

EXERCISES THAT FLUSH OUT BODY TOXINS

We all are leading a lifestyle which has manifested itself in every aspect of our lives. All kinds of necessities and living now bear its repercussions from our home, neighborhoods, food, water to even the air we breathe.

Toxins are harmful for our health and should be flushed out of our systems, but how to do that is the question? Our bodies already have a mechanism to deal with this nuisance, however our increased intake has made this natural detoxification process sluggish. Some of the factors that are a culprit for the sluggishness are: stress, diseases, sickness, legal and illegal drugs, alcohol, smoking and overeating. The best and the most commonly found food that are high in toxic content are, processed and fast food, fried and fatty foods, as well as sugars.

Harmful toxins are thrown out of the body by the liver, which keeps the body healthy and clean. The reason, getting rid of toxins is so important for the body is because these accumulated toxins can cause of a number of health issues. To keep the body healthy, exercise is the most feasible option that effectively improves circulation and gets rid of harmful toxins from the body.

As you exercise, there will be an improvement in the blood circulation throughout the body, bringing essential nutrients to all the organs and muscles. Working out facilitates the flow of lymph fluids through the body which removes other harmful materials and toxins. Increased breathing leads to more intake of oxygen, which is a necessity for the cells. Hence, cells can perform their job properly and also release toxins.

During Aerobic exercises you build up sweat along with which toxins are released from the pores of the skin. You also wouldn't know that as we lose weight the fatty tissues become smaller and the toxins stored in fat are released into the body.

Best workout plan for Detoxification of the body:

- To keep your body free from the toxic effect, make sure to spare a minimum of 30-45 minutes every day for exercising. This routine will help the body go a long way to lead a healthier lifestyle. Toxins have the tendency to remain accumulated in the body and can even multiply; leaving the liver fatigued and burnt out.
- Jogging, Walking, trampoline exercise, swimming and aerobics are your best bets for the detoxification process. As a beginner start by working out for 15 minutes, and gradually increase the intensity. All these exercises will make you sweat profusely.
- Opt for a kind of workout that you enjoy doing, for instance, if dances like salsa or belly dancing make you gaga, go for it! Who said that only running kilometers will remove the toxins, dancing can do it too.
- Target the abdominal area of the body, like exercises of the stomach crunches and mid-section (the core). This will help to eliminate the toxins from organs like, colon, kidneys, and liver.

Tips to better results:

- While swimming in chlorinated pools, your body absorbs some amounts of chlorine which can increase the toxic load on your body. Look for a pool that uses ozone to cleanse the water.
- If you love cycling, make sure to avoid heavy traffic areas. You would not want to breathe pollution air.
- Try and keep a brisk pace while walking.
- Never over exert yourself, if you feel pain, stop right away.