

# MISSION: **Detox**

*Does your body feel clogged-up and sluggish?*

*Maybe it's time you had a clean-out.*

*Anisa Abeytia talks us through the detoxification process.*

Think of your body as a clean and beautifully flowing stream. Then imagine that someone continually throws garbage into it, until the garbage builds up so high that it causes the stream to flow slower and slower. Over time, the water would become stagnant and dirty.

Our spiritual, emotional and physical bodies function the same way.

## **Toxic? Me?**

The world we live in today is increasingly toxic: the air we breathe, the water we drink, and bathe in, the food we eat, and the clothes we wear are all potential contact points for toxic exposure. The little daily exposures add up to a life time of poisoning our bodies.

When we overload ourselves with toxins, we overload our detoxification systems and our "waste" backs –up because of our body's inability to remove it. When our bodies can perform this function properly, it is possible to live a healthier life. Which is where detox comes in.

But no matter what the glossy magazines tell you, detoxification is not for everyone. If you are pregnant, nursing or planning to become pregnant, **NEVER** attempt to detoxify yourself. If you are chronically ill, are recovering from a chronic or acute illness, you should build yourself up before detoxifying. However, everyone can and should support their body's ability to move waste out and cleanse itself.

It is the purpose of this article to share with you, the reader, some strategies that will assist you in supporting your body's detoxification system.

## **Supporting the Detoxification System**

There are various methods, foods, herbs and nutrients that can help remove waste. However, it is of paramount importance to build up the body by giving it proper foods, clean water and a healthy lifestyle. Below is a list of things I personally used and still use to help cleanse my body.

Please be warned: you may feel worse before you feel better. You may get a bit of diarrhea, but hang in there. It may take your body a few days, weeks or months to adjust to the changes you make. Seek out help and stay connected to the world around you. Ask Allah for guidance and may He make it easy for you to experience the benefits of a cleansed and balanced body and mind, ameen.



1. Having a positive self image and positive outlook on life. Self doubt is toxic, as are all negative emotions.
2. Green and red powders are 'super foods' that are dehydrated herbs, fruits and vegetables. There are various types available at health food stores. They are fun to experiment with and many companies sell single servings. I like these powders because it is a quick and easy way to provide your body with most of the phyto (plant) nutrient it needs in 1-2 tablespoons.
3. Probiotics (life giving) as opposed to anti-biotics (against life) provide our bodies with the healthy bacteria it needs to break down and utilize foods and prevent infection.
4. Fiber is extremely important because it binds toxins to it so they can be excreted. Fiber is found in leafy greens, fruit, and flax seeds. One table spoon of ground flax seeds in 8 oz of water is usually enough. Remember if you are not accustomed to consuming large amounts of fiber, go slowly. Do not over do it like I did: the consequences can be very painful! Avoid most commercially available fiber products.
5. Dry brushes made of natural fibers can be used to move the lymphatic system that lies just below the skin. This is a great way to get things moving. Start on the right side of your body and gently use upward strokes, always towards the heart. Drink plenty of water after.
6. A simple hot bath once a week or even once a month, can do much by opening pores, especially if you remain in the bath until the bath cools. Adding relaxing herbs like lavender, chamomile and lemon balm help alleviate stress.
7. Some helpful herbs to support the liver are dandelion, burdock root, milk thistle seeds. They can be taken as teas or ground and sprinkled over food. One eight oz cup with one teaspoon to start is good and you can build up to consuming more.
8. Some body work methods are sauna, self massage with oil after bath, reflexology, acupressure and acupuncture.
9. Exercising 3-5 times a week for 15-30 minutes helps the liver and gets things flowing.
10. Lastly and most important is water. Without water, no process in the body can take place. To find out how much water you should be consuming divide your body weight in pounds by two and drink that amount in ounces. If you weigh 160 lbs, you should drink 80 oz of water.

Before embarking on any new treatment, please consult a certified health care practitioner.

Detoxification should **NEVER** be attempted without the supervision of a certified health care practitioner.

The Science of it  
 The various systems the body uses to carry away harmful substances include the skin sweat glands, lymph nodes, tears, nose, gastro intestinal (GI) tract, throat, lungs, kidney, gallbladder and the liver. Toxins that are not eliminated by other systems are passed to the liver.

In Phase I the liver selects appropriate enzymes to take apart the molecule it is presented with. Many times the substance being changed is more toxic than the original one, so it must go through Phase II. During Phase II, once again, the liver selects the best enzyme to convert the substance into something harmless the body can then excrete. The body must make these enzymes from nutrients in the body. If the body is deficient in any one of the nutrients needed, the enzyme will not be formed properly. Some very important nutrients to have in abundance in the body are the antioxidants, vitamins C, E, beta-carotene, A, selenium and zinc. It is critical that one builds up reserves of these nutrients to support the detoxification systems.