

Detox here, detox over there ... If there's one word that «wellness magazines» use all the sauces in the spring, that's it. Unfortunately, the programs they offer often only detox the name. So we decided to show you how to do a cure that really detoxifies you in depth.

We are not talking here just about «Purification of the body», but especially to create a formidable chain reaction.

In principle, your body does not need you to purify itself. But when the organs responsible for this mission, liver and kidneys in particular, are fouled, it is up to us to activate to revive the machine.

You will see that a genuine detox cure offers more than just a «well-being moment». It will allow you to take concrete action on your health, recharge your energy at the end of the winter and reduce the risk of sometimes serious diseases.

Why do we need detox after the winter?

What words would you use to describe the holiday season? Sharing, gifts, family, or ... excess, alcohol and sugar?

A «traditional» holiday meal consisting of foie gras, wine, turkey and hazelnut apples, bread, cheese, ice cream, coffee and chocolates represents more than 2000 kcal, the daily needs of an adult woman!

It's hard to condemn such a friendly moment, but it must be known that it has repercussions on your health.

Not to mention that winter is also the period of pollution, fatigue, lack of exercise, diseases and medicines to treat them ...

Result of the races: your organism is saturated with toxic elements. As for your kidneys and your liver, they are completely out of date and can not do their

filtration work properly.

That's why early spring is the perfect time to do some great cleaning inside your body.



Toxic and toxins: do not confuse them

Whenever we eat, our body produces toxins (free radicals, lactic acid ...). These are waste created by the body. They are part of the natural metabolism.

Most come from the foods we eat, but others can be produced during an injury, anesthesia, a stressful period or as a result of emotional trauma.

Our ancestors had only to worry about these toxins, and probably did not feel their impact on the body.

But our modern mode of consumption has brought a second source of danger to our health: the toxins, which come from outside the body.

More than 300 chemicals² are allowed in the foods we consume regularly. These are not only pesticides and heavy metals, but also many additives, dyes and sweeteners with complicated names such as aspartame, acesulfame K, propyl gallate ...

These additives are found in all refined foods. Organic foods themselves are never spared 100%, although their consumption can greatly reduce the ingestion of toxins.

All these substances, toxins and toxins, if they are badly evacuated by the skin, the blood or the intestine, burrow in the bottom of our tissues and can disrupt the DNA of our cells.

This phenomenon then creates a fertile ground for many diseases: Alzheimer, Parkinson, autoimmune diseases, cancer and many others.

The Sir and Madam Detox of your body

1. The «good factor» of your health

Your blood does not only carry beneficial elements for the body, but also many others that are toxic.

It is therefore essential to retain these while allowing healthy substances to pass.

This is where your liver comes in.

It is the largest of the abdominal viscera. And it is also the organ that carries out the greatest number of chemical transformations of the entire human body!

In fact, it acts as a kindly factor that would sort your letters, eliminate the bills and give you only the good news ...

In the flood of blood running through it, your liver:

- Turns carbohydrates into glycogen, then stores them. When he feels it necessary, he will release the glucose in the blood, to supply the body with energy.
- Metabolises alcohol, drugs and drugs by transforming their toxic enzymes (including acetaldehyde into alcohol) into harmless ones.

Your liver has an incredible regenerative capacity, which allows it to clean itself regularly. But it is

easily overloaded, which can harm its functions.

Thus, a liver in poor health will have more difficulty in evacuate and synthesize carbohydrates, thus promoting weight gain and related diseases.

The kidneys are sort of the sorting center of your organization.

The plant sorts the waste, destroys those that are toxic to the environment while recycling those that could still be used.

Well, it's the same with the kidneys. They take care of:

- Filter the waste of the blood, eliminating the toxins by the urine: approximately 1% of the entrants.
- Recover some molecules contained in toxins, which could be beneficial for the body: about 99% of the incoming.



Thanks to the recovered molecules, the kidneys balance the answers to the demands of the body. Need a little more water? A little more sodium? The kidneys have some in reserve, or can «fish out» if necessary.

But be careful: dehydration, infections or certain drugs can damage the kidneys, deteriorate their functions and cause serious kidney diseases (cancers, kidney stones, urinary infections or enuresis).³

What magazines do not tell you!

The importance of kidneys and liver to cleanse the body is now well known. You will find this information in most health and wellness magazines.

Only, here is what they often forget to tell you: blood is not the only fluid to carry waste in our body.

Another liquid comes to lend a hand in the sorting of waste and the transport of nutrients to the organs: the lymph.

This second «lane» helps to relieve the blood in his work.

The problem is that it gives the waste another chance to escape the controls carried out by the organs.

If the waste that passes through the lymph is not well treated, they can also enter our tissues and disrupt our DNA. They are stowaways a little smarter than others. And the detox cure will be especially helpful in helping you get rid of it.

The 4 steps to follow in the first place

Before starting a detoxification treatment, these four measures will already allow you to limit the fouling of your organs.

1. Food: the + and the -

The simplest way to limit toxemia is to ban some foods from your diet and increase the consumption of some others.

Dairy products, meat, cereals and flour, but also alcohol, whose effects on the liver are well known, are to be avoided.

Important details before starting a cure

A detoxification cure requires a lot of energy. Make sure you are fit. Note again that it is not recommended during pregnancy, breastfeeding, in children or in case of depathology involving an organ of elimination (such as liver or kidneys).

Conversely, some foods have strong detoxifying effects.

We will come back to foods that are especially beneficial for the liver or kidneys, but note that in general, it is essential to focus on:

- Raw fruits and vegetables (including cruciferous vegetables such as broccoli) 4
- Vegetable proteins
- Polyunsaturated fatty acids, such as omega-3 (walnut oil, linseed oil, small fatty fish ...).

2. Exercise

Simple daily exercises (knee flexion, pedaling ...) can greatly improve blood and lymphatic circulation and facilitate the work of organs-filters⁵.

This goes through both physical exercises and stretching. In the office or at home, try to find some time for small stretches.

If you are not very athletic, walking is very effective in activating your traffic.

3. The 4 foods to take care of your liver

Some foods are particularly effective for cleaning and detoxifying the liver:

- Artichoke improves blood circulation and digestion.
- Black radish stimulates the secretion of bile and its evacuation to the intestine⁶.

- Avocado, an incredible source of antioxidants, is useful after some excess food.

- Broccoli and other cruciferous vegetables limit the accumulation of fat in the liver.

And as a bonus: rosemary tea facilitates digestion.

4. The 4 foods to take care of your kidneys

As for the liver, the kidneys deserve special attention and you can help with the following foods:

- Celery, mainly composed of water, remineralizes the body and fights against urinary tract infections.

- Pumpkin seeds eliminate waste stored in the kidneys and reduce urinary pain.

- Cucumbers are 95% water-based, low in calories, and rich in antioxidants.

- Beet, antioxidant, regulates the pH urine.

Your detox program (long version)

Attention: to want to detoxify, one can also be intoxicated by a drainage that would circulate the toxins without evacuating them.

That's why it is essential to start by cleaning your liver and kidneys

(step 1) before draining the toxins (step 2) and evacuate them (step 3).

1. Clean your filter organs (during the first 15 days)

1. Mix these three plants equally

(in the form of a raw plant preferably):



- Dandelion root (*Taraxacum officinalis*): a powerful drainer of the liver and kidneys.

- Rosemary (*Rosmarinus officinalis*): a liver tonic that stimulates the flow of bile and its expulsion through the gall bladder.

- Goldenrod (*Solidago virgaurea*): a diuretic and tonic that acts more specifically on renal function.

2. Prepare an infusion at a rate of tablespoon of plants per bowl.

3. Drink 2 bowls a day (in the form of hydroalcoholic extract, put 90 drops of the mixture in 1 liter of water that you will drink during the day)

4. (optional) If you are fragile of the liver and have problems with digestion, you can add capsules of

Milk thistle (seeds) at least 1,800 mg per day.

2. Drain the toxins (during 30 days)

1. After step 1, combine these three plants in equal parts:

- Burdock root, *Arctium lappa*, is a large depurative plant that acts deeply on the kidneys, liver and intestines.

- The elk, *Inula helenium*, is also a depurative plant that works deeply. It improves the general condition by its tonic and calming effect of the

central nervous system.

- Chrysanthellum chrysanthellum americanum is a great blood cleaner. It is able to dissolve any kind of microcalculi which, sometimes without our knowledge, hinders the good circulation of our moods.

2. The day before, put a tablespoon of the mixture in cold water.

3. In the morning, heat until simmering, turn off the heat and allow to steep 15 minutes.

4. Drink a bowl in the morning on an empty stomach and a second between 4 and 6 pm. The form of capsules may also be suitable for 2 capsules each, morning and evening, before meals.

3. Evacuate waste (during 30 days)

Take a cure of the following three products:

- Omega-3s: These are good toxin transporters that improve the fluidity of blood and lymph. Take a fish oil complex (free of heavy metals) rich in omega-3 EPA and DHA for 30 days.

- Chlorella: this green alga traps toxic molecules. For the first 15 days of Step 3, take 2 g daily at the three meals, gradually increasing to 4 g by the end of the second week. If you have headaches, dizziness or nausea, this is a sign that toxins are trying to come out and you will have to help them with more chlorella (up to 10 g).

- Wild garlic: its sulfur compounds facilitate the evacuation of certain metals. During the last 15 days of step 3, opt for a hydroalcoholic extract (10 drops) 3 times a day in a glass of water).

Do not worry if you feel certain effects during steps 2 and 3 (diarrhea, rash ...). These are the toxins that come out! If it's really insupportable,

start again from step 1.

The «express» cure (for those in a hurry)

If you do not have the time to take a two-and-a-half-month course, here is a program that is easily achievable by anyone and for a much shorter time.

1st day: I prepare my body

Avoid the foods mentioned above and choose a diet rich in fruits and vegetables, not forgetting to hydrate you abundantly.

Go for herbal teas! Whether based on mint, rosemary, or lemon juice, the infusions all have significant effects on digestion, while providing enough water to drain your body.

2nd day: I make a monodiète

It will be to allow you only one specific food (eg carrots, or apples ...) that you can consume in all forms (raw, cooked, juice, etc.) throughout the day. And keep drinking a lot of water.

This process will clean your intestines and facilitate the evacuation of toxins.

This technique is expandable to 3 days maximum depending on your needs, but not more, not to risk deficiencies.

3rd day: I gradually return to a varied diet

Like the first day, drink herbal tea in the morning and eat a diet based on fruits and vegetables. During these 3 days of detox, think also to create your own detoxifying juices: carrot juice, apple, cucumber ... feel free to try your own mixtures!

PS: Do not forget to detoxify your lymph

Article from « La Pharmacie secrète de Dame Nature »

As we have seen, it is also essential to take care of your lymphatic system.

Here are some additional tips that will help you purify your lymph.

Begin by consuming for 15 days herbal infusions with a mixture of rosemary, goldenrod and dandelion, at a rate of two bowls per day. In parallel with this treatment, avoid stress, rest well and exercise gently.

Then, over a period of about one month, always in infusion, combine the burdock root, the auntie, and the chrysanthellum, in the morning (fasting preferably), then between 16 and 18 h.