

Dr Mitra Ray – March 08 – effects of detox when starting Juice Plus

You get started with JP and suddenly you don't feel very good – you may feel tired and sluggish and you may feel bloating and gas, diarrhea, constipation, flu like symptoms, bad breath – etc. etc., and you're wondering why you got started with this in the first place – don't worry the only physiological reason for why JP would make you feel this way is that you're detoxifying. Congratulations – you're on your way to better health! But what you have to understand about detox is that the body is constantly trying to detoxify itself from endogenous substances such as its own dead tissues and it's also trying to eliminate exogenous substances like PCBs and other chemical residues. We live in a toxic world – furthermore – we have moved away from our nomadic lifestyles of eating 600 different types of plants that scientists estimate from looking at nomadic societies even today and most of us are leading a sedentary life and a diet too lacking in that level of variety of plant nutrition.

The body is a miraculous machine – and when it's operating optimally it can repair damaged tissue and cleanse dead material out of the body as well as foreign chemical pollutants – this is done by many biochemical reactions that require a whole array of enzymes, however, without the variety of plant matter in our diets, for most of us the process of detoxification remains incomplete – this is because with our modern diet we do not get enough vegetables and fruit in our diets to adequately nourish these cells to make the full complement of enzymes to facilitate the process of detoxification.

For instance the liver is a power house organ for detoxification. There are phase one and phase two enzymes that help in the process and some believe there is yet another phase three set of enzymes. Phase one are enzymes involved in the first stage of tagging substances for removal in the body. These enzymes unfortunately also generate most of the free radicals in the process and this can lead to secondary damage and that's why we need a huge variety of antioxidants present during this detoxification process. Now it takes a little more nutrition for the tagging process to continue with phase two enzymes and so without proper nutrition we don't get this job done completely.

When a person gets on JP with the nutrients of over 25 different plants in orchard, garden and vineyard blends, the liver becomes very happy as it can finally make all the enzymes necessary to get the job done. This relative increase in cleansing reaction can show up in gas, bloating and constipation and diarrhea since the liver dumps toxins in the bowel to be excreted. The other major cleansing system in the body is the lymphatic system.

Most people don't realize there's 2x as much lymph fluid as there is blood. The lymph continues to bath each cell and drains away the debris in a circulatory system only powered by breathing and movement. This is why deep breathing is another way of how we can enhance movement of lymph in our body. When you get on JP you might also experience your lymphatic system getting very active in unloading debris.

You may feel slightly sluggish, like you have swollen glands or the flu, do not worry, this is a good sign that your lymphatic system is hard at work cleansing your body. The consequences of not cleansing your body are far more severe and symptoms can get worse with time. Imagine having a clear running river of lymphatic fluid running through your body with optimal nutrition or

you could have blockages over time. And because the lymph cleanses nearly every cell in the body, symptoms of chronic blockage can be diverse such as allergies and food sensitivities, and frequent cold and flu infections, joint pain, headaches, and migraines, cramps, arthritis and breast tenderness and the list goes on and on so it's best to keep going with your JP for the long term benefits of optimal health.

It is best to try to rest, breathe deeply and drink lots of water to help the body eliminate toxins as quickly as possible and then you can enjoy the long term benefits. If you have a rigorous work schedule and you feel like you need to back down – that's perfectly fine – just don't quit all together. You can take less JP for a short time and you can work your way up to 2 and 2 and 2 – and this is my recommendation and you're on your way to better health.