

# Help for the Weekend Warrior

## A healthy you Part 2



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In the 25 plus years I have been in the fitness/health industry I have tried and researched many different products and techniques over the years much to your benefit as a reader to attain better health. Last month I talked about supplementation and this month I want to talk about how to cleanse and detoxify your body. Considering we are still early in the year it makes it an even better time to get a fresh start.

Let's pick up where we left off last month and don't be afraid, many people get nervous when you talk about cleansing and detoxifying. The process is simple and really something your body needs on a regular basis, by choosing the correct cleanse and adhering to some minor rules, you can detoxify without discomfort.

I guess the big question everyone asks is why should I cleanse? Your body is like a high performance bike. When the bike is new it runs like no other time in its life. Over time if you don't service the bike it will start to lose horsepower, run poorly, handle like a Harley and maybe even seize. The process of breakdown continues even if you are putting the right type of fuel in your bike. Much like an air filter our liver is our bodies filter system and if it is not serviced on a regular basis our health will suffer. Problem is that where do we take our body for service? The best place to start is right in your kitchen with start choices to begin the cleansing process.

There are many ways we are exposed to toxins: foods, most crops are grown with pesticides, fertilizers, herbicides etc... Farm animals are given hormones, antibiotics and other drugs to promote growth, high fat refined and processed foods, the air we breathe, dust, fumes from paint, gas, cars, buses and even the water we drink. Keep in mind that even if we eat organic, drink purified water and live in a bubble, your body manufactures its own toxins and still must be cleansed. Although God created us to naturally detoxify ourselves, he did so in a clean pristine environment, not the environment we live in today.

So where do you begin? I recommend using a multi-systems cleanse that will work on the majority of systems we need to cleanse. The systems usually included in a cleansing kit are Gastrointestinal, urinary, lymphatic, skin and respiratory. These multi-facted cleansing systems work on more than just your bowels. They usually contain ingredients to assist your body in removing the waste from your bowel but in a kinder gentler way than the old days of natural health. Most cleansing systems are meant to be used for up to 4 weeks and you will need to determine which is the best for you through consultation. Another way is to cleanse and detoxify is by using green super foods on a daily basis. One of my favorites is Biogreens which has added nutrients to support the body's repair and recovery. The biogreens way tends to be the most popular

simply because it involves cleansing without much change to your normal routine except for the fact that you must eat very clean and lean as well during the process.

What can you expect with this kind of cleansing? Often times when you begin a cleanse you may feel worse than you did before you started but you have to trust me that you will feel much better when you are done. Cleansing is sort of like dusting your house. We not only clean the dust from the surface, but we stir up the dust in the process. If you could imagine your body is like a jar and the top half has crystal clear water and the bottom half has fine black silt in it. This image is what your body is probably like prior to cleansing. When you begin a cleanse it is like shaking that jar

because the toxins are released from where they are resting. This release of toxins can make you feel tired, achy and almost flu like; this may go on for 3-7 days. As the symptoms start to go away you will feel like a million bucks, increase in energy, weight loss perhaps and improved health overall.

In order to help reduce the duration and severity of these symptoms, I always recommend three critical components; Fiber, water and probiotics. Toxins will leave your body in three ways; urine sweat and stool. Water is by far the key player in all three of these elimination pathways. You need to make sure you pass these toxins as quickly as possible by drinking about one gallon of water per day or in some cases about half your body weight in ounces. In addition you will need to drink purified water either distilled with added trace minerals or reverse osmosis water. Fiber will also play a major role as your body starts to eliminate toxins, it will dump them in the colon. Fiber helps to trap these toxins, keeping them from being able to be reabsorbed into the body. Probiotics may have been the last mentioned of the three but still of great importance. One, they help suppress the bad guys (parasites, bacteria)

found in the lower intestines tract. Certain bad bacteria in the bowel can actually set free the toxins that were bound by your liver and dumped into the your bowel. By having enough good bacteria from the probiotic we suppress the bad guys and keep those toxins tied up for removal. The second reason I like to add probiotics is to put back the good bacteria that we may have eliminated as you take your cleanse. As you increase bowel movements and urinate not only do you eliminate toxins you get rid of some of the good stuff as well. By restocking the good bacteria you are preparing the body for better digestion.

I find it important to make some dietary changes when you decide to cleanse. Some of the things I find help are eliminating animal products,



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refined foods, pasta, breads, and sugar. Try to eat a vegetarian type diet during your cleanse and eliminate milk products as well. Besides these items I would also discontinue your supplements unless it is something critical to your health i.e. medication for diabetes, High blood pressure, cholesterol etc. The idea is that you will be eliminating most everything from your systems and supplements during this time may be a waste of money. When I do a nutritional consult with someone, I typically like to start with some form of cleansing and depending on the individual's age and state of health will determine what we need to do to get things

started. Think of it this way, you would not want to put fresh race gas in your bike with a half tank of gas that may have been in there sitting for 6 months or so right?

Stay tuned next month for part 3. Don't forget to check out [www.innovationtrainingsystems.com](http://www.innovationtrainingsystems.com) for all your fitness and nutritional needs and don't hesitate to contact us on how to get your blood done to determine any deficiencies. If you have questions, comments or ideas for topics you would like to see covered in training camp, send them my way. [Klayfield@yahoo.com](mailto:Klayfield@yahoo.com)



## \* IMPORTANT NOTICE

A printed edition of the July FTR Magazine may not be published. In place of a printed version, an online version will be posted on the FTR website. Important notices, minutes of meetings, and schedules will be included in the online edition, and it will meet the FTR rulebook requirement to publish notices and minutes in the magazine.

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