

What is Detoxification?

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Much is said and written about “detoxing”: but do you really know what this means? In terms of natural medicine, detoxification involves the systematic activation and clearing of the body’s channels of elimination, so that accumulated metabolic wastes and acquired pollutants can be effectively neutralised and discharged. The elimination channels are: the bowel; the liver; the kidneys and bladder; the skin & the mucous membranes; the lungs; the lymphatic system.

Your practitioner will assess what the status of your elimination is currently, and then advise measures to improve upon what you have. There are few simple techniques, however, which you can learn to use in your own home, and can repeat at intervals by way of “routine maintenance” for your body.

1: Water: the first and most important rule for successful detoxifying is to be sure to drink plenty of clean, ‘empty’ water – filtered or distilled is best. This should be done on a daily basis at all times, and depending on body weight, around 2 litres a day is considered optimal.

2: Dry Skin brushing: take a stiff bristle brush or loofah, brush the entire surface of your skin daily before showering or bathing. Brush in small circles always working from the extremities in towards the heart. Finish with wide clockwise circles around the belly button.

3: Hot & Cold Shower: when you shower, use the power of hot and cold water to move blood and lymph effectively. Go as hot as you can stand for 30 – 60 seconds, then turn to cold for another 30 – 60. Do up to 7 repetitions each way and try to push the limits each time in terms of temperature. You can end on either hot or cold, as you wish.

4: The Kidney Flush: juice a lemon or a lime (double quantities if you’re feeling adventurous), 1st thing in the morning, add to a large tumbler of water (at least half a pint). Add 10 drops of tincture of cayenne pepper (ask – we supply) and drink. Leave half an hour before eating anything. Do this for at least 10 mornings in a row.

5: The Liver Flush: another morning routine (the morning is the time when your body is spontaneously cleansing itself anyway), the liver flush will service the main organ of detoxification in your body, and leave you feeling lighter and more energetic. Do not go straight into the liver flush: perform the kidney flush for a few days first.

Take the juice of one lemon and one lime, about half a pint fresh-pressed apple juice, 1 clove crushed garlic, a small piece fresh grated ginger, 1 tablespoon virgin cold-pressed olive oil, and a pinch of cayenne powder or 10 drops tincture of cayenne tincture. Blend in a liquidizer and drink. Then place 1 heaped dessertspoon Herbal Detox Tea (we supply, or you can use one of your choice, but it should be a specific detox or cleansing blend) in a pan with a pint of water and bring to a boil and simmer with the lid on for 15 minutes. Strain off the liquid, replace herbs in the pan with more water and repeat. This gives approx 1 pint in all of hot herbal tea, which you should be sipping slowly for the next hour or so. **DO NOT EAT ANYTHING FOR 2 HOURS** after you start this routine, then preferably eat something light – fruit is ideal. NB: if you are in a hurry to go out and cannot do the detox decoction, try Nettle tea bags instead, but do not drink tea until about 20 minutes has elapsed since the garlic and lemon juice drink.

Perform the liver flush 5 – 10 days in a row. This routine can be repeated whenever you wish, but we suggest 3 or 4 times a year, or at times of particular immune stress – such as when you feel you may be getting a cold, or at the change of seasons: spring is a particularly good time to do a liver flush.

This sheet was developed by Peter Jackson-Main The Natural Centre, 149 Sturton Street, Cambridge CB1 2QH Tel: 01223 212744; email admin@thenaturalcentre.com Custom ‘Detox ‘ pack containing ‘Detox Tea’ and Cayenne tincture can be bought from Peter for £10 + p&p