



NEW YEAR, NEW YOU

Hitesh Dhmi, who is a clinical nutritionist, tells us all about detoxification methods which we need when we subject our body to stress and abuse

Once we understand how toxins are produced and how they can harm our body it will put into perspective the importance of detoxifying. Detoxification is important but it is also important to remember that you should not abuse your body so 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 seven 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.

TOXINS ILL HEALTH

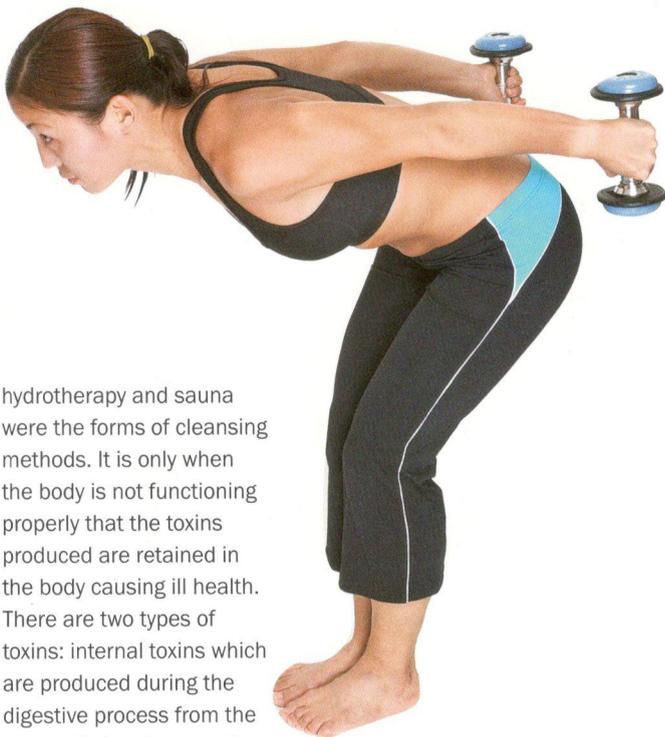
In the past, Chinese herbal prescriptions, colon



hydrotherapy and sauna were the forms of cleansing methods. It is only when the body is not functioning properly that the toxins produced are retained in the body causing ill health. There are two 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 amounts 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 the 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



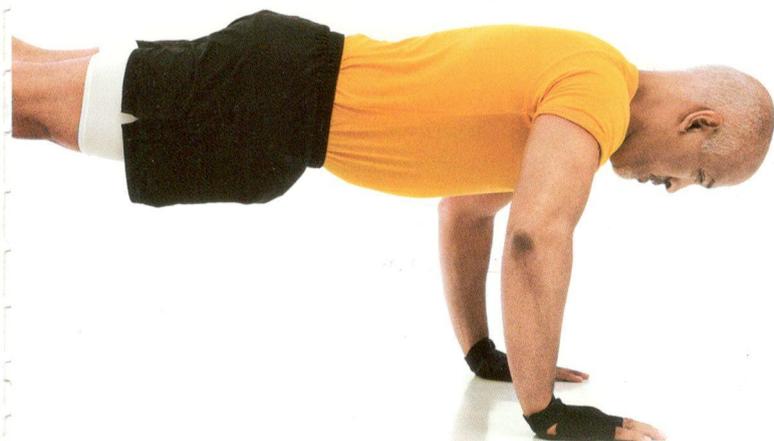
are more than normal, they get absorbed into the blood which is then distributed throughout the body and stored in the tissues, ultimately leading to chronic diseases or inflammation.

The reasons for impaired digestion are:

- Stress
 - Inadequate chewing
 - Consumption of processed food or junk food
 - Alcohol abuse
 - Lack of sleep
 - Lack of hydrochloric acid and pancreatic enzymes
- Symptoms of impaired digestion or intestinal toxemia are:

- 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 modern age life style and we have the perfect way of putting our body and its



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various systems under stress and chaos.

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

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

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.

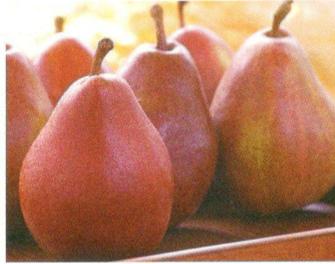
Foods to cut down:

- 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

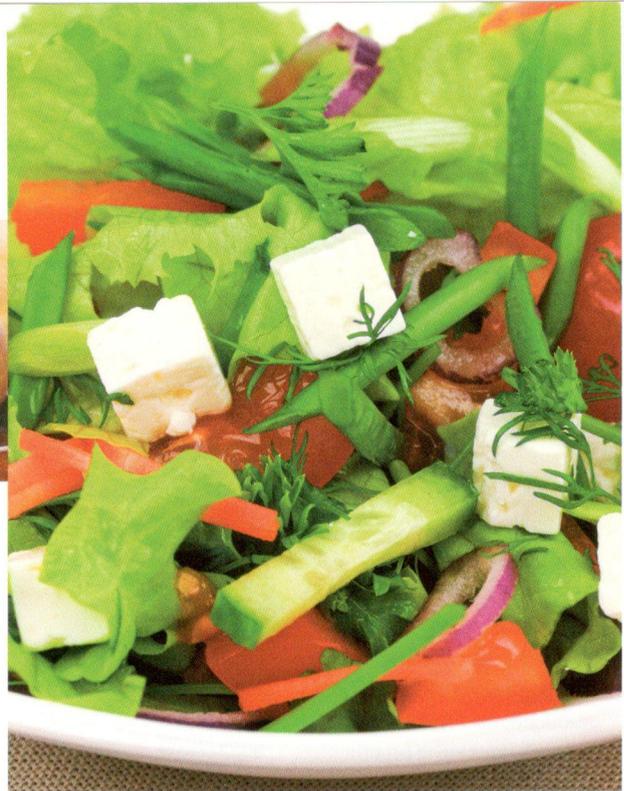


protein and casein rich foods

4. Strictly avoid simple and processed sugar like jagerry, honey, glucose, bread, pasta, rice and rice based products, biscuits
5. Avoid red meat

For stress, lack of sleep

1. Your body needs rest which is provided 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

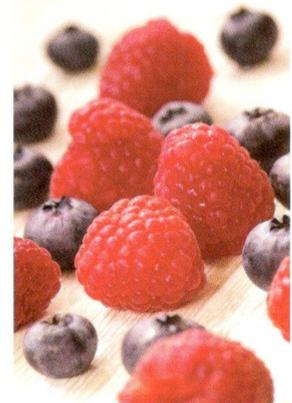
For consumption of junk food

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

Last but not least follow the four 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 all 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 wrong things from going into your body? 

