

Published based on [Different Ways To Detoxify The Body](#)

# **Different Ways To Detoxify The Body**

There are many ways to detoxify the body, but before we discuss that, let's talk about why detoxifying the body is important for your health.

The body is assaulted by toxins every day. They are in our food, our water, and even the air we breathe. These toxins get into our body and accumulate over time. It takes a lot of work for your body to flush out these toxins and as you get older and more and more build up in your body it simply just can't keep up. The result is that you become lacking in energy and are more susceptible to illness and disease.

While you can't do anything to escape the toxins in your environment, you can do something to help your body cleanse itself of them. When thinking about detoxifying your body, you want to think about 4 areas that all need to be detoxed roughly at about the same time in order to get most of the toxins out. This includes the liver, skin the kidneys and the colon.

There are quite a few ways to detoxify the body and some include complicated mixtures of herbs while others simply focus on fasting. If you are considering herbal product, make sure you get one that detoxifies all four areas mentioned above. These detoxification programs can last anywhere from 1 week to a month.

Fasting has been a method of detoxification for centuries and it can be very effective. The best way to start is to do a one to three day vegetable juice fast - you can fast for longer but anything longer than three days you should do under medical supervision. What you want to do is get your body ready for the fast the day before by making your last meal consist of only fresh fruits and vegetables.

On the three days of fasting, prepare your own fresh vegetable juices in a juicer and drink them as often as you want. Juicing your own fresh vegetables as opposed to buying juices from the store will ensure that all the enzymes which your body needs are present (store-bought juices are typically pasteurized which kills the enzymes).

You can make juices out of any vegetable you want, lettuce, greens, tomatoes, cucumbers. Experiment with recipes to see what you like best and be sure to drink the juice as soon as you make it. During your fasting days be sure that you get a lot of rest and relaxation and don't schedule any exercise for the three days.

One of the most important ways to detoxify the body is through a colon cleanse. A huge amount of toxins accumulate in your colon and the colon is critical for your health. In fact, some doctors believe that all disease starts in the colon. The best way to do this is to have a colon cleansing which is really a simple and painless process. This will lead to the colon of all impacted fecal matter and leave you feeling quite refreshed if not a few pounds lighter. They're also herbal mixtures you can take orally that help move things out of the colon.

Your skin is the largest organ on your body and is a huge filter for toxins which leave your body via sweat coming out of your pores. Using only natural soaps and making sure you have a water filter on your shower head will help to keep your skin in good condition. Brushing your skin regularly with a special skin brush can help remove the dead layers and keep your pores in good working order.

Another area you want to think about is your kidneys which are another important filtering organ. The best way to keep your kidneys in good shape is to drink a lot of water. You'd better make sure, however, the water is free from contaminants so you really should have a good filtering system in your home. When you're doing a juice fast, you also want to include distilled water because distilled water is void of anything other than water. However drinking distilled water all the time is not recommended as it can leach important minerals from your body.

Your body is exposed to toxic metals such as mercury, arsenic and lead and one of the ways to detoxify the body that is becoming more popular is chelation therapy which helps to get rid of these metals. This needs to be administered via an IV drip through a medical professional. Recent studies are showing that having chelation therapy can help remove plaque from the arteries.

If you want to reduce the signs of aging and remain healthy and well into your 90s, then you should seriously consider detoxifying your body periodically. It might be a little bit of work and sacrifice, but the rewards will be

many.

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