

What is detox?

When considering detox, most people generally think of the liver. It is true that the liver plays a major role in the detoxification processes of the body, however, other body systems work synergistically with the liver for optimal detoxification and maintenance of health and wellbeing. For example, we know that the liver breaks down toxins, converting them to substances that can be excreted by the body. If your bowels are not working correctly however, it is possible that such substances can be reabsorbed, and recirculated in the body rather than eliminated efficiently. The lungs and skin also play a role in the elimination of toxins. We have the unique ability to expel toxins in the air we breathe out and the sweat from our skin.

A detox program will incorporate dietary and lifestyle changes as well as individually recommended nutritional supplementation to support and enhance the various processes involved in detoxification. Your healthcare practitioner may also utilise testing to obtain a precise picture of exactly what is going on in your body.

How do I know if I need a detox?

Signs and symptoms of toxicity

Poor detoxification and accumulation of toxins may be a contributor to symptoms such as:

- Headaches
- Coughing
- Sore throat
- Hayfever
- Moodiness
- Anxiety
- Insomnia
- Fatigue
- Hives
- Anorexia
- Bad breath
- Depression
- Joint pain
- Wheezing
- Sinusitis
- Frequent colds
- Irritability
- Sleepiness
- Dizziness
- Skin rashes
- Nausea
- Indigestion
- Constipation
- Immune dysfunction

In your initial consultation your healthcare practitioner will have determined whether or not you need to undergo a detoxification program, and what type of detoxification program is required.