



Maryland Integrative Health

7 Daily Ways To Help Your Body Detoxify

Nutrition is important, but there are some other great detox strategies I'd also like you to consider. Here are my favorites:

1. Poop better

Our gut bacteria are responsible for clearing approximately 25% of the xenobiotics (foreign substances or toxins) we encounter. Being constipated decreases this clearance, so it is important to. Eat fiber to have a soft, easily passed bowel movement each day, and you will improve your toxin clearance.

2. Sweat

Many societies have sweating rituals as part of the purification process. The sweat glands are very effective at removing heavy metals, plastics, and solvents. A sauna is an excellent way to sweat on purpose—it causes the blood vessels to dilate (the body's internal cooling mechanism), increasing the heart's output. This actually accomplishes an effect similar to aerobic exercise!

However, saunas are not for everyone. Do not use saunas if you are or could be pregnant. Many people with MS, other autoimmune diseases and chronic health issues can be severely intolerant to elevations in body temperature. Do not use a sauna until you can tolerate it well, it may take months if you are recovering. Using an infrared sauna either at home or can be rented.

3. Use mud/clay and activated charcoal

Clays have been used for thousands of years to rejuvenate skin and health. Clay baths for the body or face will extract heavy metals, solvents, and other toxins stored in the fatty tissues of the skin, and activated charcoal can be incorporated into these baths and masks.

You can also make these masks yourself. A wide variety of clays can be found in health food stores or through online stores. Mix the clay or activated charcoal with chlorella and sea salt to make a paste, apply to your skin, and allow it to dry. Leave it on for 30 minutes, then rinse it off.

Another way to use clay is to make a diluted clay bath in a bucket for soaking the feet. It's quite relaxing to mix this with magnesium salts. (Afterward, dump the muddy water in the yard so it doesn't clog your plumbing!) Or make a very diluted clay/water mixture and soak in the bathtub for 30 to 60 minutes. If you ever get the opportunity to go to a spa that offers mud baths, take advantage of this effective detoxifying therapy.

4. Use chlorella and kelp

Algae and kelp absorb released toxins so they cannot be reabsorbed into the bloodstream. Not only are they good for your diet but they can be useful applied to the skin, with clay (as explained above) or in a seaweed mask.

However, a warning: If you are going to use algae, I suggest you use only chlorella. Wild algae and spirulina are more likely to be contaminated with harmful cyanotoxins that can cause neurological damage. These algae cyanotoxins are a variation of the noxious toxins produced by algae in the red tide algae blooms associated with fish die-offs and beach closures in polluted coastal waters.

5. Improve lymphatic return

The purpose of the lymphatic system is to carry away waste that the body generates and accumulates from daily living. Sometimes, however, lymphatic flow and drainage can slow down and waste can back up in the lymphatic system.

A very simple way to improve lymphatic drainage is to practice simple inversions. If you invert yourself using an inversion table or lie on the floor with your hips next to the wall and your legs elevated vertically along the wall, you will increase the return of blood and lymph from your legs, where it can pool, back into your circulation. Inversion is an excellent way to reduce swelling in the legs if you are experiencing swelling related to decreasing physical activity (or airline travel). Start with brief amounts of time and very gradually increase the time with the legs elevated. If you experience swelling in the arms due to decreasing activity of the arm(s), elevating the involved arm(s) overhead can also be quite helpful. Another way to improve lymphatic return is dry brushing.

6. Dry brushing. [A Step-By-Step Guide](#)

This is a technique that increases detoxification through the skin, removes old skin cells, and helps improve lymphatic flow since the lymphatic vessels are just beneath the skin. The technique is simple. Use a gentle brush or a clean, dry washcloth to stroke your skin, starting with your feet, in a gentle circular fashion up toward your heart. Do each leg, then your abdomen. Next, do each arm. The whole process typically takes just five to 10 minutes. You can do this daily if you wish. Many people like to do this just before showering or bathing.

7. Fasting

The power that intermittent fasting can have on the body's natural detox processes. Periods without food give our body a chance to repair and clean itself out, since it doesn't have to focus on or funnel energy to our digestive system. Think of this as your body's chance to leave work and catch up on some house cleaning. One of the cool self-cleaning tools utilized during fasting is something called autophagy, which literally translates to 'self-eating.' When this process is allowed to do its thing, our body's healthy cells gobble up any unhealthy cells, leading to a true cellular detox.

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