

Detox: Is it for you?

It's time for some spring cleaning! The perfect time for detoxifying your body. Our bodies naturally detoxify every day, which is a normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, and skin. Detox is a way to recharge and rejuvenate your body. Proper detox includes resting, cleansing the body, and nourishing the body from the inside out. Detox can help protect you from disease and renew your ability to maintain good health.

Detox is used to rid the body of toxic elements. Toxins come from everyday modern life activities. These include pollutants in the air, chemicals used in everyday jobs, the foods we eat, and even the water we drink. Health problems start to occur in the case of toxic overload, poor nutritional status, and an individual's ability or inability to excrete toxic elements. It is important to know that it is impossible to completely rid the body of toxins. It is possible to avoid major health problems and clean your body of most toxic elements by becoming aware of toxic elements in your environment.

Detox starts by cleansing the blood by removing impurities from blood in the liver which improves the circulation of the blood. These toxins are then processed to be eliminated out of the body by being flushed out in the urine or feces. Detox includes promoting elimination through intestines, kidneys, and the skin and then refueling the body with healthy and proper nutrients.

How do you know if detox is for you? There are many signs and symptoms of toxic overload that might direct you towards detox. Some of these symptoms are feeling congested from eating too much food or the wrong kinds of food, energy level is low, taking a lot of medications, unexplained fatigue, sluggish elimination, irritated skin, allergies, low-grade infections, puffy eyes or bags under the eyes, bloating, menstrual problems, and mental confusion.

Proper detox can include resting your organs through fasting, dieting programs, and exercising. If you plan on fasting or changing your diet, it is important to consult with your doctor first. We offer convenient detox "Kits" to aid in your follow through with getting healthier. Other at home remedies you can perform for detox are eliminating coffee and alcohol, cigarettes and second hand smoke, refined sugars and saturated fats; minimize the use of chemical based household cleaners and personal health care products; and substitute natural alternatives and find ways to relieve stress such as yoga or meditation. Getting adjusted regularly allows your body to constantly detox.

We recommend eating as healthy as you can and eliminating processed foods and fast foods. It is important to exercise as it is a healthy way to reduce stress and sweat out some of those toxins. It is very important to remain hydrated with water and getting a proper amount of rest while detoxing. We also recommend consulting with one of our doctors here at Appleton Chiropractic and coming in and getting a footbath detox! A footbath detox is used to open up the pores in your feet and allowing toxins to exit your body through the pores!

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