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DETOX VS CLEANSE AND HOW IT AFFECTS YOUR BODY





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Chapter 1

Do You Know The
Difference Between Detox
and Cleansing?





It is an important distinction and one worth educating yourself in.

Though conventional dictionaries and the average person may not be able to make the distinction between the two terms, there is one

- detox is a clinical state, it takes months to detoxify the liver and kidneys; it requires food that has low or no chemicals, additives or preservatives.

Cleaning is about taking the load off the body for a few days, **detoxifying** is about restoring the body to a natural, non-toxic state.

This is why many of us call upon the help of a detox retreat to help with the process.

Chapter 2

Why Should We Detox





We are exposed to toxins everywhere, from the air we breathe to the food we eat, even as a result of metabolism.

These toxins cause irritation and inflammation throughout our bodies.

People have always been exposed to toxic substances, but today's exposure far exceeds that of previous times.

Our body normally produces toxins as a by-product of metabolism; we call these **endotoxins**, which mean they came from within us.

If not eliminated, these endotoxins can irritate and inflame our tissue, blocking normal functions.



Antibodies that are formed to protect us against the harmful effects of these endotoxins often trigger a systemic effect, causing an **autoimmune reaction**, so our body begins to fight itself.

By assisting your body to remove stored toxins through detoxification programs, your body can more easily health itself.



Removal of waste material – **detoxification** – is essential to the healthy functioning of our bodies.

During a cleansing program your body more rapidly recycles materials to build new cells, take apart aged cells and repair damaged cells.

For those who are serious about the subject, there is a great book by **Elisabeth Lipski** - Digestive Wellness 4th Edition.

Chapter 3

Ways to Cleanse?



Firstly, what is cleansing?

Generally it **involves cutting out** a bunch of stuff that's usual in **our western diets** (wheat / gluten, sugar, dairy, alcohol and caffeine are the top 5) and simply replace with more fruit and veg.



BUT it is also about reducing other toxic substances - stress hormones like adrenaline and cortisol - and increasing healing activities - sleep, gentle exercise, breathing and relaxing.

Chapter 4

Let's Look At Detox Diets





Cleanses come in various forms, such as fasting from solid foods and the drinking of juices or perhaps even just water, but the point is that **these are temporary.**

A cleanse, usually from three days up to a month, allows the body to purge some of the nasties in the system and begin to heal itself.

But doing a cleanse does not necessarily mean that the body is completely detoxified ... **it is just the start.**



Even in ancient times there was use of sweat lodges, such as those used by Native Americans, Roman Bathhouses, the Jewish Ritual Mikvah baths and of course the ubiquitous Swedish Sauna.



That's why we have put together a program along with a dedicated diet to ensure you experience the most from your cleanse.

Please see the end of this article for more information, but firstly. . . .

Let's Look at Detox Diets.

To make this as easy as possible let's look at dividing food simply into acid-forming and alkalising, and for long-term detoxification.

The key is **to reduce acid** and promote **alkalising foods**

Acid
forming
foods
to
reduce
or
avoid.

- × Sugar
- × Bread and flour
- × Noodles and pasta
- × Cereals
- × Processed nuts
- × Peanuts
- × Soft drinks
- × Hard cheeses such as parmesan
- × Processed fruit in syrup
- × Excess red meats



- ✓ Fruit and fresh fruit juices, especially bananas and apricots
- ✓ Vegies and fresh veg juices, especially spinach
- ✓ Lemon juice and apple cider vinegar
- ✓ Kefir, Kombucha and tempeh (fermented foods)
- ✓ Yogurt

Alkalising
foods
to
add
or
increase.

- ✓ Mineral water (especially those higher in calcium)
- ✓ Nuts and seeds, especially hazelnuts
- ✓ Spirulina

Chapter 5

Sweat It Out



In many ways it's an obvious correlation - raising the temperature triggers perspiration, the body's inbuilt cooling system, and **sweating** is one of the ways the body naturally and effectively **expels cellular waste**.



The Detox Box / Infra-Red Sauna (which is found at Le Beau) and broad spectrum infra-red is changing how we apply heat to the body and enhance therapeutic benefits.



The age old tradition of applying heat to the body is still helping us sweat out toxins today.

The infra-red heaters emit a spectrum of radiant heat that is absorbed directly into the body unlike a traditional sauna via air or steam.

Infra-red saunas tend to be tolerated better by most people than high temperatures of the standard humid hot air saunas because **infra-red rays do not heat the air inside** the sauna **but still heat the body**, which means more comfort and more effective heat.

Chapter 6

Movement is Essential





The key detoxification process

perspiration,

oxygenation,

circulation,

digestion

- these are all enhanced by exercise, lymphatic waste removal, perhaps the body's number one method of detox, can't function without external motion.

While exercise is sometimes contraindicated during cleaning, especially fasting, daily exercise is an essential component in long term detoxification.

Certain exercise will jump start the cleansing process.



Think of the organs directly involved in exercise

. . . .

respiratory

(lungs, throat, sinuses),

skin

(sweat and sebaceous glands),

circulatory

(blood taking oxygen to the muscles, lymph fluid collecting waste)

– all these systems are also key to detoxification.

A key difference between blood and lymphatic is that blood has the ability to circulate through the body, whereas the lymphatic system does not have to pump to aid its flow. This is why physical activity is so important.

The basic way to stimulate the flow of the lymphatic system is through body movement. The contraction of the muscles and motion of the limbs stimulates the flow of the lymph's through the capillaries towards the nodes, sweeping toxins on its way.

The exercise that takes number 1 place in the detox plan is – YOGA!

It boosts circulation and metabolism through deep breathing and posture.



Bikram yoga, also known as hot yoga, especially promotes sweating as the room is heated to around 40 degrees.



Any exercise that lifts the feet above the head helps to drain accumulated lymph fluid from the legs and re-circulate it through the body.

Here are some ideas -shoulder and head stands, lying on the floor with legs on a chair will have a **similar effect**.

Twisting positions have a direct impact on the stomach and intestines.

The organs are compressed during a twist, pushing out blood filled with metabolic by-products and toxins.

When we release the twist fresh blood flows in carrying oxygen and nutrients.



Yoga twists stimulate digestion and facilitate the elimination of impurities and waste products from the body.

During twisting exercises in the morning, this can help bring on a strong bowel movement.

Chapter 7

Releasing Stress





*Reducing our anxiety load
is a key component of
detoxing.*

Stress creates an environment in the body that is more **susceptible to disease** and a major contributor to **degenerative diseases** - two circumstances that can benefit from detoxifying.

One of the physiological functions of stress is the creation of adrenaline and cortisol, two hormones that directly oppose the chance to rest.

And it is during rest mode that the body's ability to carry out the detoxification process is at its peak.



Spa Detox – Algae – Micronized Marine Algae Body Treatment!

Although this treatment is not recommended for those who suffer from thyroid, high blood pressure, are pregnant or are allergic to iodine.

It is a major part of the detox process, using 100% natural mineralised marine algae permit to profit from the benefits of the sea.

It's re-mineralising and revitalising by the infusion of marine nutrients.

Detoxifying and drainage refines due to the rich iodine content of the algae.

Dyurvedic Tea



Combining an internal cleanse with a spa detox treatment can significantly enhance the results for you, the client.



New Le Beau Day Spa Cleaning and Detox Program

Working with Le Beau, you will be guided through a 4 week program to help you kick start your path to a healthier you.

more information about the
DETOX PROGRAM RIGHT FOR YOU?

Click here