

Detoxification

COMMON MISTAKES + HOW TO SUPPORT THE DETOX SYSTEM



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DETOXIFICATION: COMMON MISTAKES

The term "detox" is used frequently in today's society. However, it is important to note the science behind the detoxification system and what your body truly needs. Without knowing your body, the way it works, and the impact your diet and lifestyle can truly have on it, it can be easy to make some of these common detox mistakes.

DEPRIVING YOUR BODY VS. NOURISHING IT

Side effects of this are headaches, irritability, nausea, low energy, muscle and joint aches, acute emotional distress, and negative impact on the immune system and blood sugar. Certain parts of the body require glucose to function and cannot use fat as a backup energy source. Depriving them of glucose results in brain fog and blurred vision.

NOT TAKING A HOLISTIC APPROACH TO DETOX

Detoxifying your mind and lifestyle are two often overlooked aspects of detoxing.



EXCESS DETOXIFICATION

Too much detoxing can cause severe, serious symptoms, such as protein deficiency, nutrient deficiency, electrolyte imbalance, excess weight loss, hair loss, muscle tone loss, and feelings of weakness.

DETOXIFYING TOO QUICKLY

It takes a lifetime to accumulate toxins, so it is not possible to eliminate them all in a week or two. Quick fix programs release large numbers of toxins that flood your bloodstream, which can cause excess stress and skin problems.

DETOXIFICATION: IMPAIRED DETOX SYSTEM

Some people may struggle with detoxification. Here are some common symptoms to help you understand if you may be struggling with an impaired detoxification system.



SYMPTOMS OF AN IMPAIRED DETOXIFICATION SYSTEM

- Chronic Fatigue
- Fibromyalgia
- Headaches
- Joint Pain
- Muscle Pain
- Acne
- Skin Rashes
- Hives
- Stubborn Weight Gain
- Hormonal Imbalances
- Adrenal Dysregulation
- Weakened Immune System
- Anxiety
- Panic Attacks
- Sleep Issues
- Insomnia
- Sensitivity to Smells
- Brain Fog
- Difficulty Concentrating
- Sensitivity to Supplements or Medications
- High or Low Tolerance to Alcohol
- Indigestion
- Sinus Congestion
- Bloating
- Irritability
- Coughing
- Sneezing

DETOXIFICATION: SUPPORTING THE SYSTEMS

There are many different bodily systems that must be considered because they are important components of the detoxification process. Here are some ways to support the various systems involved with detoxification.

DIGESTIVE SYSTEM

Individuals who are actively attempting to detox should do their best to avoid ingesting dietary impurities, including herbicides, pesticides, GMOs, additives, and preservatives.

Instead, nourish the digestive system with plenty of fiber to induce proper elimination, as well as organic produce. Eat raw vegetables, salads, and fruit daily to decrease the transit time of food wastes through the gut. Include high fiber natural grains, in the daily diet, such as rice, oats, barley, millet, and quinoa, which help soften stool and increases absorption of toxins into stool. Limit dietary intake of highly processed foods, which tend to constipate and increase the body's toxic load. Aerobic exercise also helps to positively regulate bowel function.

LIVER

Limit/avoid substances that especially burden the liver such as: alcohol, caffeine, nicotine, preservatives, and dyes. Also take into account environmental toxins such as car exhaust, chemical fumes, and work-related toxic substances.

Eat raw beets and artichokes weekly as they nourish the liver.



URINARY SYSTEM

Be sure to stay properly hydrated by drinking water, preferably filtered. It is recommended to drink at least half of your body weight in ounces of water per day.

Unsweetened cranberry juice, black tea, blueberries, and dark chocolate can also help support urinary tract health.

DETOXIFICATION: SUPPORTING THE SYSTEMS

RESPIRATORY SYSTEM

Install a home air filter and avoid outside air pollution, when possible.

Practice deep relaxed breathing twice daily – before rising in the morning and falling asleep in the evening are often convenient times.

- Technique: While lying on your back, place one hand over your chest and the other on your lower abdomen. Inhale deeply; first feel the lower lungs fill with air as your lower hand rises, then the upper lungs fill as your upper hand rises; exhale deeply; feel the upper then lower lungs empty of air.

Aerobic exercise (according to an individual's fitness level) such as walking, running, biking, swimming, or aerobic dance, for example, can enhance circulation, open the airways, and induce sweating.

- Sessions should last 20 to 45 minutes and be done three to five times weekly.
- It is recommended to take a gentle walk daily.
- Extreme exercise should be avoided during the detoxification process.



LYMPHATIC SYSTEM

Unlike the cardiovascular system, the lymphatic system doesn't have a heart to pump lymph around the body. So, sometimes it can become stagnant – especially when an individual lives a sedentary life. Lymph massage, dry brushing, yoga and rebounding on a mini trampoline can stimulate lymph flow.

Perform a regular stretching program to release muscle imbalances and constrictions, which, in turn, increases the blood and lymphatic circulation.

Finish a hot shower with a one-minute cool or cold-water rinse, which causes a superficial circulatory flush and stimulates the central nervous system.

DETOXIFICATION: SUPPORTING THE SYSTEMS

SKIN

Proper hydration, healthy dietary fats, and dandelion root tea can detox, nourish, and revitalize the skin.

Dry skin brushing the entire body (except the face) before bathing, gently but thoroughly, three times a week opens the pores for detoxification and stimulates the lymphatic system.

Try a warm to hot epsom salt bath, using 1-2 cups of epsom salts plus one cup sea salt, once to twice weekly. Drink plenty of water during and after the baths.

Use vegetable oil soaps and moisturizers rather than animal fat products, which tend to clog skin pores.

Choose herbal deodorants, if needed, instead of antiperspirants, which inhibit sweating, a very natural and important avenue of body detoxification.



MENTAL SUPPORT

To slow the mind, try deep breathing exercises, meditation, and mindfulness-related activities. Remember detoxing happens on a deep level.

SPIRITUAL SUPPORT

Try starting a gratitude journal to facilitate appreciation for what you already have. Building a support system and community is key for spiritual health. Also be sure to spend time in nature.