

4 Ridiculously Easy Ways to Detox in 2014



Sweating Into the Fire

If you haven't been feeling gossamer with energy lately, glistening like the being of light you truly are, and instead are overflowing with the putrefied, poisonous substances that are the envenomed bile of a corporate-run world, then have no fear. There are ridiculously easy and down-right cheap ways to clean the muck from the body and mind so that you start feeling you belong in the realm of bodhisattvas and angels, ingénues and ethereal warriors:

1. **Dance, Drum, Skip, Run, Make Love – SWEAT!** New research premiered in a pioneering [study](#) published in the *Archives of Environmental and Contamination Toxicology (AECT)* wherein the bioaccumulated effects of toxic build up in the body were explored, it was found that: **Many toxic elements appeared to be preferentially excreted through sweat.** Presumably stored in tissues, some toxic elements readily identified in the perspiration of some participants were not found in their serum. **Induced sweating appears to be a potential method for elimination of many toxic elements from the human body.** This is something you should be doing anyway since it elevates your levels of joy and allows your soul to find expression.

"We made love outdoors. . . assuming the weather to be fair and balmy, and the earth beneath to be clean. Our souls intertwined, dripping with sweat." ~ Roman Payne

2. **Don't Eat Until You are Truly Hungry – FAST!** While we are often over-fed in the West, and under nourished, our bodies are desperate for a break from digestion. Thus the term – break-fast because overnight the many important functions of

our internal organs are being carried out to refresh and renew the body, and when we wake, we are breaking our fast. Chinese medicine teaches that the liver, for example, can best renew itself during the hours of 1am and 3am. There are other times while we sleep that [organs have their turns at renewal](#). Fasting has been practiced for centuries and it is a wonderful way to detox the body. In multiple religious and spiritual cultures, fasting has been practiced.

*“Fasting in the monastic community is considered an ascetic practice, a “dhutanga” practice. (Dhutanga means “to shake up” or “invigoration.”) **Dhutangas are a specific list of thirteen practices, four of which pertain to food: eating once a day, eating at one sitting, reducing the amount you eat, on alms-round, eating only the food that you receive at the first seven houses.** These practices are adopted by individuals voluntarily, they are not required in the normal course of a Buddhist monastic’s life of practice. The Buddha, as is well known, emphasized moderation, the Middle Way that avoids extremes, in all things. Fasting is an additional method that one can take up, with supervision, for a time.” ~ [Rev. Heng Sure, Ph.D.](#)*

3. **Make a New Year’s Resolution to [Eat Clean](#).** You know how the saying goes – junk in, junk out. If you want to be cleaner, then you need to start putting better things in your body. [Shun the GMOs](#). They cause cancer and infertility, and are laced with so many toxic chemicals it would make your granny wince. Try to stay away from convenience foods too. If you find yourself hungry when out and about, keep some healthy snacks in your car so that you are aren’t tempted to go through a drive-through, or wait until you are so starving that any contrivance called ‘food’ will do, even if its nothing but fake-food in a fancy box. Replace sodas and sports drinks with purified water and a morning veggie-juice. No one is [forcing you to eat chemical-laden crap](#), so be good to yourself, and eat less of the stuff. Many fruits and

vegetables are naturally cleansing when you get them into your system without all the chemical fertilizers, herbicides and pesticides. And don't tell yourself you can't afford to eat healthy. Chemotherapy treatments start around \$10,000 per round and the [drugs that are 'chemo-supportive' can cost even more.](#)

"Americans shelled out more than \$110 billion on burgers, fried chicken, and the like in 2000, compared with \$6 billion in 1970."

4. **Get Your Probiotics.** Sure, these living bacteria help to destroy pathogens and 'bad' bacteria in the body, but captivating [research](#) indicates that probiotics actually help us break down foods (e.g. gluten; casein) and loads of chemicals (pesticides, [Bisphenol-A](#)) which can cause great harm to our bodies, and that our own detoxification pathways do not handle effectively. Good germs kill bad germs but also help the body rid itself of a toxic overload.

"Molecular biology has shown that even the simplest of all living systems on the earth today, bacterial cells, are exceedingly complex objects. Although the tiniest bacterial cells are incredibly small, weighing less than 10-12 gms, each is in effect a veritable micro-miniaturized factory containing thousands of exquisitely designed pieces of intricate molecular machinery, made up altogether of one hundred thousand million atoms, far more complicated than any machine built by man and absolutely without parallel in the nonliving world." ~ Michael Denton, Evolution: A Theory In Crisis

We live in a complex world, but your detox program doesn't need to be.

About the Author

Christina Sarich is a musician, yogi, humanitarian and freelance writer who channels many hours of studying [Lao](#)

[Tzu](#), [Paramahansa Yogananda](#), [Rob Brezny](#), [Miles Davis](#), and [Tom Robbins](#) into interesting tidbits to help you Wake up Your Sleepy Little Head, and See *the Big Picture*. Her blog is [Yoga for the New World](#). Her latest book is [Pharma Sutra: Healing the Body And Mind Through the Art of Yoga](#).

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