

METABOLIC RESET



GUT HEALTH AND HORMONE BALANCE

In order to restore balance to our hormones, we must address the gut. That's because the gut and hormones are closely interrelated. Hormones influence the function of the gut and the gut regulates the levels of key hormones in the body.

The gut is also vital for healthy elimination. Restoring health to the gut ensures that toxic foreign hormones and excess estrogen are safely eliminated from the body, instead of being recirculated.

Let's start by learning why it's important to open the drainage pathways before beginning a targeted detoxification. You'll find out which organs are important for elimination and gain tools for ensuring that each one of them is functioning optimally.

OPENING DRAINAGE PATHWAYS

The drainage pathways are a series of processes by which waste leaves our bodies. When our drainage pathways become clogged or stagnant, we are unable to eliminate toxins and waste.

Just as creeks and streams flow into bigger and bigger rivers and waterways, our bodies are equipped with vessels for transporting waste into successively larger channels of elimination. If there is a blockage in flow of waste at some point along the chain, the channels that flow into that vessel will be impeded – just as obstructing the flow of water in a river will flood upstream tributaries.

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In our bodies, 'flooding of upstream tributaries' manifests as uncomfortable and even dangerous reactions to detoxification as toxins and wastes are released into our bloodstream but cannot be eliminated from our bodies.

That's why opening our drainage pathways is the essential first step of a healing regimen!

This step is important for multiple reasons. It will enable you to have a more comfortable experience and save you from the side effects of heavy detox like headaches, fatigue, insomnia and temporarily exacerbated symptoms. It will also protect you from causing damage to your organs by releasing large amounts of toxins that your body is unable to flush. Plus, opening your drainage pathways will automatically trigger a gentle, mild detox that will help to reduce your symptoms and decrease inflammation.

There are several steps of drainage that must flow in coordination to achieve effective elimination.

Going back to our metaphor of the waterways, at the top of our watershed we have the brain glymphatic system. A network of specialized vessels in the nervous system comprise the glymphatic system, which collects and removes aerobic waste and toxins from the tissue of the brain and spine.

From here the lymph flows downstream into the lymph vessels. The lymphatic system functions as a secondary circulatory system, supplying immune cells and removing waste from our muscles, organs and glands.

The lymph then flows on to a larger tributary: the liver/bile duct. The liver traps toxins in bile to be removed from the body. Bile flows along to be emptied into the colon.

The colon is obviously the last holding point for waste before it is eliminated from the body. However, it does rely on another organ to function properly: the kidneys.

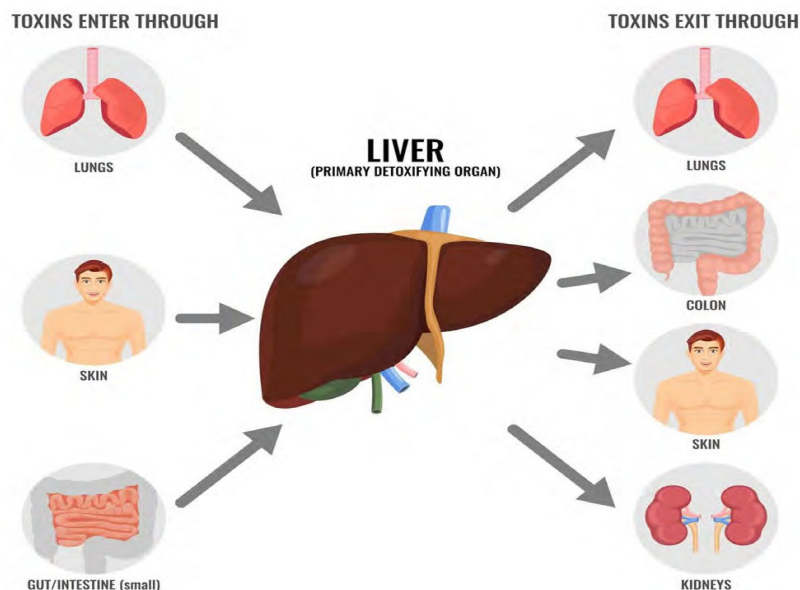
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The kidneys are responsible for filtering waste from the body and also control the hydration of the colon. If the kidneys are weak or stressed, our colons become dehydrated and we are likely to experience constipation.

Constipation represents the ultimate obstruction in the river that will cause flooding to upstream channels. If we are not having regular, healthy bowel movements, all of the systems upstream of the colon will be flooded with toxins.

(See natural Remedies in More on Poop handout)



That means the liver and gallbladder, lymphatic system and glymphatic system will all be unable to perform their essential functions of filtering and removing waste from our brains and bodies. It also means that the organs that are supported by these systems will not be able to function optimally.

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Clearly it is important to keep waste flowing out of our bodies at all times – and especially when we're actively triggering heavy detoxification.

WHAT TO DO TO SUPPORT YOUR DRAINAGE PATHWAYS:

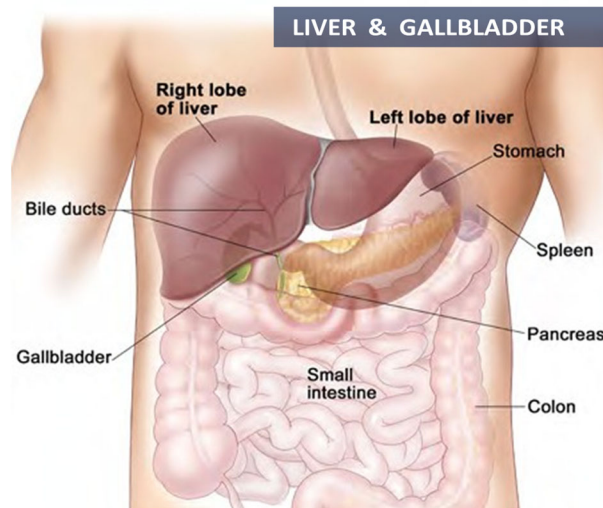
Kidneys

- ◆ *Maintaining proper hydration is essential to supporting the kidneys. Drink half your body weight in ounces of filtered, spring or mineral water every single day. Start your day with a glass of water to hydrate your body and ensure that waste is released from the body.*
- ◆ *Limit your protein consumption. Excessive intake of protein overworks the kidneys. Protein consumption should be no more than 0.8 grams/pound of body weight.*

Colon

- ◆ *Keep your colon hydrated and lubricated by including lots of unprocessed, whole foods in your diet.*
- ◆ *Eat mindfully and chew thoroughly to enhance the production and function of your digestive enzymes.*
- ◆ *Eat fermented foods to increase and diversify the bacteria in your microbiome. Try eating a variety of living foods like apple cider vinegar, yogurt, kombucha and sauerkraut to inoculate your gut with live, active cultures.*
- ◆ *Be sure to eat lots of fiber! Fiber-rich foods like oats, flax seeds, hemp hearts and chia seeds feed desirable bacteria and promote motility of the colon.*

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Liver and Gallbladder

- ◆ *Tone the liver and stimulate the production of bile with coffee enemas.*

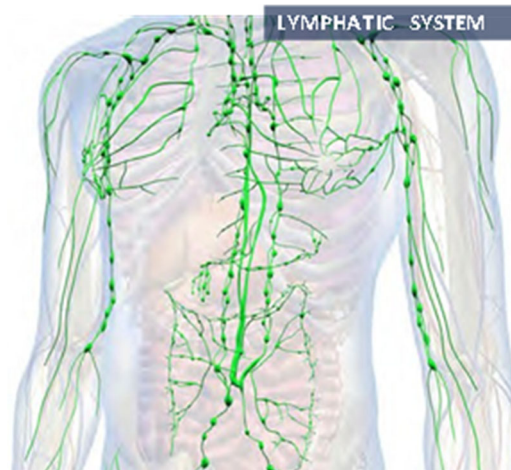
The hemorrhoidal veins in the colon are directly linked to the hepatic portal vein system of the liver. Coffee contains caffeine and choleretics which strengthen the liver and encourage the flow of bile.

- ◆ *Add lemon juice to your water. Lemon water is ideal for giving your liver the support it needs to function optimally. The citric acid in lemons helps flush toxins and bacteria from our bodies.*

- ◆ *Use herbal supplements. Milk thistle, dandelion and beetroot powder are great for supporting the liver and gallbladder.*

- ◆ *Supplement Glutathione. Glutathione is the master detoxifier and the body's main antioxidant. You can boost your levels by consuming glutathione-rich foods, like spinach, avocado, asparagus and okra. You can also supplement glutathione directly or supplement cysteine, glycine and glutamine which your body uses to create glutathione.*

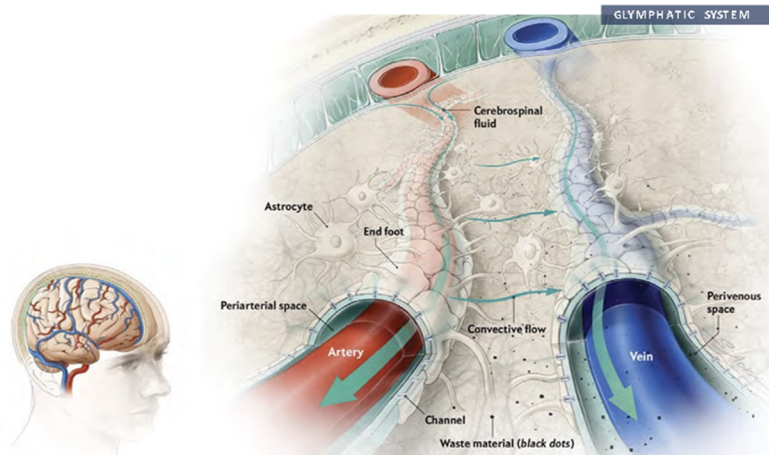
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Lymphatic System

- ◆ *Exercise is an effective for encouraging the flow of lymph. Walking is helpful because it stimulates many large lymph nodes. Pilates, Yoga, stretching, tai chi and rebounding also encourage the movement of lymph. Make a point to include an hour of exercise every single day.*
- ◆ *Get a massage. Massage therapy supports detoxification and elimination. Craniosacral massage and lymphatic drainage massage are techniques specifically intended to encourage the release of toxins through our drainage pathways.*
- ◆ *Use a sauna. Sweating in a sauna encourages toxins that have collected in the lymphatic system to be released through the skin. Be sure to stay well hydrated and start with short sessions until you get used to the intense heat.*
- ◆ *Make dry brushing a regular part of your personal care routine. Gently stroking the skin with a dry brush exfoliates dead skin cells and promotes flow of lymph fluid.*
- ◆ *Eat sour foods. Sour, astringent foods like citrus fruits and apple cider vinegar cause the vessels of the lymph system to contract.*

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Brain Glymphatic Drainage

- ◆ *Be sure you're getting enough rest. The system that detoxifies and maintains the health of your central nervous system is most active when you are asleep.*
- ◆ *Take a walk. Standing drains cerebrospinal fluid. Be careful not to sit for long periods of time at your desk.*
- ◆ *Use breathing exercises to keep your brain clear. Deep breathing and strong inhalations have been shown to stimulate the flow of cerebrospinal fluid in the brain.*

Opening our drainage pathways is something that we should be conscious of at all times, not just when we're initiating a healing regimen.

In order to heal from any ailment, we must begin by soothing inflammation and restoring balance in our gut.

To do so, we must identify the foods that are fueling inflammation and disturbing balance. This is where the Spring Cleanse detox template comes in.

Source: Healing Key Virtual Summit