

Dear Ryan,



I have tried to detox in the past (master cleanse, fruits & veggies only, etc) but it's just too hard for me to give up coffee, I got headaches and lost 'steam' if you will. What are some ways I can detox (clean out my gut!) at home without over complicating my life?

Sincerely,

Gutty

Dear Gutty,

It is important to determine your goals of detoxification first. Detoxification can be used to reduce the toxic load on the liver, reduce toxic load on the intestines or both. If you have never successfully completed a detoxification it is important to work into the process slowly. Starting with a drastic detox such as the master cleanse, juice fast or water fast is setting yourself up for failure, so consider working with a practitioner who can guide you through this process.

The best way to detox is to spend 7 - 10 days in a "pre-detox phase," which would include weaning off any items not included in the upcoming detox. In my opinion this is the most important phase in any new detox program. This would be the week you could reduce your coffee and sugar intake which are the 2 most difficult things to limit for most people.

A good way to begin an intestinal cleanse is to eat 1/4 cup of raw brown rice every morning for 1 week, 30 minutes before ingesting any other food or liquid. You should chew the rice until it becomes easy to swallow. This should be combined with an anti-inflammatory diet that any health care practitioner can assist you with. This is just one example of many mild detox programs we can assist you with.

Liver detoxification is more complicated and should be attempted with the assistance of a health care practitioner.

Living in the 21st century allows us many privileges, but the chemicals and industrial solvents that make them possible are poisonous. In 2005, the nonprofit Environmental Working Group published the results of a study analyzing the blood of newborn babies from around the country. They discovered 287 chemicals and other toxins, one of which was a by-product of DDT – a pesticide banned in 1972. Annual or semi-annual detoxification is an important part of any health care and prevention program in my opinion. Thanks for your question!

Sincerely,

Ryan Diener, LAc