



Sweatin', to the Oldies

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From saunas to hydrotherapy, the latest trends in body detoxification evoke the practices of the past

Long before Dr. Ho's Digestive Detox kits appeared on late night infomercials, various methods of internal cleansing, from fasting to purgative herbs, had been practiced.

It's no secret that toxins are all around us. The Environmental Working Group's Cosmetic Safety Database states that more than 10,500 ingredients, many of them chemical, are used in cosmetics alone.

The idea behind a "detox" is to rid the body's major organs and tissues of toxins that have accumulated over the years. Environmental pollutants, pesticides, and drugs are normally removed by the body's natural processes of neutralization and elimination via the liver, lungs, colon, kidneys, blood, skin, and lymphatic system. If the toxins are not purged, it is believed that they can lead to the development of chronic disease.

