OPTIMAL HEALTH UNIVERSITY™

Your Source for Health & Wellness Information

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Why You Need to Detoxify Your Body

Presented by:

Our environment is increasingly contaminated with toxins – in the air we breathe, the food we eat and the water we drink. Pollution puts enormous stress on our body and compromises our immune system. It is little surprise toxins are linked to several serious health conditions and diseases.

The main detoxifying organ in your body is the liver. It processes hazardous chemicals and exports them to your waste system. However, you have other bodily systems that help with detoxification, including the lungs, kidneys, skin, bladder, intestinal and lymphatic systems.

The Detoxifying Role of Antioxidants

Antioxidant molecules aid your body's ability to neutralize and flush out heavy metals, pesticides and carcinogens, which spark the production of cell-damaging free radicals.

Glutathione is a vital antioxidant produced by your body that supports other antioxidants. Without glutathione, the therapeutic action of other antioxidants would not be as effective. You can also find glutathione in fruits and vegetables, especially in onions, carrots, kale and cauliflower.

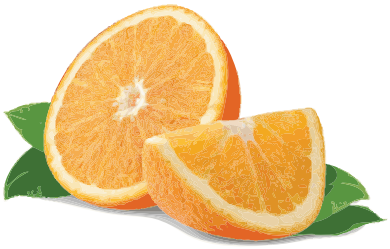
Coenzyme Q10 is another important antioxidant found throughout your body's tissues. It is a key player in fighting free radicals and repairing damage caused by sun exposure. Organ meat is the highest dietary source of coenzyme Q10, but because this type of meat is no longer widely consumed in Western countries, you may not be getting enough of this antioxidant. Ask your chiropractor if you need to use a coenzyme Q10 supplement.

Vitamins A, C and E are part of the antioxidant family and widely found in many fruits and vegetables. Choose organic produce to limit your exposure to pesticides.

As well as antioxidants, eat lots of fiber; it is important for cleansing your intestinal system of contaminants.

Best Detoxifying Foods

What you eat has a profound effect on your body's ability to cleanse itself of toxins. Make sure you consume plenty of the following…



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QUESTION:
What is the body's main detoxifying organ?

A) Lung
B) Heart
C) Liver

ANSWER:
C) Liver

QUESTION:
Which of the following is a cruciferous vegetable?

A) Kale
B) Broccoli
C) Arugula

ANSWER:
D) All of the above

TRUE OR FALSE:

Free radical molecules detoxify your body

ANSWER:
False

Green Leafy Vegetables

These kinds of vegetables are loaded with chlorophyll – a substance essential for detoxifying your body. Load up your grocery cart with more spinach, kale, and arugula.

Cruciferous Vegetables

Broccoli, brussel sprouts, cabbage and cauliflower are examples of cruciferous vegetables. They contain sulforaphane and indole-3-carbinol; both are noted for their ability to counteract carcinogens in the body and indole-3-carbinol eases hormone overload that often results from exposure to chemicals.

Citrus Fruits

Oranges, lemons and limes contain abundant amounts of vitamin C and also boost the cleansing abilities of the liver. According to one study, adding citrus juice to green tea increased the power of the tea's antioxidant polyphenols.[1]

Green Tea

According to a study published in the journal *Cancer Epidemiology, Biomarkers & Prevention*, green tea was shown to boost GST enzymes, which protect you from cancer-causing chemicals.[2]

Garlic

This pungent member of the vegetable family stimulates liver function. New research shows the garlic ingredient *allicin* produces an acid that attacks dangerous free radicals faster than any known antioxidant substance. [3]

Supplements for Cleansing

These are not the only detoxifiers, but they are among the best.

Chlorella

When it comes to removing toxins from the body, this green alga has a particular gift. Japanese scientists conducted medical research on patients affected by the atomic bomb blasts in 1945 and discovered chlorella binds to heavy metals, PCBs and other toxins and carries them out through the body's waste system.[4] Unfortunately, chlorel-la does not have an appealing taste, so most people consume it as a supple-ment.

Milk Thistle

A member of the daisy family, the milk thistle plant could be called your liver's best friend, as it protects the organ from toxic damage and enhances its detoxification ability. It is available as an extract.

Lifestyle Important for Detoxification

As well as specific foods and supplements, you should also include appropriate exercise. Working up a sweat actually pushes out contaminants through your perspiration and exercise also aids the digestive and lymphatic systems to eliminate toxins.

For your own well being, consult your chiropractor before consuming supplements or starting a detox or exercise program.

Quote to Inspire

"There is no chance, no destiny, no fate that can circumvent or hinder or control the firm resolve of a determined soul."

Ella Wilcox

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3. Garlic: Source of the Ultimate Antioxidants - Sulfenic Acids - *Angewandte Chemie International Edition, volume 48, issue 1, pages 157 – 160.*
4. Disease Prevention and Treatment - *Life Extension Foundation, page 859.*

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