



What's the difference between cleansing and detoxification?

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"How can I help my body cleanse and detox naturally?"

When I first heard about cleansing and detox I was under the impression that it was just a fad that would soon disappear, know what I mean?

But, the truth is, cleansing and detoxification are just as important as getting enough sleep at night and drinking enough water. Intrigued?

Well, you're in the right place because we're also going to uncover simple practices you can do at home so you can know how to support natural cleansing and detoxification.

FIND OUT IF YOUR SUPPLEMENTS ARE WORKING!

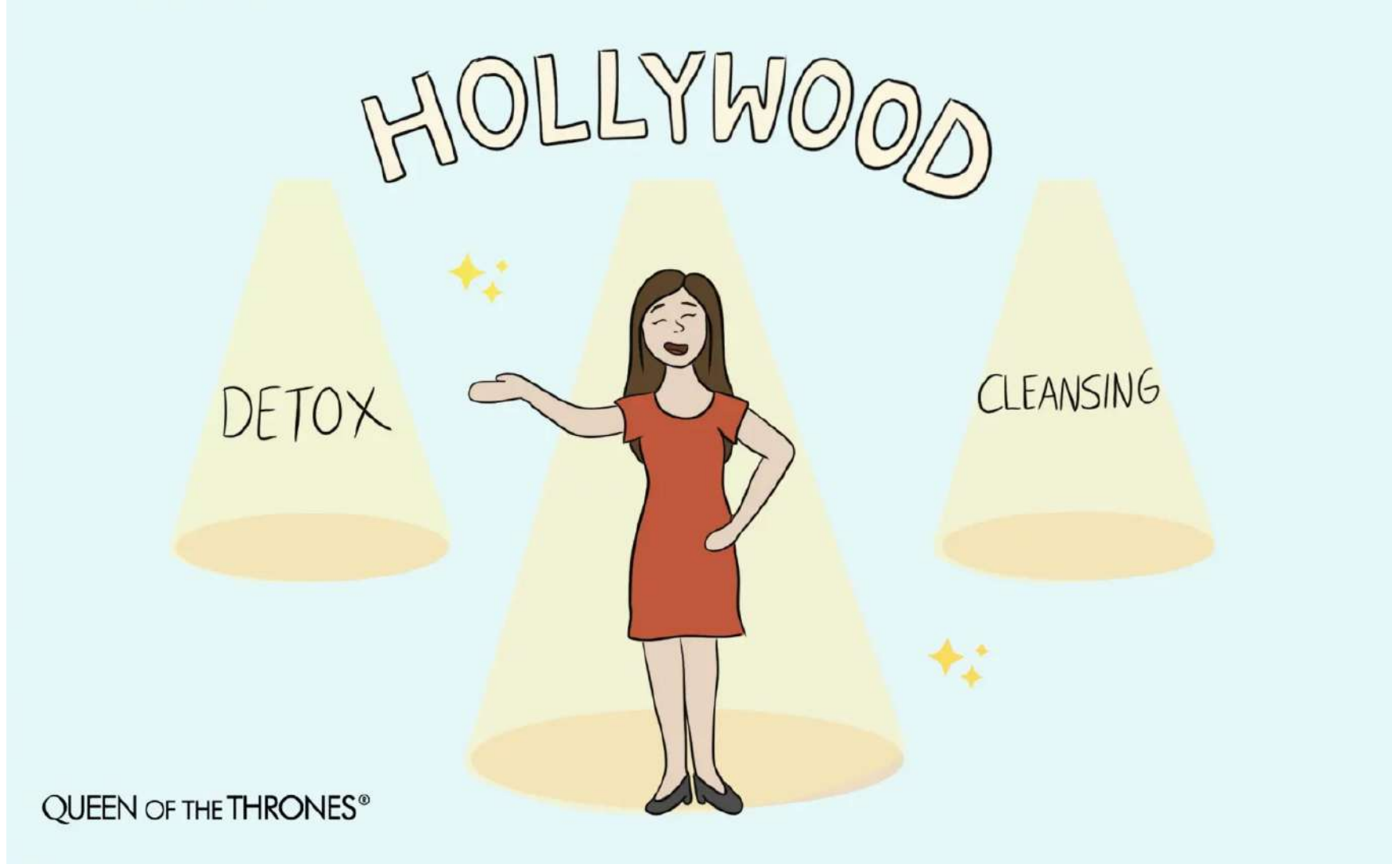
So, let's first establish what cleansing and detoxification is

Cleansing is the ability for our bodies to eliminate waste and detoxification is the process of breaking things down (toxins, heavy metals, etc.) and packaging them to be eliminated. Make sense?

When I began my journey and dove deep into the science and learning of what natural medicine truly is, I soon realized that cleansing and detoxification practices aren't a new-age Hollywood hippie thing like I thought.

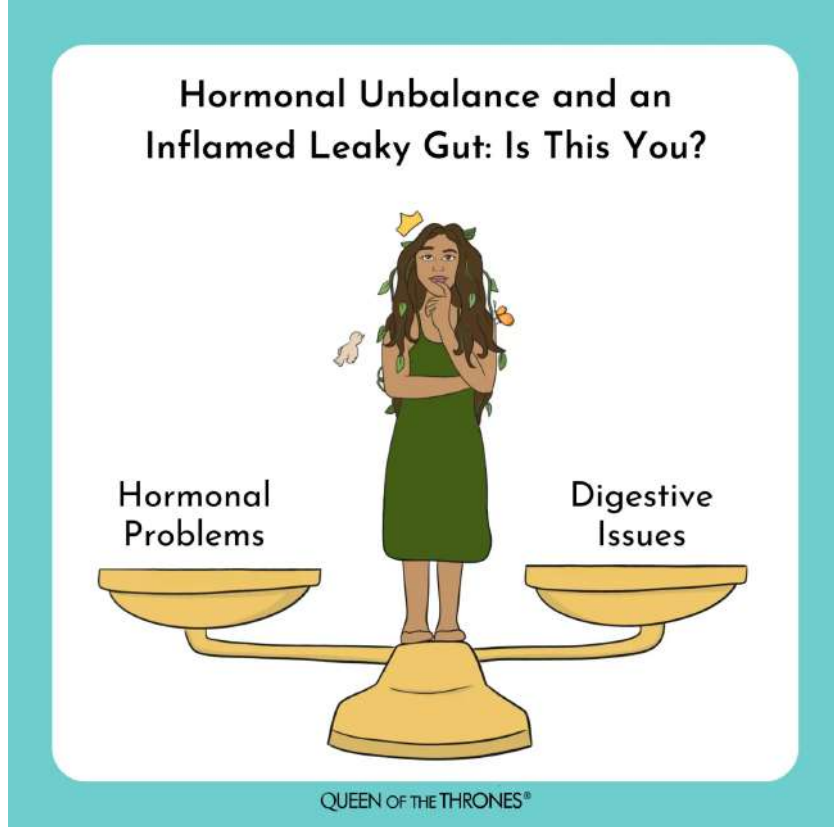
In fact, their roots date back to before Biblical times, basically to the beginning of the conscious human!

Is Detox and Cleansing Only for Hollywood Starlets?



More and more practitioners are realizing the benefit of incorporating these treatments and therapies into their practice, and know supplements and food aren't going to work on their own for liver detox and lymphatic cleansing.

You see, they need help from natural cleansing tools like the Queen of the Thrones® Castor Oil Liver Pack because everyone is pretty much walking around with a leaky gut.



GET YOUR CASTOR OIL PACK HERE!

Hearing the word 'cleanses' or 'detox' can immediately feel intimidating, so be gentle with yourself if you feel this way. Lymphatic cleansing, colon cleansing and liver detox is for everyone!

You see, both detoxing and cleansing help with rebalancing the system, whether you're suffering from:

- a hormonal imbalance (infertility, menopause, estrogen dominance, PCOS)
- a digestive issue (leaky gut, IBS, etc.)
- or any of the other hundreds of labels given to problems in the body

What is the difference between cleansing and detoxification?

When I began to explore cleansing and detoxing, I thought they were used interchangeably. I was confused, and I know you might be too.

Let's start by clarifying these important terms and then delving into the 5 most important keys to re-engaging these vital life-promoting, disease-destroying functions of our glorious bodies, shall we?

Cleansing is the ability for our bodies to eliminate waste created in our systems by the foods we eat and what we accumulate just by living on planet earth.

It's basically removing the bad stuff to make room for the good stuff!

Detoxification on the other hand, is the metabolic transformation of a substance.

In simpler terms, it's the processes our bodies use to transform substances, preparing them to be eliminated.

Kind of like the night before garbage day. Detox is when you package up your garbage and get it ready.

Cleansing is when you actually pick up the garbage from under your sink and carry it out to the curb. Makes sense, right?



But, you might be wondering...

"How does my body cleanse naturally?"

Your body cleanses through cleansing pathways and the 5 most important pathways include:

Stools – Your stools are the primary vehicle for the elimination. After all, what we eat must come out.

Urine – Your pee is the primary vehicle that eliminates what the stools cannot, which is often excesses of heavy metals and other substances such as uric acid.

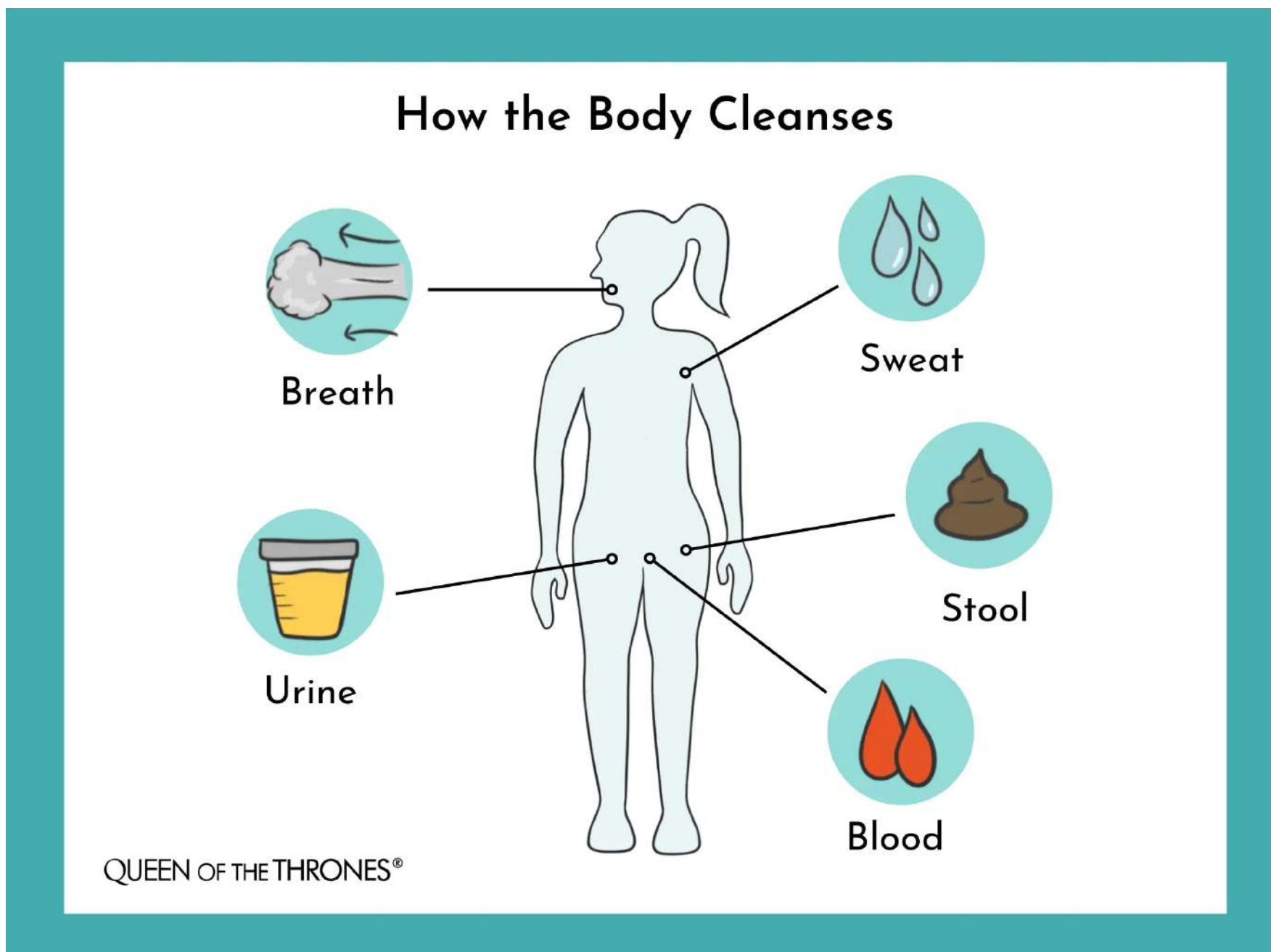
Sweat – A secondary cleansing pathway. That's why some people like to use dry saunas as a way to cleanse through sweating. People often notice a smelly body odor if they're having problems with constipation. This just shows how smart our bodies are! You see, our bodies are always searching for a way to get the things out that are no good for us.

Breath – This is an easy one because breath is well known for the elimination of carbon dioxide.

Periods – For women, our periods are a vehicle for eliminating toxicity.

As for women experiencing menopause, it's researched that after losing their periods, they'll experience hot flashes as an adaptation to continue elimination, since they're so toxic.

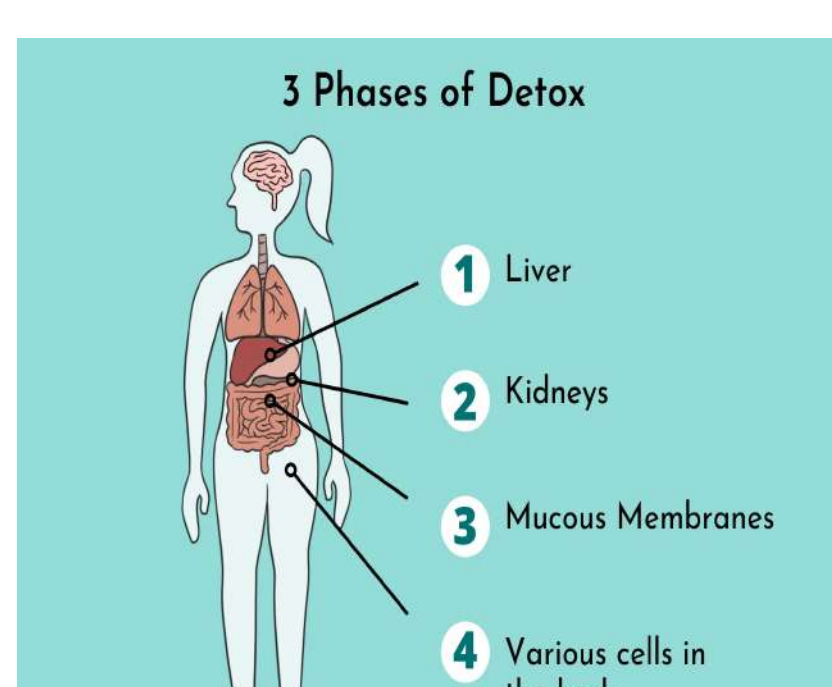
So, simply put: in order for the body to cleanse, hot flashes replace periods.



What are the stages of detox within the body?

Detoxification mainly occurs in 3 phases in 4 places of the body:

1. **Liver** – Phase 1 and 2 detoxification helps to package and transform substances that aren't easy to eliminate via the cleansing pathways, so that's where the liver comes in.
2. **Kidneys** – Part of phase 3 happens in the kidneys, where further filtration occurs.
3. **Mucous Membranes** – Part of phase 3 happens within mucous membranes and is most predominant in the gut. This is the final stage of detoxification before cleansing.
4. **Various cells in the body** – All aid in the detoxification process.



Both cleansing and detoxification are deeply connected, make sense?

Many of my patients have asked me where to begin when approaching a cleanse or detox.

The best part about cleansing is that it doesn't have to be overly complicated, especially when you're in the stage of simply exploring just how smart your body is.

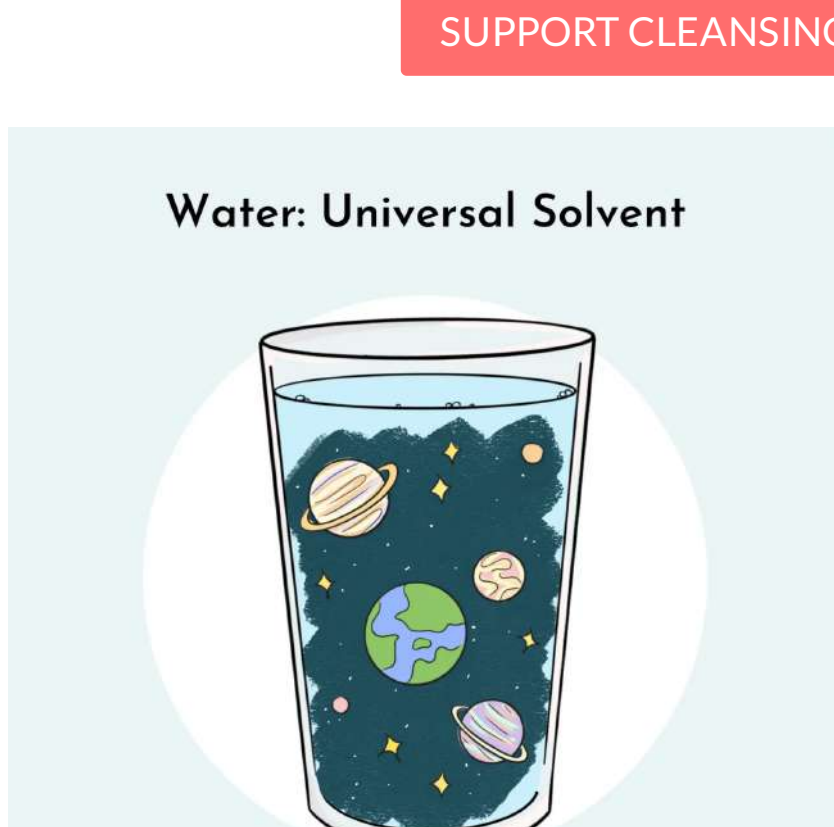
So how about starting with the basics: having healthy bowel movements. Sounds easy, right?

The best part? Your Queen of the Thrones® Castor Oil Pack for Liver Kit is your natural and easy way to support healthy bowel movements¹, better absorption² as well as colon cleansing plus lymphatic and liver detox³. Amazing, right?

So, to help you start your journey into cleansing, I've created a FREE easy guideline that supports natural cleansing and yes, healthy bowel movements are part of it, too.

After all, having good bowel movements starts with how you digest and absorb your food.

SUPPORT CLEANSING WITH THIS FREE GUIDE!



Don't worry, this isn't where I tell you to drink nothing but prune juice for 3 days.

This is where I tell you that beginning to cleanse can be as easy as incorporating drinking more water into the daily rituals you already do.

Plus, cleansing is as easy as practicing so you can...

- Restore flow to your body
- Support better absorption from your food and supplements
- Enhance your body's natural cleansing pathways

CLICK HERE FOR YOUR FREE GUIDE

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