

TOXINS: Their Effects on the Body and How You Can Get Rid of Them

PARTS of the BODY OFTEN AFFECTED by TOXINS	ASSOCIATED TOXINS and THEIR EFFECTS	SUGGESTIONS for DETOXIFICATION
Gastrointestinal Tract	Excess mucus and inflammatory byproducts disrupt proper pH and flora levels, deregulate bowel movements, and cause changes in shape, tone and function of the intestines.	Colon irrigation or enemas, cleansing herbs, probiotics, psyllium, activated charcoal, abdominal exercises, visceral manipulation and water.
Liver and Gallbladder	The liver, second only to the brain in terms of complexity and importance, is constantly working in this day of high toxic burden.	Chinese or ayurvedic herbs, milk thistle, dandelion root, bupleurum. Castor oil compresses, coffee enemas, gallbladder flushes.
Kidneys and Bladder	Food byproducts collect and make it more difficult for these important organs to eliminate waste.	Herbal detoxifiers: gravel root, parsley, dandelion leaf, poria, uva ursi, rehmania, goldenrod. Ginger compress applied to the back draws toxins out from kidneys.
Lungs	High dairy intake, smoking and air pollution can cause excess mucus and lung disease.	Botanicals, lotus root tea, mullein, wild cherry, licorice root, fenugreek. Mustard plasters are effective. Inhaled ionized oxygen, segmental neural therapy and acupuncture.
Sinuses	Many sinus disorders; chronic sinus congestion, infection and head pain are related to food intolerances, digestive dysfunction and lung problems.	Sinus lavage with salt. Baking soda, homeopathic remedies or plain water. Neti pots, essential oils and humidifiers, neural therapy and acupuncture.
Lymphatics	Lymph cleanses are particularly recommended during or after acute illnesses.	Regular exercise, deep breathing, full-body massage, Vodder manual technique and herbs, red clover, echinacea and thuja.
Skin	The tissue below the skin can be a major depository for toxic substances that other organs can't eliminate.	Skin brushing. Epsom salts, baking soda, hydrogen peroxide in the bath. Hydrotherapies, adequate sunshine and fresh air.
Mind	Negative thoughts.	Rest, respite, recreation, prayer and meditation.