

## Spring Clean Your Body – Herbal Clinic Swansea

We come into contact with a vast array of unnatural and toxic substances on a daily basis. The chemicals we clean our homes and wash with, the plastics we package our food in, even the fertilisers that we spray onto the food we eat.

Our biological system that deals with these toxins is called the cytochrome P450 system and is governed by the liver. It is responsible for binding potentially harmful molecules and ensuring their excretion via the kidneys and bowel.

Unfortunately, our biology has not been able to evolve quickly enough to keep up with the massive increase in synthetic chemical exposure that has occurred over the last 50 years. As toxins accumulate we may experience unpleasant symptoms such as allergies, lack of mental clarity and low energy. Toxic waste from incomplete digestion of foods may leave us feeling lethargic, bloated and congested. The solution? Detox! A spring-clean for the body and mind.

### How to detox

If possible, set aside some time to take extra care of yourself during your detox; this should be a nurturing experience, not a punishment. Do a little research and plan a detox regime that suits you - perhaps you can set aside a week to really focus on the process or incorporate a few changes gradually into your routine.

### Useful tips

- Drink plenty of warm/hot filtered water
- Eat plenty of salads, steamed vegetables and home-made soups
- Experiment with a juicer. Packed with vitality and nutrients, juices can be an energising and delicious addition to your program.
- Green/white teas are antioxidant rich – protecting cells from damaging free radicals, which are increased through exposure to pollution, cigarette smoke and herbicides.
- Cruciferous vegetables – broccoli, cabbage, cauliflower and watercress are rich in isothiocyanates which boost the body's P450 system
- Avoid caffeine, alcohol, smoking, meats, dairy products and eggs
- Drink plenty of ginger and lemon tea

### Herbal synergy

**Carduus marianus** (Milk thistle): Specific for aiding the liver's natural detoxification mechanism, this herb enhances the P450 system. Being liver protective it also reduces the impact of poisons in the system.

**Taraxum officinale** (Dandelion): Stimulates the liver to produce bile, which plays an important role in detoxification as it carries stored fat-soluble toxins away from the liver to be excreted in the stools. It has a diuretic action on the kidneys, therefore assisting the removal of water-soluble waste.

### Iridology

The eyes will often appear clearer and brighter following detoxification of the body. A dullness to the eyes is an indication that toxic matter is present. A trained iridologist can examine the markings of the iris to ascertain the condition of the body.

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