



# DETOXIFICATION: DECODED

 orthoplex®



{ intro }

## TO DETOXIFY FOR LIFE

Within every breath of every day, and within every cell of our body – the process of detoxification is happening. It is an essential cycle of transformation and clearance where our body takes substances that, in excess, have the potential to be harmful, and changes or eliminates them to render less harm.

These substances (toxins) are part of our everyday life. They can form part of our food, water, and air; our cosmetics and cleaning products; our medications; or surround us in our homes and workplaces. They can be inhaled, ingested, or absorbed and can also be produced within us (endotoxins), as by-products of our natural metabolic processes or as a stress, emotional or inflammatory response.

### Every action has an equal and opposite reaction

We can liken our detoxification capacity to a bucket, sitting under a dripping tap reflective of our toxin exposure. At some stages in life the tap will drip slowly, whereas at other times it will pour. We need to ensure our bucket is regularly emptied and freely flowing as it can easily become stagnant or overfilled.

Our capacity to detoxify efficiently is dependent on balance and can be enhanced or impeded by several factors including our genetics, age, gender, diet, environment, and disease state. Our toxic tolerance is like any other stress on the body - when it is accumulative and coming at us in all directions, our body can only take so much. Toxic overburden can affect our microbiome, inflame our guts and in turn, create a heightened immune and allergic response; as well as disrupt hormones and impede our mitochondrial function (the powerhouse for our energy). This can then develop into chronic health challenges.

### Where can we reduce the burden?

By supporting our innate capacity to detoxify, we are aiming to provide space or the right intervention (diet and lifestyle ideals) to take the load off and allow the body to do what it needs to do, with greater ease. To move from a place of nurture rather than restriction.

## WHEN OUR BUCKET IS STAGNANT OR OVERBURDENED, WE MAY FEEL:

	Low energy or fatigue		Bad breath or body odour
	Unrefreshed on waking		Fluid retention
	'Brain fog' or difficulty concentrating		Muscle stiffness or soreness
	Low mood states or emotional imbalance		Greater susceptibility to infection
	Puffiness under the eyes		Weight loss resistance
	Digestive symptoms, especially after meals and fatty foods		Excessive heat or perspiration (in upper part of body)

## WHEN OUR BUCKET IS BALANCED AND FLOWING, WE CAN EXPERIENCE:

	Energy, vitality and stamina		Enhanced liver function and detoxification processes
	Improved sleep patterns and waking feeling refreshed		Balanced water metabolism and reduction in fluid retention and uric acid
	Heightened mental clarity, focus, concentration, and memory		Reduced joint aches and pains; increased joint mobility
	Stable moods, emotional balance		Greater resistance to infections and illness; reduced risk for many chronic diseases
	Reduced allergy symptoms		Increased metabolism and metabolic balancing for weight management
	Improved digestive functions such as absorption and elimination		Improved circulation and balanced blood levels of cholesterol and triglycerides

## CONDITIONS THAT CAN BENEFIT FROM DETOXIFICATION SUPPORT:

- Allergies
- Chronic skin challenges
- Chronic digestive issues
- Chronic headaches or migraines
- Metabolic syndrome (including high cholesterol and/or triglycerides)
- Learning and behavioural disorders
- Mood disorders
- Chronic Fatigue Syndrome
- Fibromyalgia
- Candida overgrowth or dysbiosis
- Hormonal disorders
- PMS (Premenstrual syndrome)
- Fertility challenges

## REASONS TO CONSIDER EXTRA DETOXIFICATION SUPPORT:

- Pre-conception care
- Chronic health challenges
- Frequent exposure (in the home or workplace or with city living) to chemicals, pollutants, pesticides, or plane travel
- Impaired liver function due to lifestyle (alcohol, caffeine, smoking, poor eating habits, high stress, taking medications that can affect the liver, or recreational drugs)

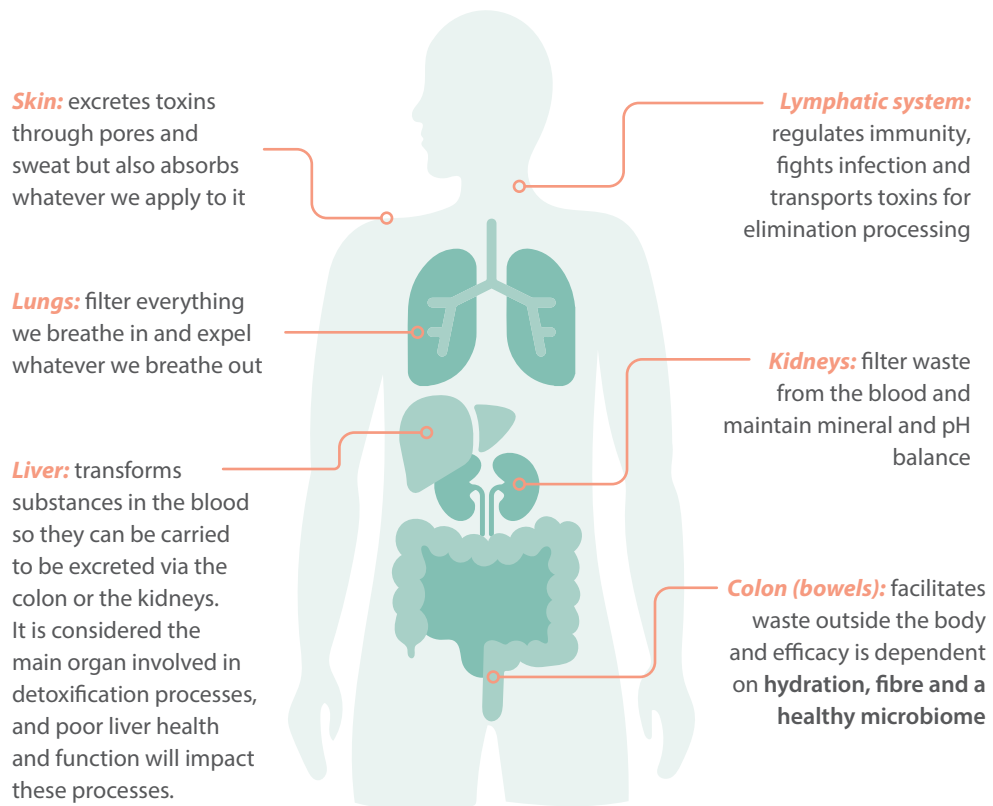
# HOW DO WE SUPPORT DETOXIFICATION?

For thousands of years, cultures have celebrated cleansing for wellbeing, ranging from sweat lodges in Native American traditions to *Panchakarma* in Ayurvedic medicine. Today, detoxification principles are supported with understanding of biochemistry, nutrition, gastroenterology and environmental medicine.



# ORGANS OF ELIMINATION

*To detoxify efficiently our body requires actions from multiple systems.*



# PHASES OF DETOXIFICATION

The liver detoxifies in 3 phases: **Transformation, Conjugation, Transportation**

Turning fat-loving toxins to water soluble compounds to be safely excreted from the body. Inflammatory and immune responses will generate oxidative stress and free radicals with toxic exposure. Antioxidants and phytochemicals found in foods help to neutralise these effects.

**We can liken these phases to scrubbing away at a dirty pot. The more we scrub, the more suds we generate. We need to make sure the suds are mopped up and rinsed away to leave the pot sparkling and anew.**



## WE CAN AID THE BODY TO FULFILL THIS ACTION BY:



Hydration and our breathing – the simplest way to detoxify



Low-tox lifestyle



Wholefoods, with an emphasis on plant-based, including quality proteins and good fats



Low inflammatory, low allergen and alkalisng dietary ideals



Increasing fibre intake and supporting a healthy microbiome



Choosing wholefoods that are locally grown, in season and organic

## WHEN IS BEST?

We need to be mindful that detoxification requires energy, therefore it is best to embark on it when you can create space for self-care and life is not so hectic with work, family, or social commitments.

Autumn and Spring (when it is not too hot and not too cold) can be the best seasons to consider greater support for detoxification.

### Everything is connected

Holistically, if our digestive system is compromised or we are under stress and our nervous system is overworked, this can also impact our detoxification efficacy. Before embarking on detoxification enhancement, your practitioner may want to support these processes initially.

### To further aid your detoxification journey:

Your practitioner may wish to find out more about your health history with a detoxification and environmental assessment questionnaire. Pathology testing may also be indicated to better assess your current health picture.

### Other therapeutic support to invigorate circulation, digestive processes, and elimination:

- Contrasting hot and cold hydrotherapy
- Lymphatic drainage
- Dry skin brushing
- Colonic hydrotherapy
- Chi nei tsung (abdominal massage)

{ DIY }

## DIY HYDROTHERAPY

Contrasting hot and cold hydrotherapy can stimulate blood flow to all major organs, bringing oxygen and nourishment to cells whilst carrying wastes away to aid detoxification, digestion and vitality.

Whilst you may not have a hot tub or cold plunge pool on hand, you could explore this invigorating modality as part of your shower routine. It can be lovely to incorporate at the beginning of your day or before bed.

**Heat body under hot water for 2-3 minutes**

**Cool body under cold water 20-30 seconds**

**Repeat this cycle 2-3 times**

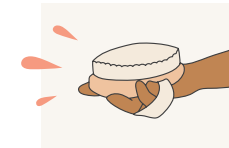
**Note:** Work within your comfort zone!  
Temperature and time frames can be adjusted – just ensure cold temperature duration is shorter than hot temperature phase

{ DIY }

## D.I.Y DRY SKIN BRUSHING

Dry brushing is a traditional lymphatic drainage activity providing detoxification, digestive, immune and circulatory support. It is easy to include as part your daily self-care toolkit. Try this prior to contrast hydrotherapy for additional benefits.

1. Use a natural bristle brush - one with a long handle can make it easier to reach all areas of your body



2. Beginning at your feet, and on dry skin, lightly brush the skin using long upward motions (towards your heart)



3. Gradually brush your way up your body, gently brushing each area gently several times



4. Your skin should feel nice and smooth afterwards, having also exfoliated dead skin cells away. After showering, you can follow with natural body oil – *and glow on.*



# WHERE TO BEGIN?

**Begin with what we know – what we live and breathe each day.**

By supporting ourselves we are also supporting our environment. Anything that does not break down in nature will end up in nature and travel back into our soil, air, and water supplies.

## AIR

*Indoor air quality can be more problematic in Australia, than outdoors.*

### Problem

- Cigarette smoke and passive smoking
- Artificial air fresheners
- Damp, mould

### Solutions

- Embrace fresh air and nature, surround yourself with plants
- Protect – use fans and adequate ventilation
- Exercise in clean air environments. Choose nature over a bustling fume-filled pavement

## WATER

*The simplest way to support detoxification is via optimal hydration and we are extremely lucky in Australia to have access to clean drinking water.*

### Problem

- It's the combination of chemical disinfectants, metal contaminants (leached from our pipes, taps or water tanks), plastics, medication residue and biosolids (pathogens) that make their way into our water supply (and us)

### Solutions

- Drink purified water: aim for 2-3 L daily
- Invest in a water filter
- Avoid single-use plastic
- Adequate hydration flushes toxins from the body. Dehydration is enhanced with alcohol, energy drinks or excess caffeine which puts extra load on the liver

## SOIL

*Return to our roots.*

### Problem

- Modern food practices and the introduction of agriculture exposes us (our soil and water) to artificial chemicals, pesticides, xenoestrogens, additives, and preservatives. Anything that is seen as foreign will cause the body to invoke its defences contributing to heightened reactivity (impacting our immune and inflammatory response, and our microbiome – within us and our environment)

### Solutions

- Fresh is best. Support local seasonal produce and when possible – go organic
- This will also help reduce your carbon footprint
- Research local food co-op or farmer's market or grow your own
- Wash and peel produce (where possible)
- If you can't buy organic, soak fruit and vegetables in a bowl of water with a tablespoon of white vinegar for 10 minutes



# LIFE SWAPS

To take the load off your detoxification and eliminative capacity, consider the following 'life swaps'.

Even just one change can make a big difference. Remember, some of these swaps can take 6-12 months to fully integrate. Slowly adapt or consider as life allows. One swap a month can make a huge difference in the long term.

## SWAP OUT

## SWAP IN



Tap or plastic bottled water



Purified, filtered water. Spring water (choose a glass or steel bottle). Room temperature water



Conventional produce



Organic, in season, local. Aim for 6 serves of vegetables/2 fruits throughout day



Processed foods, additives, sulfites



Package free, non-processed whole foods. Aim for minimal 'numbers' on your food labels



Takeaway, fried food, cooking in oil



Cook at home, find joy in the process. Steam, poach, enjoy fresh



Plastics and canned food and drink Bisphenol A (BPA)



Store food in glass, steel or ceramic. Bring your own bag. Check labels for BPA and phthalate free products



Screen Time



Read a book, get out in nature, watch a sunset, take a bubble bath with Epsom salt and essential oils



Cosmetics Moisturisers



Use jojoba or coconut oil/explore natural hypoallergenic alternatives



Artificial fragrance



Fresh air (trees are our natural filter)



Clothing and bedding



Natural fabrics; avoid flame retardant chemicals



Cleaning products



Use non-toxic methods for cleaning: try ingredients such as Bi-carb soda, liquid castile soap, distilled white vinegar, lemons, essential oils



# NOURISHMENT

## In food and life.

You can enhance your body's detoxification capacity and overall wellbeing by reducing toxic burden via the foods you choose. Foods that are easy to digest will free up energy previously directed to modulate immune and inflammatory responses.

You shouldn't feel hungry while embracing detoxification ideals and it is important you replenish (on all levels). Depletion can put your body in a stressed state – which you don't want.

## Quick Reference

*Always follow your practitioner's guidance towards individual food or lifestyle changes and continue to avoid foods that are known allergens to you*

### EMBRACE:

#### Wholefoods

Vegetables, fish or lean protein, fruits (low GI), legumes, wholegrains, spices, nuts and seeds

*Especially those that are more alkaline forming, and contain antioxidants and phytonutrients that are nutrient rich and diverse.*

#### Those that are especially supportive of detoxification

Cruciferous vegetables and leafy greens: broccoli, cauliflower, brussel sprouts, cabbage, kale, bok choy

Beetroot, garlic, carrot, cucumber, celery, spinach, kale

Prebiotic foods - onions, leeks, artichokes, asparagus

### LIMIT:

Nightshade family vegetables (Capsicum, eggplant, potatoes, tomatoes, corn, peppers, chillies)

Wheat (gluten)

Red meat

Dairy, eggs, soy, corn

Chocolate, coffee, refined sugar, alcohol

Shellfish, peanuts

Processed and fast foods, high GI foods

*These can be inflammatory or allergenic in sensitive individuals, impeding detoxifying capacity*

# FOOD SWAPS

To take the load off your detoxification and elimination capacity, consider the following 'food swaps'.

## SWAP OUT

## SWAP IN



Refined sugar and high fructose corn syrup



Stevia, raw honey, unrefined coconut sugar, maple syrup, rapadura



Margarine



Coconut oil, avocado, tahini, hummus



Vegetable oils



Coconut oil, olive oil, sesame oil.  
*Note: coconut and olive oil can be used with cooking*



Condiments



Himalayan sea salt, culinary herbs, tamar, homemade pesto



Animal products



Organic, pasture raised, free range. Limit to x1 serve of red meat weekly. Increase variety of plant-based foods



Dairy



Goat's milk or nut/seed milks. Avoid additives and sugars



Canned fish or those susceptible to heavy metals



Cold water small fish (lower in heavy metals), organic farmed fish, sardines (not canned), wild salmon (Pacific, Alaskan, Atlantic)



Gluten containing grains



Brown rice, basmati rice, quinoa, buckwheat



Coffee



Roasted dandelion root tea. Other organic fair trade herbal teas



Alcohol



Sparkling mineral water Jazz up with mint, lime or cucumber



As you begin to let go of foods that may have impacted your toxic load and make changes to engrained habits, your body may start to release stored toxins and bring to the surface, for a brief duration, the experience of past symptoms (headache, fatigue, mood or bowel changes, vivid dreams) to let go.

This is usually most intense on the first couple of days – as your body works through the detoxification phases. Do not be discouraged, you will notice a definite increase in energy and the detoxification symptoms will clear within 24-36 hours. This is often accompanied by a sense of inner peace and wellbeing.

### Remember:

- ✓ Listen to your body
- ✓ Rest if needed
- ✓ Incorporate gentle exercise
- ✓ Hydrate and ensure sufficient protein to help ease this transition
- ✓ Preparation is key alongside supportive supplements and therapeutics according to individual needs



## AID DIGESTIVE & DETOXIFICATION CAPACITY





Before a meal, have a splash of lemon/lime or apple cider vinegar in water



Make time for meals (away from your work desk, meetings or screens)



Enjoy a combination of raw (salads, juices) and cooked food throughout your day (such as broths, slow cooked meals, steamed vegetables)

*Too much raw foods can be 'cold' for our digestion and require extra energy from the body to break down. This is also the same for water: room temperature is best.*



Avoid drinking too much around meals (small sips only)



Include micro nutrient rich bitter greens (rocket, endive, dandelion, radicchio, watercress, mustard greens) to aid liver function and bile production for digestive capacity



Chew food well, be present and calm



Take 5 minutes throughout your day to simply connect, to you and your breath

*We can support our detoxification capacity by breathing from our belly rather than our chest. This activates our parasympathetic nervous system (to rest, digest and heal) and downregulates our sympathetic nervous system (flight or fight response).*



Include warming herbs (such as ginger or cinnamon in food and drinks) to support balance, circulation, and digestive flow



Ensure a source of good quality protein with each meal to aid production of digestive enzymes and detoxification phases



Consider intermittent fasting, giving your digestion at least 12 hours rest while you sleep. This can mean eating your dinner a little earlier or your breakfast a little later to give your digestion a break and space for your detoxification capacity to be beneficial

# MOVEMENT/ EXERCISE

Regular movement supports mood, energy, and circulation – our lymphatic system requires movement to support its capacity to remove wastes from the body. Swimming, walking, jumping (mini trampoline), skipping or simply swinging your arms as you walk can be great for this.

- ✓ Generating sweat induced with activity is also a vital way we eliminate toxins
- ✓ Find exercise that is uplifting and a balance of aerobic and restorative activities (such as yoga, Qi gong)
- ✓ Twisting, stretching and bending your body also helps wring out toxins and keeps our 'digestive pump' flowing
- ✓ Listen to your body. Acknowledge limits and avoid over exertion

# SLEEP

We detoxify and heal when we sleep. Aim for 7 – 9 hours daily.

- ✓ Set a bedtime. Research reflects the few hours of sleep before midnight are important for nourishing our adrenal glands that are often overworked with stress
- ✓ Invoke 'power down hour' - where possible create a nighttime ritual and environment conducive of sleep (that lets your body know a restorative slumber is coming)
- ✓ Reach out to your health practitioner if you need more support with your sleep

# STILLNESS

- ✓ Take a moment to reconnect with yourself, throughout your day
- ✓ Mindfulness, meditation, time in nature and journaling can help with this
- ✓ Simply make your exhale slightly longer than your inhale (to let go)

# EMBRACING CHANGE

Dedicate time, to focus on you. Connect with people who also share similar health affirming ideals. Begin to implement detoxification ideals into your life – slowly and at your own pace, without pressure. Pursue life-enriching activities and let go of those that are no longer serving you.



## Journal Activity - Core Values

Note 50 reasons why you would like to be well. These can be big or small. You'll find that as you move down the list, the reasons will become more deep-seated and meaningful. Hold onto these as your why, inspiration and perspective.



## More Fluidity, Less Rigidity

Often when our 'pillars of health'/foundations are strong we can adapt to change with greater ease and less resistance.

How are you hydrating? Breathing? Sleeping? Moving? Nourishing (in food and life)? Digesting? Finding a sense of stillness in your day?



## The Importance of Self-Care

Embracing change and letting go requires energy and a lot of our energy can often be consumed by our mindset. Self-care is creating a more balanced energy exchange to land where heart, intent and action can align.

**Self-care:** what does this mean to you? Take note of this for those times we can lose sight of those simple blissors that surround us in abundance.



## Micro Details vs Bigger Picture

Being present is important to embrace the moment (and be all here) with clarity and awareness, but we also need to be mindful of how we want to wake up feeling in the morning? Next week? Next year?

# SMALL STEPS TOWARDS GREATER CHANGE

A detoxification treatment plan is not for life, it is simply setting aside space – to be well (to re-balance or re-set). Ideally though, if we can take the health-affirming aspects, supportive of our innate detoxification capacity - that enable us to feel well, energised and balanced - then why not take them into our everyday? To better support ourselves, our family, our community and our environment.

Focusing on detoxification support for a relatively short period, whilst building sustainable ideals - can reset the foundations for our inner reserves and adaptability for the long term. We can move from a place of strength and preventative care and enable these ideals to become a part of us, rather than something we feel we have to do.



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