Dr. Aimee Duffy Md I Discover the Power of Detoxing for Wellness Transcript

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What Detox Means and Common Questions

Have you ever wondered if a detox is something that you need? What is a detox? Is it colonoscopy clean out? is it drinking some gross green stuff and not being able to eat for three days?

Am I going to be in the bathroom the whole time? There's so many questions about detox that we hear and whether you even need to detox or not or how often should we detox.

There's so many symptoms that go along with whether we think that we need detox, or toxic buildup in our systems and you can experience some headaches, you could have a lot of GI symptoms like bloating or reflux or even constipation or diarrhea.

Signs You May Need a Detox

We see brain fog, everything's just slowing down, even like aches and pains or being able to sleep well. So your liver really works hard between the hours of 2 and 4 a.m.

so If you're struggling with maybe not being able to sleep and waking up around two or four in the morning, then that might be another reason why you need to consider doing some sort of detox or liver cleanse.

I use the term detox a lot more than we use liver cleanse simply because there's more to it than just your liver. Your liver absolutely is a filter and it's doing a very good job of keeping your body free from toxins that are being exposed.

But if your lever gets really sludgy and busy, you might have heard me talk about this before where your livers like the dryer vent in your dryer.

How the Liver Processes Toxins

And if you don't empty that lint vent, after every couple of loads or so you do load after load of laundry and you don't clean that filter then what happens is your dryer gets slower it gets inefficient and your gonna start to see where you have to run this the clothes through another cycle you it's working you feel the heat when you open the door but your clothes aren't dry yet so your body's doing exactly the same thing where it is trying to filter all this junk that's going through that we may be exposed to, whether accidental because we're just breathing air and drinking water or whether it might be voluntary things that were putting into our body, like foods that may have more chemicals, beverages, medications, things like that.

So our bodies constantly dealing with the toxins that are coming in and its job is to protect us. It's trying to get rid of those toxins, but sometimes it has a hard time doing that or it's just overloaded and we need to do a clean out.

Doing a detox is super helpful.

Everyday Ways to Support Detox

There are other ways that you can detox that You can start right now, so you don't necessarily have to get a detox kit going online, shopping, but you can to work on your own to eliminate some of those things that make your body have work really hard.

So just think about the chemicals that you have in your environment that do have control over. What you're putting into your bodies, what you are putting on you body.

Any kind of lotions, any kind sunscreens or bug sprays we're dealing with a lot this summer, What are you putting in on body? Cleaning products in you house.

food that you're eating, that kind of stuff. And then another way to think about detox is how our body gets rid of things. Your liver that goes through your bowels, so making sure that our bowls are moving the way that they're supposed to.

Drinking plenty of water because your kidney is also a filter, So we need to be able to make sure we're flushing those through. Moving your body, sweating is really good.

So making we are exercising, getting some sweat, sitting in a sauna for 10 or 15 minutes every day because that's getting sweat out and helping get rid off those toxins.

Exercise and moving is a really great way detoxing and helping our body to get rid of stuff. Because if we're just sitting around being sedentary, then all those toxins we are being exposed to are just getting stuck right back into our tissues.

Detox Options Offered in the Office

So these are some of the ways that you can think about detox without having to go through an official detox. But if you're wondering whether that's something that would be helpful for you, if have questions about it, what type of detox should you do?

We carry in our office a 6 day, 30 day and then we do a 60 day detox that's more prescribed with coaching and appointments as well as blood work that goes along with that one.

So we have all kinds of ways that we can help you with detoxing and get you feeling your best and making sure your body's doing its best so you can live your life.

Hope you have a fantastic weekend. We'll talk soon.