To Cleanse or not to Cleanse

Should you Cleanse? Why? How? In our environment today we are exposed to more toxins than ever before. On a daily basis we are exposed to pesticides, plastics, automobile exhaust, pollution from manufacturing plants, and runoff from farms into the water table.

The Centers for Disease Control and Prevention's 2009 biomonitoring study found 212 different chemicals—from toxic flame retardants to mercury—in the blood and urine of 7,200 Americans; many of the chemicals are linked to health conditions such as cancer, autoimmune disorders, neurological problems, and hormone disruption. (nutrition business journal)

Some "detox" regimes recommend drinking potions and not eating food for days or weeks at a time. Besides not being practical and costing a lot of money, some of these cleansing methods run contrary to good nutritional advice. Don't bother, advises Gaetano Morello, ND, author of *Whole Body Cleansing* (Active Interest, 2009). "Doing a multiday detox once or twice a year and then being done is just not realistic," he says. And coupling this with fasting is not recommended because the organs need nutrients to cleanse the body. Fasting can do more harm than good, he says.

Our bodies are "designed" to reduce and eliminate toxins. By regularly providing specific nutrients we are assisting our body in this detox process which happens continually, not just once or twice a year. Some of the traditional advice to eat a high fiber diet with lots of fruits, vegetables, lean meats and avoid highly refined carbohydrates and sugars is a great start. Additionally a good multivitamin and Essential Fatty Acid is very sound advice. Drinking filtered water is also a good idea, says Walter Crinnion, ND, director of environmental medicine at Southwest College of Naturopathic Medicine.

Here are some additional "daily" supplements to support the organs' cleanup work and optimize the bodies ability to flush and eliminate toxins.

Chlorella

This single-cell algae *Chlorella pyrenoidosa* is loaded with chlorophyll, a compound believed to **cleanse the blood and keep the body from absorbing industrial toxins** such as dioxins, says Crinnion. Polysaccharides in the algae's cell wall also have strong immune-boosting properties.

Milk thistle

Perhaps the **best-researched herb for overall liver health**, milk thistle contains a group of antioxidant compounds commonly called silymarin, which bind to liver cells and prevent harmful chemicals from breaching cell walls. Silymarin also promotes cell regeneration and boosts levels of glutathione, a critical antioxidant that zaps harmful free radicals produced when liver enzymes break down toxins. A 2010 study of 50 children undergoing chemotherapy found that those who took oral milk thistle for 30 days had significantly less liver toxicity than the control group.

Fiber

Fiber **binds to fat-soluble toxins** in the bile and ushers them out of the body through the gastrointestinal tract.

Sulforaphane

Found in broccoli and broccoli sprouts, brussels sprouts, and cabbage, this compound activates production of "phase 2" liver enzymes, which transform stubborn fat-soluble toxins into water-soluble ones that can more easily be secreted. It also helps the body neutralize harmful carcinogens, including excess estrogen.

Vitamin C

This **key antioxidant** mops up free radicals generated in the liver during detoxification. Vitamin C supplementation can also reduce risk for gallstones, according to a recent study, and protects lung cells from air-pollution damage. Dose: Start with 1,000 mg daily and increase by 500-mg increments to 2,000 mg or more, especially if you often run, walk, or cycle near traffic.

Whey protein

Certain protein types **help the liver break down and clear toxins:** Numerous studies link low-protein diets with a higher toxic load. Whey protein is particularly helpful in that it also boosts glutathione levels.

Max Muscle *GREAT DETOX STACK* - Green Synergy / L-Tox / Multi vitamin / EFA --- occasionally use Cleanse and Lean