

The logo for The UltraWellness Center features the text "The UltraWellness Center" in a blue serif font, with "YOUR KEY TO LIFELONG HEALTH AND VITALITY" in a smaller, blue sans-serif font below it. A stylized blue graphic of a person in a yoga or athletic pose is integrated behind the text.

The UltraWellness Center

YOUR KEY TO LIFELONG HEALTH AND VITALITY

How to Boost Your Detoxification System

In addition to avoiding toxic exposures as much as possible, it is also important to do what you can do to boost your body's natural ability to detoxify. Here are some dietary changes you can do to protect yourself.

Increase Your Blood and Lymphatic Circulation

Increase blood and lymphatic circulation with aerobic exercise, yoga, massage and body work, sauna and heat therapy, as well as skin brushing and rebounding (mini-trampoline).

Boost Your Body's Detox Systems

Boosting your own detoxification systems can be accomplished through diet and specific supplements such as vitamins, minerals, amino acids, and herbs. Here is what we suggest:

- Eat foods that boost your detox pathways daily. These include phytonutrient-rich foods such as brassicas (broccoli, collards, kale, bok choy, cabbage, and Chinese cabbage), garlic and onions, lemon peel, green tea, watercress, cocoa, pomegranate, cilantro, and artichoke.
- Eat high-quality fats to flush your liver, such as omega-3 fatty acids and adequate monounsaturated oils from olive oil, avocados, and almonds.
- Drink enough fluid to help your kidneys flush out toxins.
- Increase your overall intake of plant foods to alkalize the body and the urine, which helps boost toxin excretion.
- Ensure you are consuming enough calories to “run” your detoxification system.

Practical Suggestions for Detoxification

Remove Toxins

- Eat **organic food**, including organic animal products to avoid petrochemical pesticides, herbicides, hormones, and antibiotics. See www.ewg.org for excellent information on clean eating (Download Shoppers Guide to Pesticides in Produce List)
- Drink **filtered water** (use a reverse osmosis or carbon filter). Check the www.ewg.org for their new bottled water report
- Reduce **heavy metal exposure** (in predatory and river fish, water, lead paint, thimerosal-containing products, etc.).

Improve Elimination of Toxins

- Have 1 to 2 bowel movements a day.
- Drink 6 to 8 glasses of water a day.
- Sweat regularly.
- Use exercise to help you sweat regularly.
- Use steam baths or saunas—infrared saunas may be even more beneficial.
- Regular exercise, yoga, and lymphatic massage can improve lymph flow and help flush toxins out of your tissues into your circulation so they can

be detoxified.

Increase Fiber Intake

- Eat more beans, whole grains, vegetables, fruits, nuts, and seeds.
- If necessary, add such supplements as rice bran, flax, psyllium, or konjac root to increase your fiber intake.

Foods and Phytochemicals That Boost Detoxification

- Try to eat at least one cup of **cruciferous vegetables** daily. This includes broccoli, kale, collards, Brussels sprouts, and cauliflower.
- Eat a few cloves of **garlic** every day or take a garlic supplement.
- Try organic decaffeinated **green tea** in the morning.
- Try fresh **vegetable juices**, including carrots, celery, cilantro, beets, parsley, and ginger. (We recommend making juices in a vitamix or food processor to keep the whole food present).
- Try prepared **herbal detoxification teas** containing a mixture of burdock root, dandelion root, ginger root, licorice root, sarsaparilla root, cardamom seed, cinnamon bark, and other herbs.
- Eat high-quality **sulfur-containing proteins**, such as eggs, whey protein (dairy), garlic, and onions.
- Consume **citrus peels, caraway, and dill oil** (they contain limonene).
- Consume bioflavonoids in Concord grapes, berries, and citrus fruits.
- Consume **dandelion greens** to help liver detoxification, improve the flow of bile, and increase urine flow.
- Eat **celery** to increase the flow of urine and aid in detoxification.
- Consume **cilantro and/or parsley**, which may help remove heavy metals.
- Consume **rosemary**, which contains carnosol, a potent booster of detoxification enzymes.
- Consume curcuminoids (**turmeric and curry**) for their antioxidant and anti-inflammatory action.
- Consume burdock root for aid in detoxification. Your chef can add this to soups!

- Consume **chlorophyll** in dark-green leafy vegetables.