# Physical Focus

# 6. Detox

Our bodies absorb a LOT of garbage. It’s in the foods we eat, which is full of chemicals. Also, our poor diets bog us down. They force our organs to work harder because usually, people fill up on animal products and starches, not vegetables. Proteins are very hard to digest, which makes us feel heavy and slow. Further, with this way of eating, we don’t usually get our full nutrition. This also bogs us down. Even if you’re eating a really healthy well-balanced diet, all organic, you’re still consuming at least some toxins. It’s also in the air we live in, especially in cities. This is the simple reality of our lives in the 21st century.

Occasional physical detoxes are great for every body. You can do a liver cleanse by buying the herbal concoction online and taking a couple capsules a day. That helps a lot. You can do a juice cleanse by consuming only fresh-pressed juice for a period of time. Be sure to choose organic when possible. I have a friend who was always sort of lethargic, withdrawn, not too social, a little pudgy. Wow she did a 3-week juice cleanse and I did not recognize her! Not only had she dropped about 20 pounds, but her vitality level was through the roof! She was energetic, socially fun and engaging. I couldn’t believe it. That’s what can happen when you consume only live foods.

You can also practice a more detoxifying lifestyle by choosing to consume health and vitality with every bite. Eat live plant foods. Which is fresh fruits and vegetables, ideally raw, and sprouted and raw lentils, garbanzos, and grains. Heck eat only live foods for a few weeks and see how you feel! Be sure to eat enough veggies—at least 2 cups a day. That’s a full pound, or 500 grams. Get at least one cruciferous vegetable serving daily, which is broccoli, cauliflower, collards, and all the cabbages. If you like sauerkraut or kimchee, that’s a win because it’s raw *and* fermented, bringing you healthy gut probiotics, and it’s definitely a live food, and it checks off your cruciferous serving.

One way to detox that people don’t love to talk too much about is cleaning out the pipes from the other direction. An enema practice cleanses not only the intestines, but the detoxifying and healing benefits get up into the liver as well. We hold a lot of emotions in these areas of the body. So, cleaning out these areas kind of like with a hose can help shake loose stagnant emotional residue in addition to digestive residue. Lots of benefits to cleaning out the pipes. Be sure to use only high-quality, organic ingredients.

## Task

1. Eat more consciously by doing the following. First, eat only organics. Second, balance your diet with enough vegetables. Two cups a day. Try to get there. Third, try to eat at least three raw meals a week. Do a web search to figure out what that will be for yourself. Overnight oats with fresh fruit for breakfast and mixed vegetable salad with sprouted lentils for lunch are easy go-to options. But there is a whole world of raw recipes. Check them out! *Prioritize your body’s health over your tongue’s pleasure*. Food is fuel. Yes it’s nice when it gives us a dopamine rush from the Yum!, but it’s really our body’s only fuel source. Give your body healthy and appropriate fuel. And watch your vitality soar!
2. Do a liver cleanse with prepared capsules. At least 7-10 days. Begin a practice of at least annual liver cleanses.
3. Clean out the pipes. Do an enema. Conduct a web search to decide which kind and how. If you use coffee, be sure it’s organic. Read up to understand dosage, time held in, and frequency for best results, in addition to best practices for administration.
4. Think about juicing. Is it something that could work for you? If you invest in a juicer, would you use it occasionally? Can you prioritize your body’s health by using this appliance? Be honest. Of course, I’d love to advocate everyone buy a cold-pressed juicer and get on a juicing regimen. But that’s not realistic. Even I can’t stay on a consistent juicing regimen. But, I have a great juicer. And when I want to make juice, I can! If you’ll never use it, don’t waste your money or the space in your cupboard. But if you can fit it in, do it! Note that the juice from the cold-pressed juicer lasts 3 days, while the juice from the high-speed juicer, like Breville makes, lasts just 1 day.