

Non-Food Ways to Detox

Our bodies are designed to filter and eliminate the toxins we encounter in every-day life - air pollution, cleaning chemicals, makeup and personal care products, chemicals and harmful additives in foods, and even normal biological byproducts like hormones and carbon dioxide. Of course, preventing exposure to toxins by eating healthier, switching to natural cleansers, and choosing safer skincare is the first step. But there are also ways to help your body process and eliminate toxins.

Our bodies have five main “routes” of detoxification - respiratory, gastrointestinal (including the liver), urinary, dermal, and lymphatic. Foods high in fiber and sulfur (like broccoli and cauliflower) are especially helpful for moving things through your GI tract and helping the liver break down chemicals for elimination. But there are non-food ways to detox, too. Here are some of our favorites:

Infrared Sauna Saunas are a great way to induce sweating, one of the body’s main ways to remove toxins. We especially like infrared saunas, though, for their ability to penetrate the body’s deeper tissues to promote healing and detoxification.

Dry Brushing Dry brushing is a great way to stimulate circulation and improve lymphatic flow which helps remove toxins. It gets bonus points for being a great exfoliator, too! It’s super simple to do and is inexpensive to get started - [this dry brush set](#) on Amazon costs less than \$20 and comes with a facial dry brush, as well. It comes with a how-to manual but you can find YouTube tutorials, as well.

Exercising Sweating is one of the cheapest and most effective ways to remove toxins from your body. Exercises that involve jumping, like on a rebounder (basically a mini adult trampoline - how fun, right??), are especially helpful for improving lymph flow and eliminating toxins.

Tongue Scraping An ancient Ayurvedic technique, tongue scraping is a quick and easy way to aid detoxification. It also helps improve taste and eliminate the bacteria that cause bad breath. Simply run a tongue scraper like [this one](#) from back to front across your tongue 7-14 times each morning, remembering to rinse your tongue scraper after each scrape.

Deep Breathing It sounds so simple but breathing is one of our body’s main methods of detoxification. In today’s day, especially, we forget to take deep breaths which hinders our respiratory detoxification pathway. Every day, set a reminder on your phone to take 5-10 deep breaths, in through your nose and out through your mouth. We like to call this deep belly breathing, since you should be able to see your belly rise and fall with each breath.