

Why is Detox important for your health?

Detox and health? Is somebody making a mistake? The two couldn't be further apart – or could they? If you, like so many others, have decided that detox has been indelibly linked to drug abuse, perhaps you're the one who's mistaken.

Clearing the confusion. While you would be right in making a connection between drug abuse and detox, the term is also used with reference to cleansing the body of toxins. These are harmful substances that are present in our environment, food and in many of the products we use. Although detox diets are popular, diet is only part of the story.

Detox therefore implies purification of a sort – to some extent a natural process carried out by the liver and kidneys. While dietary detox can also be artificially carried out by a process known as dialysis, you will be happy to know that there is plenty more that you can do yourself to preserve your health, in ways that would qualify as detox.

Why detox? Simply because cleansing your system naturally will help to rejuvenate it and make you feel good. Once you have been through a detox, you will feel that much more revitalised.

Detox techniques extend from dietary measures such as juice therapy, fasting and the inclusion of therapeutic herbs in food to processes such as sweat lodges and colonic irrigation. Simple measures such as eating the right foods, avoiding stress, getting regular exercise and taking regular baths would also go a long way towards achieving detox.

The flip side. By now, you could be forgiven for wondering whether there is a downside to the seemingly wonderful ticket to good health. Is it possible to overdo it and what would be the effects? Well, if your body released too many toxins to manage at once, such as when you are taking medicines, you would be faced with a build up of toxins in the body.

The best way to derive the maximum benefit of detox measures would be to modify your diet to include foods that would accelerate the detox process and give you a permanent 'detox' in action.

You could maximise the benefits of a detox diet by making the change gradually, and include such foods as salmon, so that you are assured of a good source of protein, so vital to the maintenance of general health.

Balancing act? It would also help to remember that a diet that is free of dairy products and gluten would go a long way towards helping you to achieve your objective. The way this works is that fats tend to store toxins that the body is unable to eliminate. Minimise or do away with them and you should be on the right track.

This would be far better than simply using exercise to encourage perspiration, since perspiration contains toxins, which would defeat your purpose. It is also vital therefore to ensure that your body eliminates toxins efficiently – otherwise you could even end up sicker than before.

The bottom line is – don't get carried away; give your detox measures and your diet sufficient thought, so that you are not faced with unpleasant symptoms such as headaches - make your choices wisely and you should be just fine!

ABOUT THE AUTHOR

Geeta Sidhu-Robb is the author of the top selling "Food For All – Gluten, Dairy, Egg and Nut Free Cookbook. To learn more about her book and sign up for more FREE tips on Detox, Weight Loss, Diets like these, visit her site at www.noshdetoxdelivery.com

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