

# Detox

Patients often ask me about the best way to detox, or which detox program is the best. For starters, detoxing should really be part of a lifestyle and not something we do for a brief period. Basically, we should be detoxing everyday... but I get it. We aren't always great to ourselves and sometimes need a kick start or some sort of program with rules for a focused amount of time.

Aside from a "program," a very effective way to detox is through vigorous exercise. When we exercise, we sweat, breathe rapidly, and move our lymphatic system by moving our body. We also drink water (hopefully) when we exercise. All that extra blood flow moves through our kidneys detoxing us even further. All of that movement gets our bowels moving too!

But what do we look for in a good detoxing program? A good program either recommends an elimination diet and organic foods, a balanced shake or both. Magnesium and fiber are part of any good detoxing program to encourage daily stooling also. Daily stooling should be encouraged through magnesium and fiber. Finally, the liver should be supported. This is usually done with a capsule or tincture.

In summary, I look for the following in a detoxing program:

1. Organic foods
2. Elimination of foods that are common sensitivities (adapted to individual needs)
3. Magnesium and fiber to promote daily stooling
4. Liver support (usually done through a capsule or tincture that includes milk thistle, silymarin, turmeric, and n-acetyl cysteine)
5. A shake to help me with calories because my daily routine is hectic and I don't plan my meals well.

I don't recommend the imbalanced programs. The programs where you fast and only drink some sort of concoction for "x" number of days cannot be sustained indefinitely and is therefore not very healthy. There are much more balanced ways to detox.

Taking all this a step further, you should also look at your self-care products. With the soaps, lotions, colognes, deodorants, fabric softeners and makeup, we load ourselves with toxins every day. The Environmental Working Group is a group dedicated to evaluating the millions of products and helping us determine what is safe. You can find some of their reports on their website, [www.ewg.org](http://www.ewg.org).

Finally, don't forget to sweat! You can sweat in a sauna, through exercise, hot yoga, etc.

The body removes toxins or "detoxes" several different ways:

1. Breathing
2. Sweating
3. Stooling
4. Urinating

The above are ways that the body is able to eliminate toxins. The kidneys, liver, lungs, lymphatic system, and skin are all involved in detoxing.