

Detoxifying Your Body, Naturally

By Verne Varona

Detox Without Drama

I began my natural foods adventure many years ago in Southern California. Threw out the white bread, passed on the meat, stopped refined sweets and began consuming whole grains, beans and vegetables. At the time, I'd read about fasting and detoxing in a popular health book. It claimed if I were doing things "correctly" I would soon be "detoxing" —discharging all the poisons I'd taken or was exposed to over the past years. The fellow at the health food store who recommended the book assured me that this would be the profound life experience I was seeking, hinting at new spiritual sensitivities, physical regeneration and intuitive revelation, if I "pursued the natural path." I was young, eager for change, and the clerk was damn persuasive, so I began my new regime and waited for the detox...and waited...and waited.

But, no detox.

I'd heard and read accounts of people hallucinating, going through food withdrawals that seemed to rival drug detox, dreaming about the foods they were no longer permitted, becoming constipated or discharging black bowel tar like matter, losing hair, re-experiencing childhood sicknesses, etc.

Yet, for me ... still nothing.

At the time I didn't realize it, but I actually had been detoxing all along! And this is precisely my point: Our body is designed with an automatic and magical process for detoxing. It constantly labors to eliminate undesirable elements from our blood and tissues. These toxic elements are discharged in our urine and bowel movement, perspiration and into the air we exhale (as carbon dioxide). **If our transition to a whole food diet is gradual with a lifestyle that contains manageable stress, dramatic detoxification rarely occurs.**

There are many theories about detoxing, and some of them can sound rather sensational with false and naïve assumptions that we can "cleanse" our body in a number of days. This thinking originates from the magic bullet mindset that blindly believes salvation lies exclusively in pills, instant fixes, exotic touch or manipulative therapies, or remote tribal potions. In years of lecturing and counseling, I've met people who seemed to relish the drama of detox; they craved the experience of feeling disabled by the purge of yesterday's bad judgement, as if the suffering of such a "discharge" was the justified price and visual badge necessary to advertise their struggle or transform their health. A therapist friend and former client expressed the opinion that this might just be an unconscious self-punishment strategy for the guilt of previous dietary abuse.

Redemption is never supposed to come easy.

I've heard clients in the past champion with evangelistic zeal (after decades of dietary abuse or addictive bingeing,) their need for cleansing:

"I just want to get all the toxins out. Then, I'll feel better."

"I'm planning to go on juices for a couple of days, you know... just to clean my system out."

"I fast every month, just to detoxify."

"Since I've begun to eat pure foods, my body is getting rid of it's poison's."

Generally, most so-called detoxification therapies recommend a variety of pills, cleansing herbs, fasts, enemas, and various kinds of sweat therapy. You might *feel* somewhat cleansed after all this, however such quick fixes usually do not take into account the changing quality of the blood and the length of time it actually takes to really begin changing ones condition. **The bottom line reality is that detoxing happens on a daily basis**, not just in the form of a major breakdown. In fact, you're detoxing as we speak—how rude of you.

It is important to make "good quality" food choices, however, it's more than a matter of pure vs. impure, or natural vs. unnatural. Recently, an acquaintance with immune problems told me he was eating "lots of fresh, organic fruit and home- squeezed juice" as a form of self-treatment. I suggested he limit his total sugar content, including fruit, and especially fruit juice, for a two-week period. He began to defend his position on the issue of quality; arguing about organics, growers who grow their food with love (vs. "conglomerate apathy") and the rich, "mineralized" soil quality where his fruit is grown. I explained that my argument was not regarding *quality*, but more concerned about *concentration* of nutrient and *quantity*, in this case, sugar—even fruit sugar. Quantity (regarding excess of nutrients, such as sugar), in this case, overruled quality.

My experience has been most successful when I've guided someone to take gradual steps as a way to insure consistent and positive change. Otherwise, **extreme detoxing can become, in itself, a stress for the body**. Sometimes, people can have severe detox reactions, but I've seen this only when someone instantly makes an extreme transition, one that the body cannot adequately adapt to because of such sudden a change. Sometimes excessive dietary sodium, or fasting, can cause kidney constriction and or, constipation and result in skin discharges.

It is common, especially among the vegetarian and macrobiotic groups to attach the "detoxing" label to a host of abnormal symptoms; *constipation, lethargy, low blood sugar and skin discharges*, are frequently considered "detox indicators." **In most cases, these symptoms are merely adjustment reactions to a new diet, or imbalance signals, as opposed to deep healing indicators.**

- What is casually tagged as *detoxing* might simply be constipation as a result of the weaning from foods, or substances, that previously stimulated bowel movements (prune juice, cigarettes, coffee, etc.); now, peristalsis (intestinal contraction) has simply become lazy. *Continued daily whole grain fiber and exercise can soon remedy this annoyance.*

- Lethargy could be the result of poor assimilation from a new diet, or a low blood sugar reaction to the absence of foods that previously made blood sugar dance the swings of high and low. *Eating more frequently, making sure to include whole grain and vegetable in daily meals and reducing volume often remedies these symptoms.*
- Skin breakouts could be the result of a burdened liver and kidneys now made more sensitive to dietary changes, or in reaction to a condition of excess acidity—despite the "purity" of a new diet. *Regular rest to fortify immunity, a "clean" diet low in fat with a minimum of sugar, as well as continued activity, can help beautify skin fairly quickly.*

As long as you're getting regular rest, eating well, not overeating and are physically active, any so-called "discharge" symptoms will occur effortlessly without drama and pain through the body's many detox systems. Below, these natural detox systems are outlined with suggestions for improving your body's disease recovery ability.

The Body Divine

Putting physical characteristics and personality qualities aside, humans collectively share an amazingly organized and intricate internal physiology. What we take into our bodies as nourishment, what we breath and what gets absorbed through our skins pores, must go through an elaborate process of breakdown, storage and discharge.

Food is eventually broken down into tiny energy components that provide fuel for cells. What we inhale also gets absorbed into blood via the lungs and after entering blood where it is then filtered by the liver, goes thorough an additional filtering process by the kidneys before becoming discharged as urine.

Our faithful and hard working internal filtering factories, responsible for body detoxification are:

- Liver,
- Kidney
- Intestines
- Skin
- Lungs
- Lymph

What we storage depends on the condition of these organs, our fat reserves (toxicity can find long time room rental in body fat), circulation and blood quality. Let's get a better idea of how they function and support us in detoxification.

In the Laboratory of the Liver

The liver, one of the most primary organs of detoxification, is considered the largest gland in the body. At 3 to 4 pounds, it is also one of the largest organs in the body. Supposedly, it is 7 times larger that it needs to be in order to perform its estimated 500

functions. You might consider the liver as the body's workaholic competing with only the heart and kidneys in accumulating overtime hours.

Some of its essential chemical activities: nutritional breakdowns and absorption of food; storage of iron, copper, fat-soluble vitamin A, D and B12; vitamin A formation; conversion of dead red blood cells into bile (to aid digestion); filtering the more poisonous elements from the blood and converting them to nontoxic substances that can be excreted into urine and feces; the manufacture of blood plasma (blood liquid) proteins, as well as blood-clotting substances; balancing blood sugar via glucose storage and distribution; production of red blood cells in the developing fetus; and the formation of numerous antibodies—the basis of our immunity.

Of particular importance to this article is the liver's ability to detoxify poisonous substances in the bloodstream, including the potentially toxic quality of caffeine, nicotine and alcohol. Foreign substances that cannot be broken down and utilized by the body are sent to the liver via blood flow for removal, or to have the poison neutralized. Often, the liver will add chemicals to the material which aid its breakdown and eventual elimination.

The liver has a remarkable ability to heal itself. You can cut away nearly 80% of the liver and within two years it can completely regenerate. A substance too concentrated or used too frequently to be neutralized can cause permanent damage, such as alcohol and drug use. In defense, the liver replaces its active cells with fatty tissue, which give it a golden-yellow appearance instead of its normal one of red-dish brown. Eventually, the liver becomes hardened, shrinks in size and becomes, "cirrhotic." Cirrhosis of the liver can be fatal.

The liver manufactures bile, a dark green material, from recycling used red blood cells and stores a concentration of this bile in the gall bladder for later use in digestion. Bile dissolves fat. A large high-fat meal can trigger the release of bile, which then acts like a detergent, allowing fats to be dissolved and absorbed by the intestine. The liver releases many chemicals it has taken up from the blood into the bile. Some of these potent poisons include arsenic, cadmium, lead, manganese, mercury and environmental chemicals like DDT (a notorious carcinogen that was banned in the U.S. in 1972, but still manufactured and used throughout the world and continually brought to the U.S. by imported goods, air and ocean currents¹) and PCB's (encompassing a family of 209 different synthetic organochlorine compounds designated as carcinogens by the U.S. Department of Health and Human Services and the International Agency for Research on Cancer).^{2 3}

To speed removal of unwanted chemicals, the liver attaches various proteins and sugars to these chemicals that attached to the bile. **One of the ways that cancer-fighting phytochemicals work is by increasing the attraction of these chemicals to bond with bile and then excrete them into the intestine.**

Researchers at John Hopkins School of Medicine recently suggested that the natural *sulforaphane* chemical, abundant in cruciferous category of vegetables (broccoli, cabbage, cauliflower, kale, brussel sprouts, etc.) can increase the liver's ability to engage in "Phase II conjugation reactions," thus helping the body convert chemicals that might be cancer-

¹ Hatherill, Robert, J, Ph.D - *Eat to Beat Cancer* - Renaissance Books, Los Angeles, CA (1998) p. 64; re: compounds excreted in bile

² *Ibid.*

³ Keon, Joseph, Ph.D - *The Truth About Breast Cancer* - Parissound Publishing, Mill Valley, CA (1999), p. 67; Polychlorinated Biphenyls (PCBs)

producing into nontoxic substances that can be excreted. Some animal studies that utilized a concentrated extract of sulforaphane showed the animals to have greater resistance potentially cancer-causing chemicals.⁴

Unfortunately, while they might be out of the liver, they can easily become reabsorbed by intestinal bacteria. Sometimes, these bacteria convert bile into an even more toxic form (secondary bile acids) to make reabsorbing these toxins easier.⁵ It becomes a cat and mouse game of removal and absorption. The saving grace for this potential of reabsorbing toxins is fiber. Fiber binds to bile and drags it out of the system via the bowel movement.

I Kidney You Not

The two kidneys located behind the liver and stomach, are positioned on the back wall of the upper abdomen. Through the production of urine, they act as filters that clean blood and remove organic wastes of digestion, excess salts, water and small protein molecules present in excessive amount.

Each kidney has basic filtering units called nephrons. The nephrons are tiny networks of tubules that, at a magnification of 100 times, appear like a nexus of human brains. Together, both kidneys contain over an approximate 2 million of these waste processing nephrons.

Approximately 99% of the fluids removed from the blood by the kidneys are reabsorbed, together with glucose, salts, vitamins and other substances needed by the body. In this way the kidneys control the balance between acid and alkaline conditions of the body's tissues and the balance between water and salt in the body's cells. Playing a major role in maintaining the balance of water in the body excretes 1 1/2 to 2 quarts of urine on a daily basis. It contains the products of digestion, uric acid, urea and creatinine. In order to accomplish this, the kidneys filter about 48 gallons of blood every 24 hours—close to 4 times the body's liquid weight. This volume amounts to an approximate 1.3 million gallons filtered in a lifetime of 73 years—presumably enough to fill a good-sized city water tank. As you read these words, as much as 1/4 of your blood is passing through your kidneys for filtering.⁶

Travels with Food - The Digestive Vessel

The digestive vessel, where digestion and absorption occur is a muscular tube that runs approximately 28 to 30 feet from mouth to anus. Nutrients within food are reduced, through digestive fluids, to small enough compounds to pass through the walls of the intestines and into the blood for cellular distribution.

⁴ Zhang, Y, Tallalay, P, Cho, CG, Posner, GH. - A major inducer of anticarcinogenic protective enzymes from broccoli: isolation and elucidation of structure - *Proceeding of the National Academy of Sciences* - Vol. 89, pp.2399-2403, 1992 - Cited from: Bland, Jeffery, Ph.D - *The 20 Day Rejuvenation Diet Program* - Keats Publishing, New Canaan, Connecticut (1997), p. 117

⁵ Hatherill, Robert, J, Ph.D - *Eat to Beat Cancer* - Renaissance Books, Los Angeles, CA (1998) p. 64; re: compounds excreted in bile

⁶ McAleer, Neil - *The Body Almanac* - Doubleday & Company, Inc. - Garden City, New York (1985), p. 195-197

Digestion begins with your first bite, when saliva initiates the breakdown of starch (complex carbohydrate) into smaller units of sugar (simple sugar). We swallow and the food travels the length of our esophagus into the stomach. The stomach contains over 35 million glands that produce about 3 quarts of gastric juice daily. It contracts and mixes the food with these juices to produce a pulpy and creamy fluid called chyme.

Gradually, within a three to four hour period, the chyme leaves the stomach and enters a beginning section of the small intestine called the duodenum. In the duodenum, bile from the gall bladder and a digestive juice from the pancreas converge to continue the digestion of this chyme. The chyme continues to travel into the small intestine where nutrients pass directly into the blood. What cannot pass, usually fiber, continues to travel into the large intestine, which then becomes discharged as a bowel movement. In a healthy body, this entire trip might constitute a fifteen hour journey—depending on individual metabolism and fiber content in the daily diet.

Secrets of the Skin

With a total surface area of approximately 22 to 25 square feet, the skin ranks, hands down, as the body's largest organ. A good-sized man or woman might shed about 600,000 particles of skin every hour, which amounts to 1.5 pounds yearly. By 70 years of age, that person will have shed nearly 105 pounds of skin, which is equal to about 2/3's of their entire body weight.

The skin is a crowded mass of various members. Just one square inch of skin, about twice the area of your thumbnail and no thicker than 2 pennies, contain:⁷

- 645 sweat glands
- 77 feet of nerves with over 1,000 nerve endings
- 65 follicles
- 97 sebaceous glands (providing lubrication oil for skin and hair)
- 19 feet of blood vessels

Read that again and think about what a magical gift that houses your soul.

Our skin, considered the regulator of body temperature, helps us discharge internal wastes via the secretion of "sweat." Our sweat contains salt and small amounts of other substances such as ammonia. In total, there are over 2 million tightly coiled sweat glands in the adult human body residing in the inner layers of skin. Each of these coiled glands, if unwound, would measure approximately 50 inches in length. For your mathematical amusement, this means that everyone in possession of all body parts, has nearly 2,000 miles of this coiled ducting, which gives new meaning to the expression, "It just unravels me to no end..."

Exposure to heat brings the blood to the surface, creating that lobster-red look you can see among sauna aficionado's, while cold drives it deeper into the body. The traditional practice of alternating sauna with cold dips/showers and sauna was designed to:

⁷ Section reference: McAleer, Neil - *The Body Almanac* - Doubleday & Company, Inc. - Garden City, New York (1985), p. 100-106

- Promote the movement of lymph fluid
- Stimulate perspiration and the toxins that sweat carries.

For years, the official medical position stated that persistent pesticides such as BHC, chlordane, DDT, dieldrin and heptachlor, as well as PCBs could not be eliminated from the human body. It was believed that once those poisons got into your body, you were stuck with them.

Author, David Steiman, in his book, *Diet for A Poisoned Planet*⁸ documented the release of many of these toxins as a result from the prolonged heat of medically supervised saunas. This was done through an established program sponsored by HealthMed in Los Angeles. The program results were widely reported on by organizations such as the Swedish Royal Academy of Science, the World Health Organization's International Agency for Research on Cancer and numerous other scientific and medical groups.

From the Indian sweat lodges to the Russian baths, many cultures had heat therapies that induced sweating for the purpose of cleansing. Clay was much used in the same way. A former Japanese teacher of Oriental Medicine that I studied with used to recommend deep sand baths where the individual is literally buried from the neck down in beach sand for several hours to induce the discharge of toxins. His claim that the sand had great absorption ability and could literally draw out toxins through the skin. Another traditional recommendation was salt water swimming, or salt bath immersion, where the strong alkalinity of the salt could draw and bond to tissue acidity and toxin storage beneath the skin.

Skin brushing is another age-old practice that is designed to improve blood and lymph circulation and thus, activate the pore circulation to aid the discharge of toxicity.

Moderate sweating, without exertion, can have a detoxifying effect while improving immunity and circulation.

The Toxic Exhalation

The word "respiration" means "to breath again." Yet, breathing is much more than the inhalation and exhalation of air. Our respiratory system is an intricate arrangement of spaces and passageways that serve to conduct air into the lungs. Air that we breathe is destined to supply oxygen to the individual tissue cells and remove their gaseous waste product, carbon dioxide. Our body's cells require a continuous supply of oxygen and a means for disposing the carbon dioxide that is produced by cells as a waste product.

There are two aspects to respiration:⁹

- The first is called *external respiration* and takes place in the lungs, where oxygen molecules from the outside air attach themselves to red blood cells and travel to the capillaries where the oxygen molecules slip through the wall of the capillary and are utilized as fuel by tissue cells.

⁸ Steinman, David - *Diet for A Poisoned Planet* - Ballentine Books, New York (1990)

⁹ Reference: Memmler, RL, M.D., Wood, DL., R.N. - *The Human Body in Health and Disease* - J.B. Lippincott Company - Philadelphia (1983), Fifth edition.

- The second is called *internal respiration*, and refers to the gas exchanges between the blood and the body cells and within the cells. Oxygen leaves the blood and enters the cells at the same time that carbon dioxide leaves the cells and enters the blood via the red blood cell. Once in the lung via circulation, we then expel this carbon dioxide as an exhalation. This is another way our body regulates our acid-alkaline level.

Our oxygen needs vary according to our activity. Lying in bed will require approximately 9 quarts of air per minute, whereas a mad four-minute dash could demand over 50 quarts of air per minute.¹⁰ Depending on our build, we generally breathe in and out 12 to 20 times per minute, with children nearly twice as fast.

Often, inhaled bacteria and viruses can be destroyed in the nose and throat by a potent germ killer called a *lysozyme*. Deep in the alveoli sacs of the lung are white blood cells, also known as scavenger cells, called *macrophages*. The macrophages engulf foreign matter and release enzymes that kill them.

In the normal act of breathing, we can also take in other substances that might be carcinogenic; pollution fragments of lead, sulfur, nitrogen dioxides, carbon monoxide, hydrocarbons and substances called oxidants. Eventually, these carcinogens can make their way to our tissues via the blood stream and tissues through the capillary walls.

Cleansing Tissue Fluid – The Lymph System

The lymph system is that part of the circulatory system, which conveys lymph from its source, the body tissues, to the point where it re-enters the blood stream. Body cells live in tissue fluid, a liquid that originates from the bloodstream. Water and dissolved substances, such as oxygen and various nutrients, are constantly being filtered through the capillary walls in the space between cells. To prevent tissue fluid build-up there is a constant removal of this fluid.

The lymphatic system is a secondary pathway for the drainage of this tissue fluid. As soon as tissue fluid enters the lymphatic capillaries, it is called *lymph*. Microscopic vessels called lymphatic vessels drain away the excess fluid that does not return to the blood capillaries. The vessels, which follow the course of arteries and veins, bring this fluid through a series of filters called *lymph nodes* and eventually return the fluid to the blood via the veins.

The lymph nodes, seldom isolated and massed together in groups, are small rounded bean-shaped masses of connective tissue called *lymphoid tissue*. They are designed to filter the lymph once it is drained from tissues. In addition to lymph capillaries, lymph vessels, and lymph ducts, the lymph nodes, spleen, tonsils and thymus are collectively called *lymph organs*.

¹⁰ Section reference: McAleer, Neil - *The Body Almanac* - Doubleday & Company, Inc. - Garden City, New York (1985), p. 159

Some of the general functions¹¹ of lymphoid tissue include:

- Removal of impurities such as carbon particles, cancer cells, pathogenic organisms and dead blood cells.
- Manufacture of lymphocytes, which make up 20% to 25% of the white blood cell population.
- Production of antibodies, which are chemical substances that aid in combating infection.

Without the benefit of the heart which pumps blood, lymph flow can be stimulated via movement, temperature change, intestinal movements, breathing activity and massage. Lymph massage is designed to move tissue fluid toward the nodes for drainage.

Ten Ways to Naturally Promote Detoxification

The following are ten general methods to insure detoxification. There are numerous other methods, some more complicated and requiring equipment, however, these are easy to incorporate into daily life and can support your body in strengthening its natural detoxing capability.

1. **Adequate Rest** — Physical stress can produce increased cellular waste and reduce immune capability. Resting restores immunity and enhances the liver's detoxifying abilities.
2. **Good Diet** — Good quality food, organic whenever possible, that is low in fat, low-acid forming, low in sodium and the avoidance of overeating, insures that you are not adding to toxicity to what you may already have. Excess sodium can constrict kidney filtering and in some cases, promote fluid accumulation (edema). Daily whole grain, bean and vegetable fiber promotes reliable eliminations.
3. **Herbal Support** — Milk Thistle is a powerful liver-specific antioxidant also known as *silymarin*. Milk Thistle has been shown to protect against liver damage during times of oxidative stress, such as after poisoning or liver toxicity. In animal studies, a standardized potency preparation of silymarin demonstrated a strong protective effect against poisoning from the Amanita (aka *deathtrap*) mushroom.¹² Amanita poison, known to be highly toxic to the liver, is related to increased oxidant stress. Milk thistle concentrate diminished the toxic effects this mushroom would have normally had on the liver. Another popular herb used to strengthening the liver detox function is *Dandelion root*. Its root can be use as a hearty coffee-like tea or concentrate.

¹¹ Reference: Memmler, RL, M.D., Wood, DL., R.N. - *The Human Body in Health and Disease* - J.B. Lippincott Company - Philadelphia (1983), Fifth edition.

¹² Wilhelm, H - The effect of silymarin treatment on the course of acute and chronic liver disease - *Zeitschrift fur Therapie* - Vol. 10, no. 8, pp.482-95, 1972 - Cited from: Bland, Jeffery, Ph.D - *The 20 Day Rejuvenation Diet Program* - Keats Publishing, New Canaan, Connecticut (1997), p. 118

4. **Daily Exercise** — Moderate exercise can enhance immunity, promote greater circulation, stimulate intestinal movement, help discharge carbon wastes via respiration and adds to overall positive emotional states.
5. **Skin Brushing** — Popular in many cultures, skin brushing aids the discharge of toxins through the skin via circulation. Practiced with a hot hand-towel, dried vegetable gourd brush or soft natural bristle brush, skin brushing can be easily done once daily prior to a morning shower or upon awakening.
6. **Breathing Practice** — Any activity that increases the exhalation can be very effective for helping to discharge carbon dioxide. Singing, chanting, reading aloud and breathing exercises all qualify as exhalation therapies. Some of the yoga breathing exercises are especially recommended, since they focus on the exhalation. A yoga class, picture book or video instruction tape can be valued support.
7. **Intestinal Rubbing** — As a part of a brief morning stretching routine, the deep rubbing of the intestinal pathway can help stimulate an effortless bowel movement. Beginning from the right inside hip area of the abdomen, use the fingertips of each hand to rub in a counter-clockwise (in circles to your left) motion on the colon. The pattern can be done in this order: rub in small circles up the ascending colon (your right side), across the transverse (just beneath the rib cage) and down the descending (your left side). Then, rub in a small circle about one and one-half inches from your navel in the same circle. Finish with a general free-for-all rubbing. This is your barometer of conditioning. Ideally, there should be no pain when you rub. If so, you may have mild inflammation and need only look as far as changing your daily diet and volume in order to reduce that pain. This makes an amusing visual when done at a bus stop...
8. **Massage** — Deep tissue massage benefits not only blood circulation but the movement of lymph through tissue and into nodes, as well as the body's inner energy core. The value of touch and passive muscle movement has tremendous healing potential.
9. **Sauna** — Heat exposure benefits lymph and blood circulation. Some of the, Russian, Scandinavian, and Japanese baths I've visited featured one form or another of additional circulatory and lymph therapies, from salt rubs (rubbing the body vigorously with salt to "draw out toxins") and body brushing to strong frictional massage that was used in combination with sauna heat. The effect can be highly exhilarating. If you enjoy steam baths, I'd suggest first finding out about if the water source is filtered. Often, the chemicals in the water are discharged into the steam. *Make certain to check with an appropriate medical practitioner regarding your personal tolerance for any external heat therapy.*
10. **Emotional Expression** — As another form of "inner toxicity," suppressed emotions nurture their own brew of poison. Well documented as a chief stress source, holding in feelings that we want or need to express is plainly not health-enhancing.

There can also be great value in more strenuous detoxing, such as colonic therapy, fasting, sand burials, etc., but they should be supervised by a health professional and wisely be preceded by the above ten points.

The less exposure we have to external toxins, from food and environment, the more effective our biochemical systems can become in their continuous process of internal housecleaning. Including these ten points of natural detox habits your lifestyle will enhance your body's ability to remain fortified, healthy and resilient.