

10 Ways to Help Your Body Detoxify

You can cleanse your body daily through diet, supplements and lifestyle practices.

1. Eat plenty of fiber, including brown rice and organically-grown fresh fruits and vegetables. Beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella, and seaweed are excellent detoxifying foods.
2. Cleanse and protect the liver by taking herbs such as dandelion root, burdock and milk thistle, and drinking green tea.
3. Take vitamin C, which helps the body produce glutathione, a liver compound that drives away toxins.
4. Drink at least 2 quarts of water daily.
5. Breathe deeply to allow oxygen to circulate more completely through your system.
6. Transform stress by emphasizing positive emotions.
7. Practice hydrotherapy by taking a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for 30 seconds. Do this three times, and then get into bed for 30 minutes.
8. Sweat in a sauna so your body can eliminate wastes through perspiration.
9. Dry-brush your skin or try detoxifying patches or detox foot spas / foot baths to remove toxins through your pores. Special brushes are available at natural products stores.
10. What is the most important way to detoxify? "Exercise," says Bennett. "Yoga or jump-roping are good. One hour every day." Also try qigong, a martial-arts based exercise system that includes exercises specifically for detoxifying or cleansing, as well as many other exercises with specific health benefits.