

Detox and cleanse

A detox can help cleanse the body, enhance circulation, boost the immune system, increase energy, revitalise the liver and install a sense of wellbeing. With many customers turning their thoughts to a detox at this time of year, here's **Susie Debice's** toolbox of nutrition and botanical extracts to help support the body.



We are constantly exposed to toxins generated from internal and external sources. The body naturally produces toxic waste products as normal by-products of metabolism, respiration and digestion. Aside from these internal sources of toxins the body also needs to deal with a constant stream of toxins present in the air we breathe, the water we drink and the food we eat. The liver, kidneys and skin all act as processing, packaging and elimination sites for safely escorting toxins out of the body.

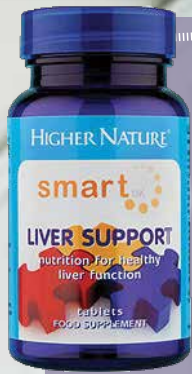
Toxic threshold

It's your ability to detoxify these toxic substances that is of primary importance to your overall health and vitality. A healthy body is capable of adequately detoxifying environmental and metabolic toxins. An unhealthy body reflects a situation where a toxic threshold has been crossed and toxins accumulate within the body exerting detrimental and harmful effects on cell function, physiological processes and damaging DNA. Methods of detoxification have been used for thousands of years and

are one of the oldest known practices of health promotion with roots in ancient cultures including Ayurvedic medicine, traditional Chinese medicine and Western herbal medicine.

Tell-tale signs

Signs that the detoxification systems are overloaded include headaches, joint pains, chemical sensitivities, skin rashes, spotty skin, excess sweating, body odour, bloating, tiredness, dark circles under the eyes, poor concentration, foggy thinking and feeling lethargic and sluggish. If



Liver function

The main organ for detoxification is the liver which contains a complex 2-stage detoxification system involving four different detoxification pathways that are dependent on

co-factor nutrients and specialised enzymes. Toxins are channel through a series of chemical reaction filtering them from the blood and convert them into by-products that can be safely packaged up and passed into the bile ready for elimination from the body. Important nutrient co-factors include antioxidants, B-vitamins, glutathione, vitamin C, vitamin E, sulphur, glutamine, glycine, methionine, NAC (N-Acetyl-Cysteine) so it's a good idea to look for a liver support supplement that contains a combination of these cofactor if you are looking to complete a body cleanse such as **Smart Liver by Higher Nature**.

Some vegetables have additional detoxification benefits, for instance cruciferous vegetables such as broccoli, cabbage and Brussels sprouts contain a substance called indole-3-carbinols which aids detoxification. Other vegetables reported to support liver function include watercress, rocket, bitter greens, chicory, onion, garlic and beetroot.

these warning signs are ignored then the toxic overload can lead to inflammation and over a life-time can contribute to the initiation of degenerative diseases.

Liposomal glutathione

Alcohol is pretty harmful to body cells and can contribute to inflammation and oxidative stress which is why heavy drinkers have an increased risk of coronary heart disease. Every cell in the body contains a powerful antioxidant enzyme called glutathione which forms an integral part of our defence system

ridding the body of harmful pollutants. During prolonged periods of indulgence, glutathione levels can take a nose dive leaving cells vulnerable. Glutathione plays a key role in helping liver cells detoxify alcohol and also protects them from the harmful intermediate substances that are generated during this detoxification process (formaldehyde and acetaldehyde). During times when alcohol intake is higher than it should be, glutathione levels don't get replenished and cells can easily become depleted leaving them vulnerable to damage. Topping up on glutathione is a smart move but this nutrient, when taken

as a standard supplement, has a reputation for being hard to absorb through the digestive tract. Taking a liposomal form of glutathione such as **Altrient Glutathione by Abundance and Health** bypasses that glitch in absorption and helps to quickly and effectively replenish cellular glutathione levels reducing the risk of liver damage associated with high alcohol intake.



TOP 4 DETOX BOTANICALS

THERE ARE NUMEROUS HERBS AND SPICES THAT HAVE BEEN REPORTED TO BE OF GREAT BENEFIT FOR SUPPORTING DETOXIFICATION AND LIVER FUNCTION.

1. MILK THISTLE

Milk Thistle is a powerful antioxidant that helps protect liver cells and support liver detoxification and elimination. The active ingredient in Milk Thistle is a natural compound called silymarin which helps reduce glutathione depletion (an amino acid-like compound and essential nutrient for liver and cellular detoxification), protects cells against free-radical activity, protects liver cells from damage by toxins and helps offset symptoms associated with food and alcohol over indulgence.

2. CURCUMIN

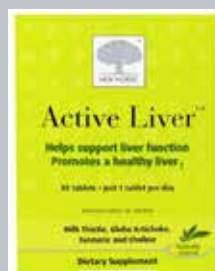
Curcumin or curcuminoids are the active ingredients found in the bright yellow spice called turmeric. These natural compounds help prevent toxins such as alcohol from being converted into compounds that may be harmful to the liver. They also help liver cells process cholesterol, support detoxification and prevent fatty liver deposits.

3. DANDELION

Dandelion has a long history of being used as a liver tonic, dandelion root helps stimulate bile and dandelion leaves tend to be used as a natural diuretic. This native plant provides powerful antioxidant activity, protects against alcohol-induced liver toxicity and reduces lipid peroxidation. Dandelion root can be used as a coffee substitute or it can be taken as a supplement.

4. ARTICHOKE LEAF

Artichoke leaf is a classic pure bitter that has been used since Roman times as a digestive aid. This plant promotes bile flow and improves liver cell regeneration and the leaf extract is often taken as a supplement to help reduce cholesterol levels and protect liver cells from damage.



COMBO SUPPLEMENTS:

When it comes to botanicals it's best to opt for a supplement that contains a combination of these botanical extracts such as **Active Liver by New Nordic** or **Milk Thistle Complex from A.Vogel**.

CATEGORY FOCUS

“SUPERFOOD POWDERS SUCH AS GREEN VEGETABLES, SPOUTED GRASSES AND BLUE-GREEN ALGAE’S SUCH AS WHEATGRASS, BARLEYGRASS, BROCCOLI, KALE, SPINACH, PARSLEY, WATERCRESS ALFALFA, CHLORELLA AND SPIRULINA PROVIDE AN FAST-ACTING ALKALINE BOOST”



FIBRE FACTS

Once the processed toxins are packed up with the bile, they are passed out into the intestine where they bind with fibre

and ride the journey through the large intestine before being excreted from the body. Insoluble fibre found in fruits, vegetables, pluses and wholegrains assists the detoxification processes by binding with processed toxins and escorting them out of the body. Including these foods into your diet and achieving your 5 or 8-a-day target, is an important part of your body cleansing programme. However, if you have digestive issues or your diet is low in fresh fruit, vegetables and pulses then taking a daily fibre supplement such as FOS (**Biocare F.O.S powder**) or psyllium (**Solgar Psyllium Husk Caps**) would be highly recommended. Chia seeds and flax seeds are also a good source of soluble fibre and can be soaked overnight and added to breakfast cereal or **The Chia Co Shots** are easy to add to smoothies.

TOXIC GUT

There is a delicate balance between levels of pathogenic gut bacteria and levels of friendly or probiotic gut bacteria that heavily influences the toxic load of the body. A healthy gut contains good levels of probiotic bacteria which produce natural substances that kill off possible gut pathogens, keeping the probiotic bacteria as the dominant inhabitants of the gut. However, if probiotic bacteria levels start to decline due to stress, illness, poor diet, certain medications or excessive alcohol then the more undesirable gut residents start to flourish and as they grow they produce high levels of nasty toxins which puts a strain on liver detoxification.



Supplementing with a good multi-strain probiotic such as **Udo's Choice Super 8 Hi-Count Microbiotics** is advisable to help rebalance the gut flora and reduce gut toxicity.



ACID-ALKALINE BALANCE

When you're in optimum health, your blood is slightly alkaline but many of the processed foods in today's diet make our body fluids acidic which encourages inflammation, illness and inhibits detoxification. A diet high in sugar, saturated fats, meat, eggs, dairy, nuts, alcohol, processed foods, and coffee can tip the body into being too acidic. To keep the body in a healthy acid-alkaline balance it's important to eat plenty of alkaline-forming fruits, vegetables and almonds. It's the green vegetables that are particularly alkaline forming which is why superfood powders such as green vegetables, spouted grasses and blue-green algae's such as wheatgrass, barleygrass, broccoli, kale, spinach, parsley, watercress alfalfa, chlorella and spirulina provide an fast-acting alkaline boost. A good example is **Terranova Green pH Alkaline Super-Blend** which can be mixed with juice or added to a smoothie.

Always remember when starting a detox to clear your schedule so you can go gently and drink plenty of water to help flush though toxins and get early nights so your body can recover quickly.



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