



Detoxification and Cleansing

Detoxification is a common starting point of treatment for naturopathic doctors who recognize modern life overburdens us with toxins. These toxins, in turn, cause a variety of symptoms and health complaints. The main organs for toxin elimination are the liver and kidneys, and therefore detoxification treatments are designed to stimulate their function. The possible steps of detoxification are:

1. **Dietary changes:** Eliminate red meats (beef, pork), alcohol, sugars (especially refined or added sugars) and coffee/caffeinated beverages for 2-3 weeks.. The liver and digestive system must work harder to process these foods that often are consumed daily. The liver can be cleansed more effectively and will work better if the food burden is alleviated. Any foods that you are sensitive or intolerant to should also be eliminated.
2. **Exercise** – Walking briskly (you're slightly out of breath if trying to talk) for 30-45 minutes per day, 4-5 days per week. The muscles used for walking massage the lymphatic system to assist the elimination of toxins. Dry skin brushing is an alternate idea to walking
3. **Contrast hydrotherapy** – Alternating hot and cold towel applications, plus gentle electrostimulation therapy, improves digestion, flushes the liver and gall bladder and promotes stool elimination. Colon hydrotherapy (irrigation) is an alternative therapy.
4. **Fiber and Probiotic supplementation** – Fiber promotes stool elimination, and softens the stool. Toxins eliminated by the liver will be held by the fiber rather than be reabsorbed into the bloodstream. Probiotics (healthy, beneficial bacteria for the intestines) restore a healthy balance with yeast (Candida) and bacteria. This promotes healing of the intestines, eventually reducing toxins that enter the bloodstream through a permeable ("leaky") intestinal lining.
5. **Multivitamin** – to ensure your body receives all the vitamins, antioxidants and minerals needed for optimal functioning.
6. **Detoxification support:** homeopathic, herbal and/or nutritional supplements that stimulate liver and kidney function. Your naturopathic doctor will recommend products based on your health status and history.