aware of them and how to move them out of our lives.

Detox your life, not your wallet!