



Start Spring with a Clean Start

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Now that the winter months are over and the weather is improving, spring is an opportune time to consider a detox program to make a fresh start in reclaiming your health. There are a lot of detox programs out there, and it can be overwhelming to look at the different options. Here are some tips to help you find the right one for you.

1) Understand the different ways that the body naturally gets rid of toxins.

The body has many different ways to naturally eliminate unwanted substances. These pathways include the liver which detoxifies the blood, the skin which excretes toxins through sweat, the kidneys which excrete toxins through urine and the digestive system which excrete toxins through feces.

2) Understand the goal of a detox program: to safely help your body naturally eliminate toxins.

A detox can be done by:

- Removing the main sources of toxins from your diet.
- Removing foods which can cause stress on the detox pathways (such as the liver) making it harder for these pathways to function.
- Eating foods and nutrients which support the detox pathways and increase their function.

3) Know what foods and substances to avoid.

Preservatives, coloring and chemicals need to be avoided while you are trying to detox. Sugar, refined grains, caffeine, alcohol and trans-fats can decrease liver function.

4) Know what foods to eat.

Fruits and vegetables (organic if possible) contain nutrients, are not as taxing on the liver as other foods, and can help support the liver making it function better. Some examples of especially good liver supportive foods include beets, carrots, dandelion greens and artichokes.

5) Understand the importance of drinking filtered water.

Water is essential for your body to work optimally and many of the body's ways of eliminating toxins (sweat, urine, and feces) require water. For most people, the goal is to drink 2-3 liters or more of filtered water daily to support your body through the detox process.

6) Know what nutrients you need.

Your body needs vitamins, minerals and protein for optimal functioning. When your body is working to get rid of toxins, providing the proper nutrients to do the job can make a difference. Fiber can aid in detoxifying the body by binding chemicals, fats, metals, etc in the gastrointestinal tract and then getting rid of these unwanted substances through feces.

If you want to have a more detailed conversation about what detox program is right for you, make an appointment with me today. I look forward to helping you achieve your optimal health potential.