

detoxification program

why detox?

The aim of detoxification is to feel more energetic and alive. This basically involves cleansing the blood stream and the digestive system of toxins, which then allows nutrients to be better absorbed and utilised by the body, leading to a healthier, stronger, more vibrant body and mind.

what exactly are toxins?

Toxins are chemicals which are foreign to the body, which it hasn't been able to break down and eliminate. They are then stored, mostly in fat tissue. Toxins include drugs, pollutants, artificial food additives and the like. Living in the city exposes us to more pollutants and our bodies work harder to eliminate them. Toxins are also formed when the digestive system becomes congested.

why is the liver important to detoxification?

The liver plays a major role in breaking down and eliminating toxins. Under ideal conditions the liver breaks down toxins which enter via the bloodstream. Once they are broken down into "manageable" chemicals, they are then sent to the excretory organs for elimination. These organs include the bowels, kidneys and skin.

detoxification protocols

Vegetable Juices: Carrot juice is beneficial for the liver and beetroot is a great blood cleanser. Use 80% carrot juice as your base and add other vegetables or fruits for your remaining 20%. You may include greens such as spinach, which is a great bowel cleanser and toner or parsley, which is rich in iron and other vitamins/minerals. One glass a day is sufficient.

Lemon Juice: Lemon aids digestion, stimulates the liver and purifies the blood. Start with the juice of one quarter of a lemon and gradually increase to half a lemon juiced daily. Best taken first thing in the morning, before breakfast.

Liquid Chlorophyll: Rich in trace minerals and particularly magnesium, which is beneficial for muscle tissue and lactic acid breakdown. Very similar in chemical composition to human blood, chlorophyll is an excellent detoxifier of the bowels and blood. Purchase from health food stores.

Apple Cider Vinegar: ACV destroys putrefactive bacteria in the intestines, therefore preventing these toxins from being absorbed through the intestinal walls into the bloodstream.

The detoxification process must be supported by a "clean" diet in order to take the load off the organs of elimination and cleansing. This includes consuming plenty of dietary fibre to aid the digestive system, a high intake of fresh fruit and vegetables, a reduction in meat and processed foods, and elimination of fried and/or fatty foods. Alcohol and caffeine need to be greatly reduced. To rehydrate the body and to flush toxins out via the kidneys (and skin during perspiration), drink at least one litre of water daily; more of course when exercising.

further information:

active health club
lower level, the conference centre
7 talavera road, north ryde nsw 2113
p: (02) 9870 8775 f: (02) 9980 9089