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SCIENTIFIC

DETOXING: WHAT'S HAPPENING IN MY BODY?

“Detox” is a term that we’ve been using throughout Month 1 of the Quarantine Recovery Program, but what does it actually mean?



Phases of Detoxification

Detoxification is the process of transforming and eliminating potentially harmful substances from the body. This complex set of systems and functions is broken down into three phases:

Phase I: Enzymes in the liver and other cells can either directly neutralize toxins or create “reactive intermediates” that move to Phase II for further processing.

Phase II: Toxins are transformed into water-soluble compounds, which allow them to pass into urine and bile for elimination. Glutathione and methylation nutrients are essential in Phase II detox.

Phase III: Cellular transporters pump newly “conjugated” toxins out of cells, into the blood, to the liver where they are dumped into bile and shuttled to the intestine for elimination in the stool. Alternately, toxins can also move from the blood to the kidneys, where they are eliminated in the urine.

Organs of Detoxification

The detoxification process relies on the liver, kidneys, GI tract or 'gut', and even the skin to process and eliminate toxins.

Liver: The body's detoxification "hub," the liver is a central processor of toxins. From here, toxins are either ferried to the kidneys or GI tract.

Kidneys: Two small organs located on either side of your lower back, the kidneys filter toxins from your blood and usher them into urine for elimination. Toxins like mercury can easily injure these delicate organs; so it helps to share the elimination 'load' with the gut and give your kidneys a break.

GI Tract: The gastrointestinal tract or 'gut' is also a major site for toxin processing. Intestinal cells and beneficial bugs in your gut help treat toxins, preparing them for excretion in the stool. That's why caring for your gut health is an essential element of detox.

Skin: [Research shows](#) that this underappreciated detox organ can help eliminate a variety of toxins, including arsenic, cadmium, lead, and mercury.

For successful detox, we need all of these organs and pathways to function optimally. The first month of Quarantine Recovery Program is all about delivering a fast-acting supplement sequence to support every phase of detoxification.

