

Detoxifying

Detoxifying.....it conjures up images that most of us associate with discomfort and a long drawn out procedure. Current research and thoughts on optimum health have come to understand the greater effects of cleansing our bodies and the roles certain organs play in this process. The concept of detoxifying the body is finally becoming mainstream! In the past only "those crazy health-food nutcases" talked about doing such a thing. Judging by the many articles, research studies and advertisements recently seen on TV and on the covers of what seems to be every magazine cover in the checkout lanes, it seems virtually everyone is jumping on the detoxification wagon.

So, what is detoxification? Definitions vary, but the basic concept is to rid the body of undesirable chemicals, whether they're made by the body from normal metabolism, or drawn from pharmaceuticals, foods, or the thousands of chemicals our bodies are in contact with from our environment.

The critical organ that all this must pass through is of course the liver. Everything you breathe in, drink, or eat ultimately passes through the liver. Other supportive organs are the kidneys and the gall bladder. Without getting into too much biochemistry, each plays a role in removing waste and toxins from the body. The goal of any detox is to these organs, especially the liver with the proper nutrients to help it cleanse itself of any chemical residue.

The problem is that most programs are complicated. Granted, if your body find itself in a very unhealthy state then action may be necessary that will require one of these types of programs. But as the old adage says, "an ounce of prevention is worth a pound of cure." Along with eating healthy and having plenty of fiber in our diets (25-40g) on a daily basis. A supplement regiment daily with your other vitamins and minerals is a great way to have continuous nutritional support regularly. Do some of your own research into the detoxifying process and further empower yourself to take control of your health!