**Understanding Toxicity and Detoxification**

**How much toxicity is too much**

The **total load** is a **total amount of stressors on your system at any one time**. Like when a glass is overflowing with water. It takes a certain amount to fill the glass and then, after a certain point, you put more in and it overflows.

When our detoxification system is overwhelmed, we start getting symptoms and get sick, but it may take years of accumulated stress and toxins to get to that point.

* The total load includes the load of things like **heavy metals, mercury and lead, petrochemicals, residues, pesticides, and fertilizers**.
* It includes **food allergies, environmental allergies, molds and toxins from molds**. It includes a **SAD (standard American diet)**
* It includes **stress — the mental, emotional and spiritual** toxins that affect us; isolation, loneliness, anger, jealousy, hostility, which all translate into toxins in our system.
* **Medications can sometimes be toxins**. Often we need medications, but the reality is that most of us are over-medicated and use medications for things for which there are better solutions such as lifestyle and diet.
* Lastly, there are **internal toxins**, things like bacteria, fungus, and yeast that are inside our gut and may be affecting us, as well as **hormonal and metabolic toxins** we need to eliminate.

**Five key steps to Detox**

1. Identify and Get Rid of Toxins
2. Fix Your Gut — a source of toxic load for many
3. Get Moving — to help your blood and lymphatic circulation do its job
4. Get Your Liver and Detox System Working
5. Detox your Mind, Heart and Spirit

**10 Basic Principles for Detoxification**

1. **Drink** plenty of clean water, at least eight to ten glasses of filtered water a day.
2. **Keep your bowels moving**, at least once or twice a day. And if you can’t get going, then you need some help and this can include taking two tablespoons of ground flax seeds, taking acidophilus and extra [magnesium](http://drhyman.com/blog/2010/05/20/magnesium-the-most-powerful-relaxation-mineral-available/) capsules in the form of magnesium citrate. If you have any chronic diseases or problems you have to be careful about taking supplements, you should work with your doctor.
3. You should also **eat organic** produce and animal products to eliminate the toxins in our food.
4. You should eat eight to ten servings of **colorful fruits and vegetables** and specifically include, every day, the family of the **cruciferous vegetables**, broccoli, collards, kale, cabbage, brussel sprouts, kohlrabi, as well as the garlic family, garlic and onions, which help increase sulfur in the body and help detoxification.
5. **Avoid** stimulants, sedatives, and drugs such as caffeine and nicotine and try to reduce alcohol intake.
6. **Exercise** five days a week with focus on conditioning your cardiovascular system, strengthening exercises and stretching exercises.
7. **Get rid of the white menace**, which is white flour and white sugar.
8. **Sweat** profusely at least three times a week, using a sauna, steam or detox bath (Epsom salt 1cup, baking soda 2tbsp).
9. Take a high-quality **multivitamin and mineral**.
10. **Relax** deeply every day, to get your nervous system in a state of calm, rest and relaxation.

Resource - http://drhyman.com/blog/2010/04/28/ultrawellness-lesson-5-detoxification/