



Real Food Mum
Real Food for Real Lives

Detoxification, Critical for Optimal Health

By Terri Hirning

Unfortunately, we see toxicity rising in relationship to our environmental exposure, food exposures, personal care products and pharmaceuticals usage. What impact does this have on the optimal functioning of health and wellness? Research is mounting on the role of toxicity in the degradation of health, including [mental health](#), and optimal wellness. The result can be increased sensitivities to compounds and foods, neurological impairment, fatigue, aches, headaches, muscle or joint pain, inability to focus, even weight gain! Whether we are talking about [organophosphates](#), [air pollution](#), [medications](#), or other sources of toxicity, detoxing should be a focus for everyone.

But how can we support optimal detoxification in our bodies? There are many ways we can support our bodies in ridding the toxins that may be hindering our bodies and minds.

Physical Detox:

- Exercise frequently to increase the sweating response. Sweating is effective at detoxing many chemicals. Make sure to use a towel to remove sweat frequently, chemicals may be reabsorbed back into the body if left on the body.
- Use infrared (FIR) sauna therapy to sweat out toxins, both old and new. I prefer [Heavenly Heat](#) because of their quality products and that they do not use toxin glues and chemicals in their saunas.
- [IonCleanse](#) Footbath. This technology is great for a wide range of toxins and for supporting the detox pathways as a whole.

Why I Prefer IonCleanse?

- I have extensive personal and professional experience with IonCleanse from AMD. The unit is safe and reliable and provides deep support in terms of detoxification. They provide a wonderful FAQ for autism found [here](#).
- My son was included in the first study on children with autism through The Thinking Moms Revolution. The results of the studies are impressive and can be found [here](#).
- My son's ATEC score started at 22 and by the end of 3 months, his score was a 4! Some of the improvements noted were:
 - Less self-stimulatory behavior
 - Less need for supplements
 - Reduction in biofilm
 - Improvement in handwriting
 - Improvement in social engagement
 - Quicker healing when ill

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This is not intended to diagnose, treat, cure, or prevent any disease.

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Supplementation

- Supplements of [folate](#), [B6](#), [B12](#), and [Trimethylglycine](#) (TMG) can be supportive of detoxification. Supporting the methylation cycles also provides support for detoxification.
- Oral liposomal [glutathione](#) is a wonderful support to the detoxification process.
- Chlorella is a nice additive and research has shown this to be helpful for detox, including heavy metals.
- [Activated charcoal](#) can bind toxins that have been released and help prevent a “herxheimer reaction” or flu-like symptoms that can be caused by the die off of harmful pathogens and the body’s attempt to process and expel them. Activated charcoal should always be taken at least 2 hours away from other supplements and medications as it will bind and eliminate those as well. Constipation may occur so supplementing with [magnesium](#) is often done in that case to provide relief.
- Adding lemon to water helps with detoxification. There are also many detox herbal teas available, including ingredients like dandelion root, licorice root, and burdock root.
- [Epsom salt](#) baths can also help stimulate detoxification in the body. Soaking in a warm bath with Epsom salts for about 20 minutes is a great, and relaxing way to support yourself.

Castor Oil Packs

- The elements of a castor oil pack include flannel, hexane-free castor oil and a heating pad. A convenient package can be found [here](#) on Amazon.
- Cut a large piece of cotton flannel and fold into thirds to make three layers.
- Thoroughly soak (but not completely saturate) the flannel in castor oil. I put the flannel flat on my palm and pour castor oil on one side.
- While lying on an old towel or sheet (castor oil stains!), place the cloth on the desired body part. Commonly placed packs are on the liver (right side just under the rib cage), uterus, ovaries, stomach, intestines, any place that needs support or that has discomfort.
- Cover with plastic, saran wrap works well. Place the heating pack on top of this.
- Lie on back with feet elevated and relax for 30-60 minutes.
- Use this time to practice deep breathing, read a book, meditate or pray (or whatever you find relaxing).
- After the desired time, remove the pack and put the flannel in a large ziplock bag. Store in fridge (they can be used over and over again as long as they are kept refrigerated).
- Use an old rag or natural body wipes to remove any castor oil left on the skin.
- Relax and rest. Make sure to drink enough water and stay hydrated after doing this.

Need more support and are local? Contact Real Food Mum to schedule your IonCleanse Footbath session. Prices are \$30 for 30 mins or \$40 for 45 mins. Located in Flagstaff, Arizona.

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