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Detoxification vs Depuration

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New Year, New You, right?! That's how the saying goes, but there is a bit more complexity and education required for radical change other than this commonly used phrase at the start of new each year. It is true, however, that a new beginning is the perfect opportunity to reflect, remind, and REFRESH.

Right now, after the holiday season, your body probably consists of nothing more than egg nog, chocolate, and cheese. Maybe you are looking for ways to detox and set yourself up for a new year.

There are two methods that are commonly misplaced when researching toxin removal: Depuration and Detoxification. Let's discuss the differences between these two terms and get you set up for a successful 2021 health journey.
Detoxification is the elimination of normal endogenous metabolites such as estrogen derivatives, homocysteine, and methylmalonic acid, as well as environmental toxins (including molds). It also refers to the removal of self-administered toxins such as from drugs, alcohol, smoking, even preservatives in our food.

Some routes of detox are:

- Fasting/juicing
- Lymphatic drainage
- Hydrotherapy
- Binders to pull toxins into the colon including fiber, clay, chlorella/herbs, and activated charcoal.
- Colon hydrotherapy and/or enemas
- Parasite cleanse
- Ionic foot baths
- Castor oil wraps
- Sauna – sweat!
- Acupuncture
- Sleep! – This is when your body loves to reset, restore, and clean house.

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Depuration is to cleanse or “to make pure again”. We usually use it in the context of removing xenobiotics from the body. You are helping the body to naturally reduce all-poison load by increasing the biotransformation(detoxification), excretion, and elimination of toxins.

What’s a xenobiotic? In the environment, xenobiotics include prescription drugs, heavy metals, synthetic pesticides/herbicides, and industrial pollutants that would not be found in nature and not produced by the body. Because the body does not recognize these toxins, it’s often harder to get rid of them.

Some routes of depuration are:

- Far infrared sauna – sweat!
- Exercise/movement – you are not going to move out toxins by just sitting there.
- IV chelation/therapy.
- Massage – again, we are trying to increase circulation for better excretion flow.
- Vitamin, mineral replacement.
- Oral administration of xenobiotic binding substances.
- Sleep!

How do I begin the journey to rid myself of toxins?

The First Rule: Stop the exposure! You need to reduce the total body burden… and yes, this is usually easier said than done. These toxins can build up and lead to multiple sensitivities, increases in free radical production, DNA damage, disruption of the endocrine system (hormones), mitochondrial and cell wall damage, organ dysfunction, and neurological disruption to name a few. These can cause maladies like diabetes, osteoporosis, arthritis, cardiovascular disease, learning disorders, headaches, memory loss, irritability, depression, the list goes on.

The body has many ways to excrete toxins including:

- Skin (skin cells, sweat, hair, nails)
- Lungs
- Liver
- GI tract
- Kidneys
- Breast milk, tears, saliva, etc.

Why is it so hard for my body to rid itself of toxins if it has these natural pathways?

- We eat diets lacking in fiber and nutrients.
- We are dehydrated. Water is your friend – calorie-free, sugar-free, fat-free, and gluten-free!

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- We don’t breathe deeply, regularly
- We don’t sweat enough.
- We don’t relax enough.
- Our poor gut flora.
- Unhealthy gut membranes and diet increases absorption and, more importantly, reabsorption of poisons.
- Most persistent chemicals are fat-soluble – meaning they like to hang out in fatty tissue and can have a very long half-life which can last in that tissue for years or even decades.

Depuration and detoxification – what are we trying to do?

- Minimize exposure to toxins,
- Eat a nutritious diet or supplement nutrient cofactor support for excretion of xenobiotics. • Mobilize body burden xenobiotics.
- Direct poisons to excretory organs and support their elimination.

The bottom line is that most of us have toxins in our bodies in one form or another and they can greatly affect your health and your ability to heal or just go about daily life. There are many ways to do proper detoxification and depuration at home but before starting any new protocol, please consult with your doctor first. They will take a thorough history of your exposures and can even run labs to see where your toxin levels are.
Curious to know what’s floating around in your body? Schedule a visit to see one of our fantastic doctors who will guide you in the right direction of how to detox your body in the best and safest way for you.

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