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## How to detox the liver naturally at home

I have a friend that I could never seem to get on the green bandwagon. It wasn't like she disputed my claims, she just seemed to put off the inevitable until one day when she told me that she and her husband wanted to start trying for a baby. It was at this point that she wanted my advice on how to detox her life. She just couldn't live a toxic life for two. And though I strongly advise taking the planet into account without pregnancy, when a mini me is in the picture, it's time to step it up. Before you even start trying to get pregnant considering detoxifying your body and life.Substitute with whole foods like organic fruits, vegetables, nuts, seeds, and whole grains. Drink a few cups of detoxifying tea and tons of filtered water throughout the day.This is an excellent way to clean out your entire system so that your body is in tip top shape when it's time to carry your baby. Colon hydrotherapy works by, to put it bluntly, inserting a hose into the rectum and using blasts of water to clean out your digestive system. If you eat meat, it cleans out the undigested remnants from ages ago. Gross, but true.Sweating is an excellent way to detox the body pretty rapidly. Consider working out hard to sweat or take the easy way out and sit in the sauna and sweat it out that way.So many pregnancy books say this and it is so important. It's hazardous to your future baby if his or her parents were exposed to harsh cleaning agents. Switch your cleaners to planted based cleaning products. Read Planet Green's guide to cleaning.What you put on your skin is as important as what you put in your mouth. Seriously, all we are is pores. So cover your skin with products made with plant-based, organic ingredients. Read Planet Green's guide to natural skincare. Stocksy This time of year means indulging in everything from our favorite foods to that extra glass of wine with zero guilt. We're all about treating ourselves now and then, but we also need to ensure we're making mindful decisions and flushing out the toxins—the easy, low-cost way. There's no need for a fancy juice cleanse or fasting based diets, just easy DIY tricks that can help boost your immune system and keep your health in check well into 2019. We spoke with a few pros who are experts in Ayurvedic rituals, wellness, and nutrition to get the budget-friendly tricks for detoxing this holiday season without spending a dime. They all agree that going the DIY route is easy and effective, and let's be honest, who doesn't want to save a little cash after buying all those gifts? Keep scrolling to read our favorite tips for detoxing without splurging. Sweat it Out Nike Pro Classic Padded Sports Bra \$45 Shop The \$0 way to kick start your detox is to get your sweat on. Whether you're up for an outdoor run or want to practice your yoga poses at home, you can't go wrong with a little fitness. "When you're properly hydrated, sweating is great for eliminating toxins," says Holly Monson, Spa Manager at the Ocean Pearl Spa in Carlsbad, California. "A walk at night with sprint intervals can help you sweat. If time is limited, a series of squats or burpees is a great quick workout." Embrace Dry Brushing Earth Therapeutics Earth Tampico Vegetable Fiber Skin Brush \$16 Shop If it's model-approved it must be good, right? Dry brushing not only enhances skin's glow, it stimulates the limbic system which supports functions like mood and memory. "[Dry Brushing] is simply the best way to stimulate limbic detox—and in turn, fight dreaded cellulite," says UMA Oils Founder and Ayurvedic Expert Shrankhla Holecek. "Using a vegetable bristle brush, start at the ankles in circular motions moving upwards towards the heart." Try Oil-Pulling Nutiva Organic Coconut Oil \$18 Shop Coconut oil is the kitchen staple that never fails us when it comes to all things beauty. The versatile product doesn't just make a good DIY deodorant, but it's perfect for a little oil pulling to get rid of lingering toxins that can be reabsorbed into your body. Holecek explains, "It's amazing for your teeth and gums, but also a surefire way to pull deeply embedded toxins out." Simply swish around some coconut oil and spit it into a cup after about five minutes. "You can even do it in the shower to save time," adds Holecek. Indulge in a Bath Dr. Teal's Epsom Salt Soaking Solution Soothe & Sleep \$5 Shop It doesn't get easier than making a little time in your day to skip the shower and enjoy a bath. However, the key to ensuring to a soothing bath is to add some minerals. Good ol Epsom salt will do according to certified aesthetician and AHAVA Marketing Director Dana Miller. "By adding mineral-rich salts to your bath, which are rich in magnesium, calcium, and potassium, you can enjoy your relaxing bath while hydrating your skin, soothing aching muscles, and detoxing impurities," she says. Clean Your Tongue Regularly GUM Dual Action Tongue Cleaner \$3 Shop "Our tongues can become notorious hot beds for bacteria accumulation if not cleaned properly," says Holecek. "Ayurveda recommends tongue cleaning morning and evening, ideally with a scraper." If you're in a bind, a spoon will do, but avoid using your toothbrush since it can sometimes push toxins deeper into the tongue. @\_\_iwn\_\_ Munch on Fruits and Veggies Upping your intake of fruits and veggies is always a good idea, and Dr. Lisa Davis, Nutrition Director of Terra's Kitchen, Ph.D., PA-C, CNS, adds that fiber and antioxidant-rich fruits will help your detoxing efforts. "Fruits like blueberries have strong anti-inflammatory and antioxidant benefits, which will help naturally detox your body and renew your cells," she says. Hydrate, hydrate, hydrate Bkr Boss Bottle \$35 Shop Another no-brainer? Water! Whether you prefer tap or bottled, staying hydrated throughout the day is the easiest way to naturally stimulate a little detox. "It will help flush out any toxins and will make your skin appear healthier and more youthful," says Monson. "Hot water with lemon and honey is another option that supports digestion as well." This story was originally published at an earlier date and has since been updated. how to detox my liver at home. what is the best way to detox your liver naturally

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