

## **Detoxification by Fasting**

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"Every day the human body is contaminated with toxins (poisons) either from the unexpected waste products of metabolism or from outside the human body such as food, drink and air. The more air pollution in the environment and the more toxins we get from food and drink, the greater the chance will be for our bodies to accumulate toxins, which can cause various diseases. The simplest sign that there are many toxins in our bodies is malodorous perspiration, easy to get dizziness, nausea, sleepiness and feeling limp despite having eaten much", said the Professor Dr. Ir. Hardinsyah, Professor of Nutrition at the Faculty of Human Ecology (FEMA) IPB, as the resource person in the Evening Dialogue of RRI (2 / 8). "By nature man has the capacity of maintaining his own health because he is awarded the lungs, intestines, liver and kidneys, one main function of which is to clear toxins. This capability will weaken if nutrition intake is incomplete, thus affecting the function of other body organs ".

Detoxification is the process of neutralizing and minimizing or even eliminating toxins from the body, or better known as an internal cleansing. This process is useful to dispose all sorts of substances that are not needed by the body. The main detoxifying organs in our body are the liver, kidneys, lungs, and skin and lymph system. Because our bodies are composed of a series of interconnected organs, an optimal benefit would be achieved if the detoxification is integrated with physical exercises or sports that trigger sweating. Also the most important is the mental and spiritual exercises such as fasting as a form of worship. This not only results in physical fit, but it can also purify and even increase our sensitivity of thoughts, feelings and spirituality.

A wrong pattern of diet and unhealthy behaviors would trigger the production of harmful toxins in the body. Fasting for a month in a year, while it is a form of worship, can have the benefit of periodic detoxification, which can normalize the processes of the body's natural metabolism, purify or cleanse the blood and body fluids, minimize inflammation, accelerate cell rejuvenation, optimize the work of important body organs, as well as facilitate blood circulation and excretory systems of the body through feces, urine and sweat. (Mtd)