

# Detoxing Naturally

CLEANSING NUTRIENTS THAT CAN HELP YOU FEEL REFRESHED AND RENEWED



**D**etoxification, cleansing routines designed to reduce the body's toxic load, has long played an important role in traditional healing.

People undertake a detox protocol for any number of reasons, from improving overall well-being to dealing with specific complaints, such as fatigue. Detoxification has also been seen as a good way to jump-start a weight loss program. According to Brenda Watson, CNC, author of *The Detox Strategy* (Free Press), toxins can hinder “your ability to achieve an ideal

weight in three big ways: Slowing down your metabolism, decreasing your ability to burn fat and slowing down the time it takes for you to feel full.”

One reason to detoxify lies in the polluted nature of our environment. As Watson notes, “Myriad products we use daily can harbor toxic substances that our bodies absorb little by little over time,” such as pesticide residues and industrial chemicals found in everyday items. Add the toxic effects of stress and poor diet, and it’s no wonder detoxification is such a popular option.

Turn the page to learn about nutrients and herbs long used in detox routines.

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**ETWEB**  
**>>EXTRA**

Do you do the detox on a regular basis? If so, what protocol do you follow? Tell us all about it at our blog; visit [www.energytimes.com](http://www.energytimes.com).

## SUPPLEMENT

Açaí

Alpha Lipoic Acid (ALA)

Burdock

Cat's Claw

Dandelion

Fiber

Beta-Glucans

FOS

Psyllium

Sitosterol

Garlic

Green Foods

Irish Moss

Milk Thistle

Probiotics

Red Foods

## WHAT IT IS

## DETOXIFYING ACTIONS

A Brazilian berry that's quickly becoming popular in the US

Supplies high levels of antioxidants; helps feed probiotic organisms

An antioxidant used to create energy; available with R-lipoic

Helps increase glutathione, the body's own antioxidant; protects the liver

A large thistle long used in herbal medicine

Increases urine output; traditionally regarded as a blood cleanser

An woody rainforest vine; also known as uña de gato

Long used as a bowel detox agent by traditional healers; helps fight viruses

A flowering annual often seen as a lawn weed

Diuretic that also encourages bile flow, which helps detoxify the liver

Parts of edible plants that stay within the digestive tract

Term covers a number of substances that perform different functions

A fiber found in oats, barley and medicinal mushrooms

Adheres to fat, carrying it out of the colon; helps lower cholesterol

Fructo-oligosaccharides, a mildly sweet fiber

Helps feed friendly probiotic bacteria; enhances mineral absorption

One of the first medicinal plants brought to the US

Promotes bowel regularity; helps protect the intestinal walls

A fiber found in avocados, rice bran and soybeans

Helps remove fat from the intestines and lower cholesterol

A pungent bulb used in cuisines around the world

Bolsters immunity and acts as an anti-microbial agent; lowers blood fats

Includes the algae spirulina and chlorella, cereal grasses

Concentrated nutrients promote purification and rejuvenation

A type of seaweed that grows on the Atlantic coast

Helps soothe irritated mucous membranes

The best-known "liver herb" in Western herbalism

Contains silymarin, which protects liver cells from toxins

Beneficial micro-organisms that inhabit the digestive tract

Displaces harmful microbes and helps regulate immunity; enhances digestion

Includes pomegranate, goji, mangosteen, cranberry and noni

Many are powerful antioxidants; others help fight infection and inflammation