



Understanding Detoxing



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Before enlisting the methods to detoxify our body, it is important to understand how toxins are produced and how they can harm our body. This will put into perspective the importance of detoxifying our body. Detoxification is important but it is also important to remember that you should not abuse your body that you regularly need detoxification.

Detoxification is a physiological process of removing toxic substances which help in maintaining homeostasis in the body. It is an in-depth process which the body performs to get rid of the toxins and impurities produced during the various metabolic processes. **It is a natural process which involves 7 channels of elimination. This includes liver, lungs, lymphatic system, kidney, blood, skin, bowel / colon or large intestine.** Detoxification is an internal cleansing. This process of elimination can become stagnant due to toxic overload caused by poor diet and life style choices.



In the past, Chinese herbal prescriptions, colon hydrotherapy and sauna are the forms of cleansing methods that have been tried. It is only when the body is not functioning properly that the toxins produced are retained in the body causing ill health. There are 2 types of toxins: internal toxins which are produced during the digestive process from the metabolic breakdown of food and external toxins which are generated outside the body and enter the body by air, water or food.

When the digestive process is working correctly the carbohydrates, proteins and fats are broken down to glucose, amino acids and fatty acids so that these nutrients can be used for nourishing the body. During this process small amount of toxins are produced as a byproduct. This is normal with any metabolic process especially digestion. After the food is broken down and nutrients are used, much of what is left is toxin and waste product. However, if digestive process is not functioning properly it is known as impaired digestion. Undigested matter in the small and large intestine will ferment and produce more toxins. When the toxins produced is more than normal, it gets absorbed into the blood which is then distributed throughout the body and stored in the tissues ultimately leading to chronic diseases or inflammation.

The reasons for impaired digestion include:

- Stress
- Inadequate chewing
- Consumption of processed food or junk food
- Alcohol abuse
- Lack of sleep
- Lack of Hydrochloric acid and pancreatic enzymes

Detoxification diet is the one which provides healthy nutritious food rich in fibre, vitamins, minerals, complex carbohydrates, essential proteins and fatty acids.

Symptoms of impaired digestion or intestinal toxemia:

- Gas
- Constipation
- Fatigue
- Weight gain
- Joint pain
- Inflammation

For most of us Parties and celebrations are synonymous with alcohol, late nights, junk food, hang-over and headache. Combine this with our fast life style of modern age and we have a perfect solution to put our body and its various systems under stress and chaos.

Foods whose intake is to be increased:

- Vegetable protein (lentils, beans and nuts)
- Whole grains (brown rice, oats, barley, buckwheat, millets)
- Fresh vegetables
- Fresh fruits
- Homemade soups
- Soy based products

NUTRITION

Reduce your portion sizes and ideally eat till you are little less than full because chances are if you are full you have already over eaten and have again overloaded your system.

Foods to cut down:

- Red meat
- Dairy foods
- Sugar / cookies / cakes
- Tea, coffee and alcohol
- Refined foods
- Cigarettes

The following are the ways to rehydrate, energise and get your system back on track.

For alcohol abuse

1. Drink around 2 to 3 litres of water a day to rehydrate yourself
2. Incorporate complex carbohydrates such as whole wheat, jowar, bajra, nachni, oats
3. Include a diet rich in protein which includes more vegetable protein and casein rich foods
4. Strictly avoid simple and processed sugar like jaggery, honey, glucose, bread, pasta, rice and rice based products, biscuits
5. Avoid red meat



For stress, lack of sleep

1. First give your body rest by sleeping for at least 8 hours
2. Avoid caffeine based food such as tea, coffee and aerated drinks
3. Choose home based soups
4. Drink a glass of cold milk at night
5. Try to calm your mind by meditation and deep breathing

For consumption of junk food

1. Avoid eating outside for 2 weeks
2. Eat a diet rich in fruits and vegetables for at least 3-4 servings / days
3. Avoid fruits juices and instead prefer whole fruits
4. Choose low fat dairy foods and also cut down the consumption of dairy foods

Follow the 4 basic rules for leading a healthy life:

- Sunlight and fresh air
- Proper exercise and sufficient rest
- Good food
- Pure water

Detox methods are the methods we should ideally always follow. But when we veer away from the path which our body is designed to follow, our body gets into different kinds of problems and diseases. Make conscious choices. If you make so much effort to prevent dirt and dust to get into your house, shouldn't you make the same effort to prevent the wrong things from going into your body?