



Detoxification of the body: Need of good health

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Abstract

This article deals with information about detoxification of body to aware people about their health. This article helps people to understand the actual meaning of detoxification, ways by which detoxification can be done, simply. This article reveals that which types of food are useful to expel toxins from the body, how are toxins affects the body's immunity system. Our country is a religious country and most of people go through fasting willingly. Which type of food can be take in fasting and which type of food should be avoid in fasting can be easily understand by reading this article.

The purpose of this review is to discuss the significance detoxification of body for people in very simple language and tells tips to remain healthy entire life.

Keywords: detoxification, fasting, toxin, immune system

Introduction

A Toxin is a chemical substance which damages an organism different toxins act in different ways to affect the cells they damage. Environmental toxins are cancer causing chemicals and endocrine disruptors both human made and naturally occurring that can harm our health by disrupting sensitive biological system There are four types of toxins chemical toxins, Biological toxins, Physical toxins and Radiation toxins. Chemical toxicants include inorganic substances such as lead, mercury, hydrofluoric acid and organic compound such methyl alcohol, most medicants etc. Biological toxins are hazardous substances produced by microorganism, animals, insects and plants that can be harmful when inhaled ingested or absorbed physical toxicants are substance that due to physical nature interfere with biological processes eg. Coal dust, silicon dioxide etc and Radiation toxicants radiations can have a toxic effect on Organisms toxins may be natural and synthetic. Natural toxins are toxic compounds that are naturally produced by plants as a natural defense mechanism against predators insects or microorganism

Here are some symptoms of a toxins overload in your body to look out

1. Unexplained fatigue
2. Sluggish elimination
3. Irritation.
4. Skin allergies
5. Low grade inflection
6. Puffy eyes or bags under the eyes
7. Bloating
8. Menstrual problems
9. Mental confusion

Detoxification Cleansing

Detoxification means cleansing the blood¹. This is done by removing impurities from the blood in the liver, where toxin are processed for elimination. The body also eliminates toxins through the kidney, intestines,

lungs, lymphatic system and skin. When these systems are compromised, impurities are not properly filtered and the body is adversely affected.

Approximately eight hours after eating our last meal the process of digestion, absorption and assimilation are completed and the body enters into *detoxification* mode a function e don't think about often. A healthy body used to cleanse an detoxify itself from all the waste products of normal metabolism. it is a really good practice to fast every day for 12 hours after our last meal is at 10a.m breakfast should be exactly that breakfast or breaking the fast Detoxification can help the body's natural cleansing process by Resting the organs through 'fasting'².

Stimulating the liver to drive toxins from the body.

Promoting eliminating waste through the intestine, kidneys and skin. Improving circulation of the blood.

Refueling the body with healthy nutrients.

Fasting

Fasting is the willing abstinence or reduction of some or all food, drink or both for a period of time.

In a physiological context, fasting may refer to the metabolic status of a person who has not eaten overnight or to the metabolic state achieved after complete digestion and absorption of a meal

Benefits

People with risk factors for certain disease could fasting benefit from short-term fasting. These include

- Heart disease
- High blood pressure
- High cholesterol
- Diabetes
- Being overweight

Who should not Fast

Fasting is not safe for everyone. people who should not fast³–

Have an eating disorder

Are underweight
 Are pregnant or breast feeding
 Have heart problems
 Have type 1 diabetes
 Have uncontrolled migraines
 Are undergoing a blood transfusion Are taking specific medication seek the advice of a doctor

List of five foods we should avoid during fasting which also help the body detox

Alcohol: Alcohol is a diuretic too making your kidneys throw out more fluids along with some vital nutrients. Avoiding alcohol for a new days gives your system a much needed break



Fig 1

Eggs and Meats: Avoiding alcohol and non vegetarian foods can provide a good detox to the system too.



Fig 2

Salt: Too much salt in the body can cause health concerns like hypertension. A break from your everyday consumption of salt can be a relief for the system and reduce bloating and water retention.



Fig 3

Wheat Products: A detox program would also require you to steer clear of such grains to clean out gut completely.



Fig 4

Sugar: When detoxing stay away from high sugar foods because the sugar gets absorbed quickly into the blood. You feel the boost of energy till the blood sugar levels are high but soon the levels fall and you could feel slow and tired.



Fig 5

Different ways to help your body detoxify [4]

1. Eat plenty of fiber, fresh fruits and vegetables. Cleanse vitamin C which helps the body produce glutathione a liver compound that drives away toxins.
2. Breathe deeply to allow oxygen to circulate more completely through your system.
3. Transform stress by emphasizing positive emotion.
4. Practice hydrotherapy by taking very hot shower for five minutes allowing the water to run on your back.
5. Follow the cold water for 30 seconds. do this these times and then get into bed for 30 minutes.
6. You can eliminate waste through perspiration.
7. Dry brush your skin or try detox foot spas / foot baths to remove toxins through your pore.
8. The most important way is 'YOGA'

Top Detoxifying Foods [5]

Cruciferous Vegetables: Cruciferous vegetables and leafy greens eg. Broccoli, Cauliflower, Cabbage, Brussels sprouts and Bok Choy among others [6].



Fig 6

Lemon: The citric acids in lemons can protect liver function and prevent oxidative damage [7].



Fig 7

Avocado: The fatty acids in avocados help protect against damage caused by d- galactasamine a powerful liver toxin [8].



Fig 8

Green Tea: It is high in antioxidants helps keep your body in balance protecting against free radicals that can cause aging and degenerative [9].



Fig 9

Apples: Apples are rich in the soluble fiber pectin. Pectin helps purge toxins from the bloodstream and lower LDL cholesterol.



Fig 10

Garlic: Helps reduce liver inflammation excess weight and lower LDL cholesterol [10].



Fig 11

Turmeric: Turmeric also known as ‘Indian Saffron’ this gorgeous yellow spice has been used medicinally. It have antibacterial, antiviral, anti- inflammatory, antitumor, antioxidant, antiseptic, cardioprotective, hepatoprotective, nephroprotective, radia protective [11].



Fig 12

Beets: It contain high levels of antioxidants and other health promoting properties. Beets are also a detox tool. Beet juice can amplify specific enzymes that support the liver and aid in detoxification [12].



Fig 13

Blueberries: Blueberries are nutriens dense and are an abundant source of antioxidants barriers enhanced the activity of the body’s natural killers cells which fight against cancer cells. These help lower blood pressure. Boost vascular health fight cancer, protect lungs and prevent Alzheimers, among other effects [13].



Fig 14

Cilantro: Some plants can bind to heavy metals and helps your body excrete them those plants are known as 'chelators' and can enhance mercury excretion and decrease lead absorption.



Fig 15

Ginger: Ginger can help boost your body's ability to process food and eliminates waste. Ginger protects against oxidative stress has anti-inflammatory and anti-cancer effects and offers wealth of antioxidants ^[14].



Probiotics and Prebiotics: Probiotics (good gut bacteria) can help your intestines as they naturally release toxins and waste products.eg. kimchi, kefir, pickled vegetable ^[15]. There are prebiotic foods which serve as fuel for the probiotics. Those include jicama, onions, leeks and asparagines among others.

Tips to stay fresh during detoxing routine

1. Focus on taking a lot of fresh fruits especially seasonal varieties.
2. Drink at least a glass or two of lassi every day and yogart.
3. Herbal teas are a good alternative.
4. Hried fruits are a good source of energy and nutrients.

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