

How Detoxing Helps Each Of Your Bodys Systems

There is a lot out there regarding [detoxing and cleansing](#). If you're like a lot of people, you may have a general idea of what detoxing your body means, but you don't know how detoxing helps each of your body's systems.

If done properly, detoxing your body can give you an extremely good foundation to start on as you start on any type of transformation journey. Whether you are wanting to lose weight, gain lean muscle mass, or put on healthy weight, detoxing can give your body a good jumpstart.

Unfortunately, there are so many different detoxing methods out there, that picking the one that works best for your body can be difficult. Additionally, the type of detox that you select needs to be compatible with your health and fitness goals. To make the right decision, you first have to learn exactly what a detox is.

What is a detox?

Detoxing, also known as cleansing, is the process in which you rid the body of harmful toxins or any other unhealthy substances that might be causing your body's anatomic systems to function improperly. A [basic detox can remove these toxins](#) by giving a specified nutritional boost to the liver, where most impurities in the blood are removed.

There are multiple reasons why people would choose to perform a detox. Increasing energy levels, weight loss, and the ability to control cravings are just a few of the primary reasons.

No two detoxing methods are the same and no two detoxing methods will produce the same results. It's important to understand that different detoxing methods can produce different results for different anatomic systems. What works for your nervous system may not work for you digestive system.

How do you know if you should detox?

There are always extenuating circumstances in which cleansing generally isn't recommended. You should definitely consult your doctor if you are pregnant, on prescription medication, or are diabetic before you consider detoxing.

Many dietitians and other health-care professionals recommend performing some type of detox or cleanse at least once per year. Specifically if you are experiencing symptoms like:

- bloating
- irritated skin
- excessive drowsiness
- frequent viral infections
- allergies



To figure out what detoxing method works best for each system, we first have to gain an understanding of some different detoxing and cleansing methods:

- *Drinking Water*

A water detox is one of the most basic forms of cleansing that you could perform. By simply increasing your intake of water throughout the day, you can flush out unwanted toxins and help your kidneys get rid of unwanted bacteria and impurity build ups. Many people find that they have increased energy and feel less bloated after doing a water detox. The most common form of water cleansing is drinking a gallon of water a day for 10 days.

- *Sweating it out*

Research is showing that when you sweat, you lose more than just salt and water through your pores. You are also pushing out unwanted impurities like toxins and heavy metals. Things like lead, mercury, and cadmium are often more efficiently excreted through sweat glands than they are through the urinary tract. If your gym has a dry or wet sauna, spend a few minutes in there after every workout. Even if you aren't working out that day, hop in the sauna and let your body do its thing.

- *A green tea regimen*

Green tea is naturally high in antioxidants. Antioxidants are substances that remove potentially damaging oxidizing agents in the body. Because it's so high in antioxidants, green tea also has the ability to boost your immune system and keep your digestive system operating smoothly. When people detox with green tea, they generally drink two cups a day, one in the morning and one in the evening, for an average of about 15 days to one month.

- *Fasting*

This is generally the most recognizable form of detoxing and cleansing, and unfortunately it is the method that scares everyone away. First of all, fasting is NOT about starving yourself. Fasting, when it comes to detoxing, is about eliminating unhealthy aspects of our diet to focus on other, more healthy options. Avoiding things like caffeine, alcohol, tobacco, or sugar for an extended period of time are the types of fasts that you need. While eliminating those substances, increase your intake of fruits, vegetables, and water to help flush yourself out.

- *Probiotics*

Probiotics are microorganisms (or bacteria) naturally found in the body that can help support your immune and digestive systems. There is [good bacteria](#) and then there is bad bacteria. The good bacteria in the body is designed to fight off the bad bacteria. Taking additional probiotic supplements can help boost the amount of good bacteria in the body, thus eliminating more bad bacteria that can cause digestion problems.

- *Exercise Change*

As you have probably figured out, detoxing is all about making a change. Making changes doesn't just mean changing your body, it means changing your mindset. Changing up your exercise routine can help you get into a better mental state that is more prepared for making positive changes. Doing the same exercise routine over and over again can become less and less effective because your body doesn't consider it a challenge anymore. Drastic exercise change shocks your body, giving it more of a workout.

- *Cutting out Carbs*

When we say carbs, we mean simple carbohydrates like white flour, white sugar, and fried foods. Most foods that contain these kinds of carbohydrates are usually over processed and packed full of preservatives that introduce more toxins to the body. They can spike your blood sugar, make you feel bloated, and put unnecessary strain on your excretory organs because they are now working overtime to get rid of them.

- *Skin Brushing*

The skin performs so many different functions. It protects us from outside elements, insulates us, holds our organs and muscles together, and even has a role in filtering out toxins. Sometimes though, the skin needs help getting rid of those toxins that it excretes. Dry brushing is a way that we can help our skin out. Take a standard natural bristle brush and start brushing your skin from the feet on up. Be careful not to brush too hard so your skin doesn't get irritated.

- *Acupuncture*

Acupuncture is based on the principle of balancing Qi (more commonly pronounced as chi), the life force that harmonizes all functions of the body. An acupuncture treatment can help you eliminate cravings and can assist in getting rid of toxins through the urinary tract. The theory is that if the body is operating as normal as possible, then it will naturally get rid of waste material and toxins that it does not need. An acupuncture session can usually last anywhere from 15 minutes to an hour and generally people will be treated 2-3 times per month when they are trying to detox.

- *Juicing*

This is another more common form of detoxing that seems to be taking the world by storm. There are a wide variety of methods that have been used, but they are all generally based on the same principle: replacing a meal or meals with juices that are packed full of essential nutrients and are designed to help rid the body of impurities and toxins. Juice cleanses can last for three days or 30 days and can replace one meal or all your meals. The choice is up to you. Just remember to consult a health-care professional before doing a juice cleanse to make sure your body is able to adjust properly to the change in diet.

Choosing the right detox

Choosing the right detox routine depends on what your goals are. No matter what your choice is, it's best to consider how each kind of detox will help each of your body's systems.

Nervous System

What is it?

The nervous system is an intricate system of nerves and fibers that are responsible for transmitting signals and electrical impulses from the brain to the rest of the body. The nervous system is responsible for regulating both voluntary and involuntary movement and action. The primary parts of the nervous system are the brain, spinal cord, and expanding nerves.

What's the best cleanse?

- *Acupuncture* – Acupuncture targets specific nerve points in the body that, when pressure is applied, can help the body function more normally. Some nerve points, when targeted with acupuncture, are able to help the excretory organs operate better.
- *Fasting* – Eliminating addictive habits like tobacco, sugar, and alcohol help the brain operate more clearly. This allows the body to transmit electrical signals more efficiently.

Immune System

What is it?

The immune system is a complex network of cells, tissues, and organs that work together to help the body fight off diseases, infections, and other outside invading bacteria. There is no cure for the common cold, so how do you ever end up recovering if there is no medicinal cure? Your immune system is what fights off the cold virus and helps you heal.



What's the best cleanse?

- *Green tea* – The antioxidant support that green tea can offer is an invaluable tool for your immune system. Regular green tea detoxing can keep your immune system operating at a consistently high level.
- *Probiotics* – [Probiotics](#) help fight off unwanted bacteria. That's pretty much the definition of what the immune system does. Why wouldn't you want to increase your ratio of good bacteria to bad bacteria and give your immune system one less thing to fight off?
- *Skin Brushing* – Can you imagine how sick you could get from layers and layers of built up toxins on the surface of your skin? If you don't scrub those toxins off your skin regularly, what's to stop them from getting back under your skin eventually?

Digestive System

What is it?

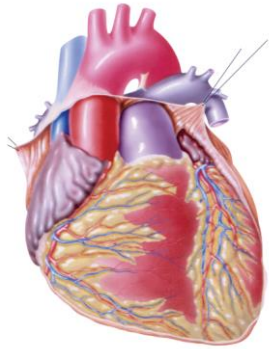
The digestive system is the system that is responsible for consuming and breaking down food into a usable form. It is also responsible for removing waste material left behind by the food we eat. The organs that make up the digestive system are the mouth, throat, esophagus, stomach, small intestine, large intestine, gallbladder, pancreas, rectum, and anus.

What's the best cleanse?

- *Drinking Water* – The more water you drink, the easier it is for your digestive system to get rid of waste material. There are lots of materials that end up getting stuck in the digestive system simply because the body cannot recognize them as food. Water helps to clear them out.
- *Juicing* – The essential vitamins and minerals you ingest from juicing can help condition your digestive system to absorb nutrients more efficiently. It can also help your digestive system better recognize what is and isn't food.
- *Cutting Out Carbs* – There is never anything wrong with eliminating food from your diet that the body cannot use for energy. Doing this lightens the workload that your body is burdened with when it comes to eliminating waste material.

Cardiovascular System

What is it?



The cardiovascular system is responsible for making sure that blood gets to all the organs and tissues of the body. Blood is what gives oxygen to cells, tissues, and organs. If it weren't for the heart and all its vessels, none of the other systems would be able to function at all. The cardiovascular system is made up of the heart, lungs, veins, and arteries.

What's the best cleanse?

- *Exercise Change* – When you change up your exercise routine, it shocks your muscles and gives you a better workout. When you work out harder, you breathe harder. When you breathe harder, you are conditioning your lungs and heart to operate at higher capacities more frequently.
- *Probiotics* – Fighting off unwanted bacteria buildup creates a more free-flowing pathway for your blood to travel through. The last thing your heart needs are obstacles getting in the way of your blood when it flows through your arteries.

Skeletal System

What is it?

You probably don't need to be told what the skeletal system is made up of. The name is evidence enough. But what you may not know is how incredibly important it is. The bones of the body do more than just give us our shape. They protect the vital systems of the body from damage. Were it not for the support and protection that the skeletal system gives, gravity would defeat the heart and lungs from fulfilling their purpose.

What's the best cleanse?

- *Juicing* – Your bones benefit from good nutrition just as much as your organs do. A juice cleanse specifically made to contain lots of vitamin D and calcium will do wonders to help support your skeletal system.
- *Acupuncture* – The more your skin draws toxins away from your bones, the healthier your bones will be. Acupuncture therapy can help your skin draw away toxins from your bones.
- *Exercise Change* – The more your muscles move and workout, the stronger they get. The stronger your muscles get, the more the body is able transfer stress over to your muscles and away from your bones.

Muscular System

What is it?

Again, like the skeletal system, you can guess what this system is made up of. The muscles in the body are both part of other systems and offer support for those systems. The heart itself is a constantly working muscle. Your muscular and skeletal systems constantly work together to make sure every other system is operating correctly and has the structural support it needs. In fact, the cardiovascular system and the muscular system are so closely bound together that at times, they are indistinguishable from one another.

What's the best cleanse?

- *Exercise Change* – As we all learned in our 3rd grade health classes, working out on a consistent basis strengthens your muscles.
- *Fasting* – By eliminating the intake of harmful materials into our bodies, it allows the muscles to operate more efficiently because they are now actually getting the kind of nutrition they were designed to feed off of.

Conclusion

No matter what kind of detoxing routine you choose, it's important to always consult your doctor if you have any questions. Medical professionals have dedicated years of their lives to studying the effects that proper nutrition and toxin cleansing has on the human body.

They are the ideal sources of information in regards to which type of cleanse might help you the most.

<http://blog.naturessunshine.com/en/how-detoxing-helps/>