

Optimizing Your Body's 4 Main Purification Systems

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Optimizing your body's 4 main purification systems is an easy way for you to keep your body healthy and running efficiently.

Detox cleanses can be hard. Some people can't deal with the hunger. Some experience unwanted side effects while on a cleanse.

What you're about to learn is easy...

Optimizing your body's 4 main purification systems will not take very much effort on your part. You will have to add some things to your diet and make some minor adjustments to current habits, but incorporating these methods into your daily life will be relatively easy.

First, let's talk about the 4 purification systems and how you can optimize them.

The 4 Purification Systems Your Body Uses To Cleanse Itself Are:

- Breathing
- Sweating
- Urinating
- Defecation

You can prime these 4 systems and have them running at optimum levels with very little effort. By doing so, you will notice a major change in your energy levels and overall health.

These methods will use your body's natural detoxifying mechanisms to purge your body of unwanted waste.

We'll discuss each of these 4 purification systems separately starting with breathing.

Proper Breathing

The majority of adults today are partially suffocating themselves due to improper, shallow breathing. By not taking full, deep breaths that fill your abdomen and lungs you are depriving your body of vital oxygen.

The type of breathing practiced by most people only uses a very small section of their lungs - this allows waste to build up in the unused portions of this vital organ.

Shallow breathing is also inefficient.

You can't survive without oxygen, and by taking small little sips of air you are depriving yourself of this vital component of life.

By practicing deep breathing you will expel built-up waste and carbon monoxide from your body, charge your body with fresh oxygen, and increase energy levels.

There are many schools of thought on proper breathing. Volumes have been written about it, and many tie deep breathing with the obtainment of esoteric powers.

** I can't guarantee esoteric powers, but I'm confident deep breathing can help you feel better.*

After you become more adept at the methods described below you can look into more complex breathing techniques such as yoga or qigong, but for now here are some simple techniques you can start using right away:

A Basic Deep Breath That Can Be Done Sitting, Standing, or Lying Down

- Think of the front of your torso, from the top of your lungs to the bottom of your abdomen as one empty chamber
- Make sure your back is straight, your shoulders are relaxed, and your chin slightly tucked towards your chest
- You're going to breathe in through your nose and exhale through your mouth

As you take a breath, feel it start to fill the very bottom of your stomach. You should notice your stomach expand as you do this.

As you continue taking the breath your abdomen and lungs fill with air, from the bottom all the way to the top of the lungs.

When you have filled your entire abdomen and lungs with air hold the breath for a second, then slowly release the breath through your mouth, first releasing the air at the top of your lungs and working your way down to your lower abdomen.

As you do this for the first time it's going to feel unnatural because you're working and expanding parts of your lungs that have been dormant for so long. As it becomes more natural you will notice a big difference in the way you feel.

It's remarkable how much of a difference this can make. This simple technique can energize you when you're lethargic and even help wash away stress.

Part 2 of the Basic Deep Breath

After you've become comfortable with the basic deep breath adding these next steps will increase its effectiveness, and help cement this practice into your subconscious.

First, you want to add a cadence to your breath.

For example, you will:

- Slowly breathe in for a 4 count
- Hold the breath for a 4 count
- Exhale for a 4 count

I'm using the 4 count, or roughly 4 seconds, as an example.

You may want to extend or shorten the count to suit your level of comfort, but give equal time to the inhalation, hold, and exhalation.

Breathing like this will give your body ample time to absorb the fresh in-breath of oxygen, and more effectively discharge carbon monoxide during the out-breath.

As you become better at deep breathing, try to increase the amount of time you take for each complete breath. This will help you become a more efficient breather.

Adding Visualization to a Deep Breath

Your mind has the ability to do amazing things. It can even heal. The big drug companies would rather you didn't believe this, but the supporting evidence is overwhelming.

So many studies which have documented the placebo effect – basically showing how sick people were given “sugar” pills and improved because their minds THOUGHT they were getting medicine.

There is no promise that you'll be able to heal yourself by doing this breathing exercise, but at the very least it should be relaxing.

You should practice this in a quiet place free from distractions for at least 10 minutes.

You will follow the same breathing instructions outlined above, but you should be totally relaxed and have your eyes closed. You will be visualizing breathing in a healing brilliant white light, and exhaling all the impurities from your body.

Here's how it works:

- As you slowly breathe in, picture a healing brilliant white light filling your entire body
- As you hold the breath, visualize any pain, disease, or impurities being absorbed by the cleansing white light
- As you exhale, visualize all those impurities leaving your body in the form of a light gray mist which dissolves into the atmosphere

If you're open-minded enough to try this it can have a profound effect on your overall well-being.

In addition to using this technique to cleanse your whole body, you can also focus the light on just one area of your body if you have a specific concern.

This visualization technique also works for negative emotions and stress. Just use the white light to absorb the stress or negative emotions, and feel it leave your body as you exhale.

When it comes to our health it really is the simple things that matter most. Proper breathing costs nothing and can be practiced by anyone, and it can make a really big difference in how you feel.

When you first start out you'll find yourself slipping back to shallow breathing, but after a while it will become a habit that you won't even have to think about.

The next cleansing system we'll talk about is sweating...

Sweating

It's our kidney's job to purify the waste that enters our body, but given that we are breathing polluted air, and eating food that's laced with pesticides this vital organ is being pushed to its limits.

The good news is you can help ease the burden placed on your kidneys by sweating.

When you work up a sweat internal waste is purged from your body through your skin.

A Great Way To Sweat

One great way to work up a good sweat is with a dry sauna.

The reason for a dry sauna over a steam sauna is that with a dry sauna you can turn the heat up much higher. The temperature in a steam sauna has to be kept low because the steam has the potential to burn your skin if it's too hot.

When you take a sauna, it's important that you don't spend too much time in there.

10-15 minutes is enough to make a big impact on your cleansing efforts. You should also make sure you're healthy enough to use a sauna and make sure that you stay hydrated.

For an average person, a 15-minute sauna session can remove the same amount of impurities that would take your kidneys 24 hours to remove under normal circumstances.

A sauna is so effective at cleansing your body that researchers have found that towels smokers sat on in saunas turn yellow from the impurities that come out in their sweat.

When benches in saunas are replaced, workers find deposits of thick, black sludge underneath them.

Sweating really is excellent at removing waste from your body.

IMPORTANT: Talk with your doctor before taking a sauna, especially if you have a heart (cardiovascular) condition. If you get the OK, follow these tips to keep yourself safe:

- Watch the thermostat/thermometer. I recommend no hotter than 180 degrees F in a dry sauna (not referring to infrared or steam saunas).
- Stay hydrated. Keep a bottle of cool water nearby and sip during your sauna.
- Limit your exposure. Most experts say no more than 20 minutes is safe. If you're a beginner, start with 5 to 10 minutes.

Other Benefits of Taking a Sauna

- **Weight Loss** - During a 10-15 minute sauna session, your heart rate increases by 50-75%. This provides a similar metabolic result as physical exercise.
- **Relaxation** - Lactic acid, which causes soreness and muscle fatigue is also released through sweating. This makes a trip to the sauna especially desirable for anyone who works out or engages in rigorous physical activity.
- **Increased Circulation** - Spending time in a sauna will expand blood vessels and help circulation.

Most health clubs and hotels have saunas. You can also have one installed in your home.

If you don't have access to a sauna that's okay, because you can still get all the benefits of sweating without a sauna.

Any type of activity that causes you to sweat will give you the same result a sauna will. It's important you don't wear any tight clothing made from synthetic fibers while working up a sweat. This will clog your pores and restrict sweating. Instead, choose loose-fitting cotton clothing.

Another tip that applies to both people sweating with a sauna or physical activity is to exfoliate your skin using a loofah, or natural sponge.

Removing dead surface skin will make it easier for the sweat to flow.

Make sure you avoid covering your body with chemical-filled lotions. A good alternative is aloe vera. You can get 100% pure aloe gel from most stores, and it's a very effective natural moisturizer.

And remember to stay hydrated if you are doing a lot of sweating.

Staying hydrated brings us to the 3rd purification system....

Urinating

This one is easy, you simply drink water. Try to drink ½ ounce to 1 ounce of water for every pound you weigh per day. So if you weigh 120 pounds, drink 60 to 120 ounces of

water every day. The reason for the range is because the appropriate amount varies depending on weather/humidity, physical activity level, and even fever/illness.

It's important that you drink filtered water. Your goal is to cleanse your body and unfiltered water is known to contain a host of chemicals.

Keeping hydrated has a cleansing effect on your entire body. Depending on who you ask we're made up of 60%-70% water. The problem is most people's fluid intake consists of diuretic beverages like coffee, soda, and alcohol which dehydrate your body.

Drinking plenty of water will:

- Flush metabolic waste from your body
- Keep your joints lubricated
- Keep your skin healthy

It will also help reduce your appetite. Drink a tall glass of water 10 minutes before every meal, and you'll find yourself eating less because of it.

A good way to tell if you are getting enough water is to look at the color of your urine. It should be clear, or very light yellow. If your urine is dark yellow, you could be dehydrated.

There are exceptions to this rule because some drugs and vitamins (mainly B vitamins) will turn your urine yellow.

There are a lot of different products out there for detoxing, many costing a lot of money, but few can match the cleansing power of water. There's such an abundance of water, and it costs almost nothing so why not drink to better health?

Defecation

Yes, this is kind of an awkward to talk about, but I would be doing you a great disservice if I didn't mention it.

Much of the waste our body produces is eliminated through bowel movements. A healthy person should have 1-3 bowel movements a day. Less than 1 a day and it could mean waste is building up inside your body.

How To Remove Built Up Waste

Many people will turn to enemas in order to cleanse their colons. This is effective, but I feel that in addition to being obtrusive, it's also not necessary.

To remove built up fecal material fast, simply consume a lot of fiber.

The average American adult is only getting about 50% of the recommended amount of daily fiber. Kids are even worse, getting just 20% of the fiber they should.

What's taking the place of fiber in people's diets?

Sadly, fiber has been replaced by empty carbs, and heavy, fat-filled food that produces dense stool which is very hard to pass. Adding fiber to your diet can get your internal plumbing running at maximum efficiency.

You want to take in at least 30 grams of fiber a day. If you're doing this as part of a colon cleanse you can use a little more, 40-50 grams would be perfect.

There are a number of ways you can get your fiber. I think it's best to get it through your daily meals, but there are fiber supplements available.

Here's a list of foods that will make your colon sing:

- Whole Grains
- Brown Rice

Beans & Vegetables

- Kidney beans
- Lima beans
- Black-eyed beans
- Chickpeas
- Lentils
- Peas
- Brussels sprouts
- Broccoli
- Parsnip

Fruits

- Apple (with skin)

- Banana
- Orange
- Pear (with skin)
- Prunes
- Raisins
- Raspberries
- Strawberries

Another good source of fiber is ground up flax seed. Flax seed not only gives you fiber but also omega-3 oil, which is a healthy fat.

You can sprinkle the ground up flax seed over salads, add it to oatmeal, mix it in with yogurt, or mix it with juice and drink it.

Psyllium husk is another excellent source of fiber. Psyllium husk has very little taste to it so it can be easily mixed in with many different foods. It also comes in capsules, which are sold in most health stores.

It won't take long to notice the effects of more fiber in your diet. Within days your stool will be less dense and will pass with less effort. This also helps reduce your chances of getting hemorrhoids which can be extremely painful and hard to get rid of.

Other benefits of adding fiber to your diet:

- Weight Loss - Fiber is very hardy and slow to digest. When you eat a high fiber meal or snack you'll feel fuller so you'll eat less throughout the day
- Fiber is also known to help lower blood pressure and reduce cholesterol levels
- New research is showing that fiber can also help combat heart disease and some cancers

Final Thoughts on Optimizing Your Body's 4 Main Purification Systems

Talking about your body's 4 main purification systems wouldn't make for polite dinner conversation, but it's important that you understand how they work, and get them working at maximum efficiency.

When you make a daily effort to breathe properly, sweat, drink plenty of water and get lots of fiber you can be cleansing your body all year around.