



## GENTLE DETOXIFICATION

Gastrointestinal system:

Liver:

Include the following foods to help your body detox:

Green, leafy vegetables (kale, collards, mustard greens, spinach, dandelion greens, etc.) along with the cooking liquid, cruciferous vegetables (cabbages, broccoli, cauliflower, radishes, etc.), endive, cucumbers, beets, garlic, onions, artichokes, sprouted seeds, all raw and juiced vegetables, tahini and organic liver. See our chart of alkaline vs. acid foods - The objective is to balance your diet so that you have more alkaline foods than acid foods overall.

Colon:

Insoluble fiber - chia seeds, freshly ground flax meal, psyllium powder, and other forms of insoluble fiber help keep your colon cleaned out so that you don't reabsorb toxins if they wait too long to be eliminated.

Water and/or coffee enemas - <http://www.seekinghealth.com/stainless-steel-enema-kit.html>

- great resource for buying a home enema kit along with a booklet and audio file which describes why and how it is helpful. They sell an air dried organic coffee to use in enemas.

Kidneys:

To help rid your body of toxins, your kidney needs to be an efficient filter. It needs water in order to do this. It also needs electrolytes, like sea salt (which includes sodium along with other essential minerals), potassium (in foods and especially high in coconut water)

Lungs:

Great lungfuls of fresh air, meditation, steam inhalations - all great ways to assist your lungs in their ability to expel toxins through the breath.

**IMPORTANT TO CIRCULATE AIR THROUGH YOUR HOUSE.**

Skin:

Infrared saunas penetrate deeply into the body to help boost your immune system, as well as sweat out toxins and waste products

Dry skin brushing - stand on a towel and brush your skin w/exfoliating device (gloves or loofa)

Exercise - increasing circulation and sweating both help move out toxins.

Weekly or biweekly acupuncture and counterstrain to improve body terrain, balance qi, restore function, and to cope w/ stress.

Also, consider using Mediclear SGS as a daily drink to provide multivitamin and mineral support, as well as detoxification, anti-oxidant and GI support. We have this in our dispensary. I like mixing it w/unsweetened almond milk and a banana or avocado.

[http://www.thorne.com/articles/MediClear\\_SGS.jsp](http://www.thorne.com/articles/MediClear_SGS.jsp)