

eliminating toxins

Your body is designed to want to shed extra weight as well as toxins during the Summer months.

During the Summer months we tend to choose lighter and healthier foods to eat and we naturally move our bodies more, so it's a great time to naturally eliminate any toxins that have accumulated in your body.

Our livers are amazing at cleansing out toxins and waste products from the blood. The liver also separates the nutrients needed from the waste chemicals that need to be removed from circulation.

Every now and again, and especially as we come to Summer it's helpful to give your liver a helping hand.

How do toxins show up in the body and on your skin?

Typical signs of toxicity or acidity show up in the body as aches and pains particularly in joints; inflammation or water retention, feeling tired, or exhausted, feeling unrefreshed each morning, or disturbed sleep patterns and waking up often during the night. Irregular or intermittent headaches are also signs that toxins are causing the liver to feel overloaded and unable to detox itself at a cellular level.

You may also notice a change in your skin, with your complexion become dull and spots appearing.

The liver is the bodies planner and the principal organ for helping eliminate toxins. It's the key organ for detoxifying the blood and making bile which helps the body metabolise carbohydrates, proteins and fats.

Eating to support the liver

Eating alkaline foods that are highly nutritious, mineral rich and a good source of vitality - fresh seasonal fruit and vegetables (including salads) fish, protein, include: eggs, (lean organic meat but only white meat), beans and pulses, quinoa (high in protein and rich in key enzymes). These all nourish the body and support the liver.

Eating raw vegetables or juicing will also increase the mineral and vitamins intake and help cell regeneration. Fruit smoothies with live organic yoghurt for the probiotics is highly supportive to the gut/stomach and supports an alkaline diet.

Artichokes, garlic, onion, leeks, beetroot, radish, turnip, watercress, fennel, greens such as; broccoli, cabbage, kale, brussel sprouts, apples and pears, apricots, grapes, berries, lemons, papaya, pineapple, avocado, cranberries, banana and watermelon are particularly supportive to the liver.

Avoid all processed foods or anything with chemical additives as these are challenging for the liver to process. Alcohol too is highly acidic and should be minimised or avoided all together during a detox programme. Organic wine is better but not during a cleanse.

Include regular exercise or workouts to increase circulation and heart rate. This helps the liver eliminate toxins and cleanse more effectively at a cellular level (challenging exercise should be undertaken under the guidance of a suitably qualified health instructor).

A little extra help

Milk Thistle is particularly supportive to the liver and helps eliminate harmful toxins.

Sunflower lecithin granules help the liver to break down fats. Taken with natural yoghurt is a good way of having them or blended in a smoothie is highly supportive during a liver cleanse.

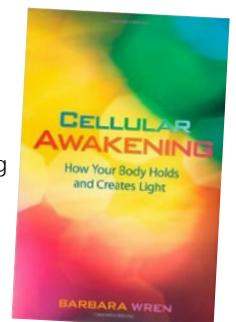
Aim to be in bed early to get a good nights sleep. A good sleep regime is supportive in any elimination programme.

Consider a short period on just raw vegetable juices for a deeper detox in the run-up. If you're an experienced juice faster and in good health, a juice only regime for several days will really help your body to eliminate toxins. *(Remember to follow a recommended juice routine for this to ensure that you are still getting all of the vitamins, nutrients and protein that your body needs)*



Drink plenty of fluids, and add lemon to your first drink of the day, add to warm water which kick starts the liver and helps keep elimination routes moving.

Article by Natural Nutritionist Randhiraj Bilan D.N.N from nourishednaturally.co.uk

Randhiraj trained with Barbara Wren at the College of Natural Nutrition who shares her wisdom in her book Cellular Awakening which emphasises how our body utilises light at a cellular level to maintain equilibrium which is essential for maintaining well.



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