

Detoxification

By Dr. Michael Hoffmann

Today our bodies are constantly filtering unwanted/unhealthy substances at a rate that it sometimes cannot keep up with. During a detoxification diet, we give our bodies time to “catch up” on all the filtering, (and actually get ahead) since during this time we eat a very wholesome diet that is minimal in toxins. You can think of it as locking the door to your house, turning the ringer off on the phone, and dedicating the day to catching up on housework. Since there are no interruptions, you finish a little early and have time to organize the “junk drawer” that you have been meaning to do for months.

There are several diets and modalities that can be done during a detoxification period. They include:

- Brown rice diet
- Fasting diet
- Juicing
- Mediclear or Ultraclear diets (these include daily shakes)
- Botanical tinctures (to support the liver and digestive tract)
- Hydrotherapy
- Sauna
- Supplements
- Exercise
- Meditation
- Dry brushing

The best time to do a detoxification program is during the spring and autumn. These are the times when are body goes from hibernation to an active phase and vice-versa. Thus, as we approach spring think about giving your body a tune-up too.

If you want more information on the different detox programs available and the one best suited to your level of health, please contact Dr. Michael Hoffmann, N.D. at 225-3842 or drhoffmann@naturopathicrelief.com