

# 10 Easy Detoxification Techniques

Body detoxification methods include relaxation, cleansing, and proper nutrition. These methods have been practiced for centuries around the world, including in Ayurvedic and Chinese medicine.

Do you want to find out if your body needs help with the toxin elimination support? [Find out Here!](#)

# HOW TOXIC ARE YOU?

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During the detoxification of the body, not just toxins are eliminated, but also there should also be the replenishment of nutrients, minerals, and vitamins. This will protect you from illness and help you maintain optimal health.



# 10 EASY DETOXIFICATION TECHNIQUES

*By Zhanna Tarjeft, FNP-BC*

What is Detoxification?

Basically, it is the purification of blood, which occurs by moving harmful substances from the blood to the liver, where they are further eliminated. The body is also cleansed of toxins in the kidneys, intestines (gut), lungs, lymph, and skin. However, when these systems are at risk, filtering does not occur and the body is at risk.

Body detoxification methods that naturally cleanse the body are:

1. Healthy nutrition
2. Liver detoxification (Phase 1, 2, and 3)
3. The removal of toxins from the gut, kidneys, and skin;
4. Improving blood circulation;

How to determine the need for detoxification?

Detoxification is a process and not a destination. Detoxification pathways should be supported every day to get rid of the toxins we inhale with polluted by gasoline and other chemicals air; ingest with GMO or non-organic produce and meats; apply to our skin in a form of makeup, beauty lotions, and cremes! Are you getting pedicures/manicures done once in a while? All these above-mentioned sources are full of chemical toxins that act as hormone disruptors!

Today, when the level of environmental pollution is much higher than ever, everyday detoxification is very important. However, this does not apply to nursing mothers, children, and patients with chronic diseases of the digestive tract, and cancer. First of all, you should consult with your Functional Practitioner about the need for detoxification in your case.

The following symptoms may warrant the need for detoxification:

1. Chronic fatigue
2. Irritation on the skin
3. Allergies
4. Swollen eyes or bags under the eyes
5. Bloating
6. Problems with the menstrual cycle
7. Weight gain

How to Start the Detoxification Process?

First, reduce the level of toxins in the body:

1. Limit alcohol, cigarettes, sugar, fats, everything that interferes with a healthy lifestyle.
2. Minimize the use of household chemicals, this includes personal hygiene products (shampoo, deodorant, toothpaste), replace them with natural, alternative chemicals.
3. Minimize stress, which means the production of stress hormones. In some cases, these hormones can provide an “adrenaline rush” to win the race or, for example, complete the work on time, but in most cases they produce toxins and, unfortunately, slow down the detoxification of enzymes in the liver. Yoga, heart rate variability, and meditation are the simplest but most effective means to relax the whole body, both physical and spiritual.

## **What Methods of Detoxification are Right for you?**

A large number of detoxification programs and recipes have been created that are designed for individual purposes. I have developed a 7-day detoxification and thyroid supporting program that helps to get your body on the right track!

There are a few mistakes that people make while trying to detox their bodies. I do not promote juice cleanses or fasting for long periods of time as fasting and juice cleanse promote fast fat burning in the beginning, but as you know fatty tissue (including brain tissue) accumulates the most toxins. So, when fat is melting, more toxins are released into the bloodstream. In this case, it is very important to optimize all the Phases of liver detox to increase the excretion of the toxins via stool and urine and to prevent reabsorption of toxins back into the bloodstream!

## 10 Basic Body Detoxification Techniques

### 1. Cut down on Sugar

Start by reducing the amount of sugar you consume. This also applies to honey, molasses, and artificial sugar substitutes. The artificial sugar substitutes are a big NO-NO!

In case you eat more sugar, the body needs to produce more insulin, that is, it loads your pancreas and thereby wears out itself. Over a long period of time, this habit can cause a state of chronic fatigue, diabetes, develop cancer and accumulate excess weight.

### 2. Start the Day with a Full Glass of Water

Drink a full glass of water with the juice of half a lemon in the morning. Lemon helps rehydrate the body, improve digestion and remove toxins from your body.

Drink at least two liters (2 quarts) of water per day. And try to drink more in the first half of the day and as little as possible in the second half.

### 3. Move More!

Regular exercise improves blood and lymph circulation. This also applies to digestion, will also ease stress, lubricate joints with grease and strengthen your body. In people who

exercise regularly, the total amount of toxins in the body is much less.

Determine what is right for you: HIIT, yoga, jumping rope, fitness, running ... There are special exercises designed to cleanse the body and bring health benefits.

#### 4. Drink Green and Herbal Teas

Tea is not only rich in antioxidants, but it also nourishes you (especially, herbal tea). That means you will eat less junk food! Be aware that caffeine in tea is completely different from that found in coffee. It is more gentle for your body and eliminates nervous tension. Clean and protect the liver by eating herbs: dandelion root, burdock, milk thistle. Drink green tea.

#### 5. Eat Organic Food

A variety of fruits and vegetables should be the basis of your diet with the addition of all grains and legumes, as well as a small amount of nuts and seeds. Therefore, eat a lot of fiber, including some white rice (lower in arsenic) harvested in the U.S. and organically grown fresh fruits and vegetables: beets, radishes, artichokes, cabbage, broccoli, Brussel sprouts, seaweed (spirulina, chlorella).

#### 6. Breathe Deeply

Practice pranayama or yogic breathing. It is important that

oxygen fully saturates the cells.

## 7. Sweat in the Sauna

This is my favorite! Sweating with no pain of exercising. Just sit in the sauna and read a book while your body detoxes itself from the harmful toxins. One of the best ways to detoxify the body is by cleansing by perspiration. Visit the sauna or bathhouse.

## 8. Hydrotherapy in the Shower

First, very hot water flowing down the back for five minutes, then the thirty-second pressure of cold water. Repeat three times and rest in bed for another thirty minutes.

## 9. Avoid Stress

Stress is one of the causes of the formation of toxins in the body. Therefore, work on being more positive!

## 10. Skin Brushing

Skin cleansing and brushing, as well as the massage with oil help remove toxins from your skin by exfoliating, which also improves blood circulation.

Cleanse your pores. Do dry skin brushing. Special brushes are



available in stores.

PS: Be sure to consult your Functional Practitioner before using body detoxification methods. This also applies to herbal supplements and natural remedies, and be sure to mention if you have a serious illness or are taking any medications. This information is intended for general educational purposes only and in no way can replace a medical consultation.