

# Detoxify

## By Chris White

Research conclusively proves death can be narrowed down to one basic, fundamental cause: cell malfunction. Cells malfunction when they lack the nutrients to carry out their genetic tasks and/or lose the ability to effectively detoxify. Detoxification is the process of neutralizing the toxic properties of a substance. If our working definition of death is based on this concept, one can easily see how with the right amount of nutrients and a healthy detoxification system aging can be slowed tremendously. Recently I read about a 70 year old man who can squat 700lbs! However, I also personally know people who have drank and smoke the majority of their lives and live to 100. I can assure you these people are not the norm but rather the exception.

The concept of detoxification is a controversial one. A casual trip to the local bookstore and you'll quickly realize there are numerous programs to detoxify the body, most of which involve juice fasting. Fasting requires little to no red meat and mostly raw foods (i.e. fresh squeezed vegetable juices, garlic, lemon, etc.). Some are one day, others three, and there's even the occasional four to six week regiment.

Detoxification is commonly viewed as a 'once-in-a-while' procedure, something only appropriate after long, unhealthy vacations or glutinous holiday seasons. However, your lungs, skin, liver, kidneys, and digestive tract are constantly neutralizing toxic substances in an effort to maintain homeostasis. A more useful approach to detoxifying should be to consistently provide our bodies with the nutrients it needs to effectively maintain homeostasis *all the time*.

An overly toxic body is very stressed and not particularly concerned with shedding a few extra pounds. In fact, fat is the primary storage site for shunting unwanted toxic substances away from vital organs. The more toxic you are, the fatter you'll need to be to stay alive. Those who do manage to lose weight on calorie-cutting diets despite high levels of toxicity are putting their organs in jeopardy. The bottom line is we have to start getting healthier and adopting sound strategies for providing our bodies with nutrition so we can start looking and feeling the way we deserve to look and feel without compromising our vitality. Besides, what fun is it to look good if you feel like shit and have no energy?

Below is a list of objectives I feel are important to supporting your body's natural detoxification pathways. They are simple and easy to do.

- 1.) Proper Breathing: Normal breathing should take place at a rate of 6-12 breathes / min. The average person takes upwards of 18 breathes / min. Furthermore, a healthy breath is taken through the nose and initiated in the diaphragm (filling the lower abdomen), with the last 1/3 of the breath occurring in the chest. I've evaluated 100's of people and can safely say most people have lost the ability to breathe fully from their diaphragms. I say 'lose' because if you've ever sat and watched an infant breathe you will quickly see their bellies rising and falling with ease. Proper breathing is important to detoxifying the body for several reasons. First, the mucus membranes of the nose filter the air of large air-borne pollutants.

A second often unrecognized function of the respiratory system is the pumping mechanism of the diaphragm as it expands during inhalation. This critical pumping action of the diaphragm downward into the digestive tract helps mobilize potentially toxic fecal material through the three branches of the colon into the rectum. Normal bowel function depends heavily on body pumps and organ motility. If you're not having a bowel movement everyday (at least 12 inches of well-formed, earthy fecal matter a day) you are constipated! When waste material sits in the digestive tract, parasites hatch and maintaining a healthy gut flora (beneficial bacteria population) can become difficult. For more information on maintaining a healthy digestive tract and avoiding parasite and fungal infection I recommend Douglas Kaufman's book [The Fungus Link](#). In this fantastic book Kaufman states that upwards of 90% of Americans are suffering from a fungus or parasite infection. Based on what I've seen, I believe it!

- 2.) WATER! Water is Mother Nature's most powerful detoxifying agent. Adequate amounts of water optimize cell function, normalize blood pressure, can prevent a multitude of minor aches and pains, and contribute to the dilution and excretion of waste material. However, not all water is created equal! Getting good water is becoming as difficult as getting good food. I recommend artesian spring water or reverse osmosis water. If you opt for spring water, choose brands bottled in glass, as plastic is highly toxic and can potentially leach into the water. Also, good water has a mineral composition of at least 300 p.p.m. This ensures adequate electrolyte balance between intra- and inter-cellular spaces. Filtered waters are essentially naked and should have high quality sea salt (Celtic Sea Salt - *80+ trace minerals per grain!*) added. Approximately one pinch per liter is sufficient. According to Dr. Batmanghelidj in this book [Your Body's Many Cries for Water](#), you should drink ½ your bodyweight in ounces of water DAILY! For example, if you weigh 200lbs you should consume a *minimum* of 100 oz of water a day. Drinking water is the easiest way to start getting health NOW!

### ***THE SOLUTION TO POLLUTION IS DILUTION!***

- 3.) Eliminate Toxins in Your Life: We are exposed to a multitude of toxic substances on daily basis, most of which you can easily eliminate or buffer with a little determination and a sound strategy. Sources of toxins include:
  - processed foods,
  - alcohol
  - caffeine
  - artificial preservatives
  - colorings and flavorings
  - medications
  - hormones
  - antibiotics
  - chemicals from fertilizers, pesticides and herbicides
  - primary and second hand smoke

- indoor and outdoor air pollution,
- heavy metal toxicity from dental fillings, contaminated food and water
- electromagnetic stress from microwaves and computers
- cleaners
- make-up
- new houses and cars,
- bug killers,
- grass
- swimming pools and Jacuzzis.

We are truly living in a toxic world, and our liver is paying the price. Here are some action steps to detoxifying that I highly recommend you start doing...TODAY!

- A. Eat organic food whenever possible. They are free of chemical residues and contain more nutrients (vitamins A, C, E, D) than commercially raised foods.
  - a. If it wasn't here 10,000 years ago DON'T EAT IT!
  - b. If you can't pronounce a word on the label DON'T EAT IT! You can say 'tomato' very easily? But you have to have a tongue that can do gymnastics to be able to say 'mannitolacesulfame'. If you can't say it chances are your liver won't like it.
- B. Improve liver function by eating dark leafy vegetables. Other foods that support a healthy liver include garlic, onions, cabbage, broccoli, and milk thistle. Liver support herb formulas are often helpful.
- C. Improve kidney function by drinking adequate amounts of water
- D. Maintain good intestinal health by consuming raw dairy, fermented foods (raw yogurt, kombucha tea, and sauerkraut) coconut oil, and supplementing with a high quality pro-biotic.
- E. Avoid or minimize alcohol and other recreational drugs.
- F. Moderately consume coffee (organic only) and green teas
- G. Get to bed on time – 10:30pm
- H. Avoid the white devils: flour, sugar, processed table salt, processed milk, high fructose corn syrup, and partially hydrogenated oils.

I hope this list helps. Take it one step at a time. If you value your health, your body, and your future you have no choice. We will all die one day. But don't let a poor diet and stressful lifestyle get in the way of a long and fruitful existence. Life is beautiful!