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7 Strategies for Detoxing Your Body

A lot of different types of toxins can get inside of your body. But how exactly do you get rid of those toxins? Here are seven simple and quick ways (some of which you may all ready be doing) to rid your body of toxins.

We live in a toxic world. Whether you live next to an oil refinery or on a pristine mountaintop in the Rockies, you carry environmental toxins in your tissues. From heavy metals like [arsenic](#), lead, mercury, and cadmium, emitted from smokestacks and vehicle exhaust, to [pesticides](#), fertilizers, and PCB's released into rivers and soil, and phthalates that off-gas from household plastic products, we are all swimming in a soup of toxic chemicals.

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