

Spring Cleansing
By Dr. Brett Phillips.
www.drbrtphillips.com

It's that time of year when everyone is cleaning out the 'old junk' in their lives and getting ready for summer. This is also a perfect time for you to cleanse your body. A cleanse or detoxification is a term that means ridding the body of unwanted physical, chemical and/or mental-emotional toxins. There are many different types of cleanses out there, and it can be hard to know which is the right for you. It is important to do the right type of cleanse and at the right pace to achieve an optimal result.

The first thing of importance is to make sure the digestive system is working properly. You want to make sure you are 'regular,' and if you're not, this must be addressed first. When you activate the release of toxins from storage spots in the body, you must make sure the routes of elimination to get the toxins out of the body are open (mainly the gastrointestinal and urinary systems). If you are not able to eliminate the toxins once you've released them from storage, you may experience undesirable symptoms – such as rashes, headaches, fatigue, digestive pains, etc.

Next, you want to prepare the organs of elimination by feeding them with the proper nutrition to ensure optimal function and safety. The liver is the organ that receives the toxins and then packages them so that the body can properly remove the toxins from the body. When doing a cleanse, this process is best aided with botanical medicines such as Milk Thistle, Artichoke and Beet. Kidney toxin elimination is supported with Celery, Parsley and Dandelion Root. Other nutrients such as selenium and glutathione also aid in these elimination processes.

Once these elimination systems are primed and ready, it is time to unlock the stored toxins. There are several ways to do this. First, you have to stop putting the toxins into the body if you want them to come out. The toxins may come from your diet as pesticides, herbicides or food additives. So try to eat whole foods and as organic as possible. Toxins may also enter to body through the lungs from cigarette smoke, car pollution, industrial toxins, etc. They may even be absorbed through the skin from creams, shampoos, soaps or other personal care products. Therefore, you have to become a detective who searches out and eliminates toxin exposure.

Be aware that many toxins are stored in the fat tissues of the body, so it is important to exercise to unlock these toxins. Aerobic exercise for 60 minutes per day is recommended. Drink at least 1.5 liters of water to help flush out the system. Infra-red saunas can also help stimulate the release and drainage of toxins.

In my practice I use Biotherapeutic Drainage remedies, which are complex homeopathic remedies designed to stimulate the body to release toxins from specific tissues at a desirable rate.

Everyone can benefit from cleansing their body of toxins. People with chronic conditions benefit greatly from professional guided cleanses. A good cleanse should be performed for at least two weeks and include diet modifications, aerobic exercise, and proper supplementation, and should be performed bi-annually for optimal health.

If you have a pre-existing condition or you're an 'amateur-detoxer,' I recommend you consult a Naturopathic Physician.

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