

Understanding the organs that purify your body

BY DR. JUNE GENTLE



You can start on a road to a healthier mind, body and spirit, and heal from the inside out, by understanding the cleansing organs that purify your body. Can you

name a few of these organs?

- **Liver** — filters toxins and actually transforms many of these into harmless agents, while breaking down fats, proteins and carbohydrates.

- **Kidneys** — necessary for balancing sodium (Na), potassium (K) and phosphorous; filters waste and excess fluids from the blood.

- **Small intestines** — act as a barrier that only allows certain nutrients to be absorbed directly into the blood stream, which then travel to the liver.

- **Large intestines** — absorb water and electrolytes, produce antibiotics for the health of the gastrointestinal (GI) tract, contain normal bacteria called “normal flora” that help create fatty acids and vitamins such as vitamin B, and form waste that is then excreted.

On a 24/7 basis, your body eliminates toxins such as herbicides, caffeine, heavy metals and chemicals. So it is important that these and all of your organs are functioning at a 100 percent. Otherwise the toxins will remain in your blood stream for longer periods. This can

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cause fatigue, weight gain and disease.

By properly feeding and purifying your body with unprocessed and whole foods, you will be in control of your body and your weight. Your program should include supplements of whole foods and botanicals to balance the GI tract to encourage liver and kidney function and promote elimination. A protein shake full of antioxidants, essential fatty acids, vitamins and minerals can be mixed with fruits and vegetables to replace a meal during your day. A supplement that promotes a healthy gut to enhance the growth of normal necessary bacteria and a supplement of phytonutrients such as alfalfa, buckwheat, barley grass, Brussels sprouts and kale helps fight against free radicals. To completely balance your body and put it into homeostasis take an amino acid supplement that is crystallized. Also remember to get adjusted.

If you have any questions or would like more information about a cleansing program, visit my website at <www.chiropractormaimi.com>.

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