The BV Detox Essential Plan

Essential Steps To Stop The Recurrent Infection

InstantBacterialVaginosisTreatment.com
BV Detox Plan - Essential Steps to Stop the Recurrent Infections

Toxins attack your body from so many directions; internal and external. So many toxins are inherent in the environment from air and water quality to industrial pollutants to invisible chemical odors from dry cleaning hanging in the closet.

Each time the immune system is busy fighting off toxins, there are fewer forces to defend against internal infections like Bacterial Vaginosis. When women have BV or the propensity for BV, they need to do everything possible to reduce exposure to other toxins that stress the immune system.

**Common Sources of Environmental Toxins**

Use these lists to identify the environmental and internal toxins that you are exposed to on a regular or occasional basis.

- Air pollution
- Auto exhaust fumes
- Pesticides (outdoor and indoor)
- Fertilizers
- Ozone
- Pollen
- Perfumes
- Cleaning liquids
- Chlorine for pool cleaning
- Dust Mites
• Cigarette and cigar smoke
• Smoke from outdoor leaf burning or forest fires
• Construction or demolition sites

**Common Sources of Internal Toxins**

Chances are you may not have known that some of these items are toxins that over time are harmful to your overall health and well-being.

• Alcohol
• Illegal drug use
• Prescription drug abuse
• Food coloring
• Food stabilizers
• Food emulsifiers
• Food additives and preservative
• Cigarette and cigar smoking
• Mold
• Parasites
• Metal in the body (screws, plates, dental work)
• Tampons
• Hair dye
• Cosmetics
• Hormone imbalance
• Free radicals

Your three-step plan for reducing toxin exposure involves:
Step 1: Where possible, remove toxins from your home or office.

Step 2: If not possible to remove the toxins, what you can do to reduce the level of exposure.

Step 3: Make substitutions of safe elements in place of toxins

Remember, every toxin eliminated from your body and environment helps your immune system work better, which makes you less prone to recurrent infections.

Advanced Body Detox

After making the effort to recognize and reduce the toxins around and ingested into your body, you are ready for advanced body detox. This may sound imposing, but you will find some of these are quite nice and all will leave you with a youthful, healthy glow.

As an added benefit, a healthy body is better able to resist recurrence of BV.

Detox Patch

This patch is usually applied to the bottom of the feet at bedtime and left to work overnight. The components of the detox patch are designed to address specific toxin sources by alternative medicine practitioners.

The purpose of the patch is to draw out toxins that are absorbed onto the patch and later discarded. Since this detox process happens during sleep, this is an easy to use process.
Detox Recipes

These are food combinations that build up the body’s immune system with fresh ingredients and high quality proteins.

Get a cookbook that explains how to shop for and prepare detox menus and stock your refrigerator with healthy foods that nourish your body and help it fight bacterial vaginosis.

Even if you are busy working and commuting, plan at least one meal with detox recipes and on the weekend make it a point to increase intake of detox foods.

Lymphatic Drainage Massage

This sophisticated procedure stimulates the lymph system to reduce fluids and flush out bacteria.

Because the lymph nodes are vital in the body’s ability to filter out bacteria before it invades the bloodstream, the lymphatic drainage massage greatly benefits treatment for BV. As an added benefit, the relaxation from this massage reduces stress.

Detox Bath

After the BV infection is under control, soaking in a detox bath can be a pleasant preventative.

Treat yourself to a detox bath at a luxurious day spa. While enjoying the experience, you learn how to create this for yourself.

A basic detox bath can be duplicated at home (bring your own cozy bathrobe and candles).

Use a simple combination of ingredients that can be purchased at the local grocery or health food store:
• 1 cup sea salt
• 1 cup Epsom salt
• 2 cups baking soda

Mix the dry ingredients in a bowl. Gradually add these into the water as the bath is filled. This is the best way to diffuse the salt mixture into the water. Multiple the mixture and preserve in tightly closed glass jars for the next detox bath.

Keep the water temperature warm not hot. Epsom salt prompts sweating which stimulates the body’s natural method of removing toxins. The combination of hot bath and Epsom salt can be dangerous for a woman who has high blood pressure, diabetes or heart disease.

**Colon Detox**

Body detoxification is not complete unless the colon is detoxified. The easy way to do this is with a 7 or 10 day colon cleanse kit which you can obtain from a health food store or alternative medicine center. Follow the directions and complete the cleanse.

During the colon cleanse, follow the recommended food and drink intake precisely. After the cleanse, be prepared to replenish the good bacteria with probiotic yogurt and acidophilus dairy products or supplements.

While you may feel tired as the cleansing is in progress, you will experience a notable energy surge when the body has eliminated the excess waste and toxins.

When the colon works efficiently, the body gets rid of waste daily so that the bacterium loses another of its favorite breeding grounds. Adding more fiber in your food choices is key to colon function. As a bonus, fiber is more filling so you need less to feel full.

Another way to maintain colon health is as simple as drinking more water. Those 8 glasses of water recommended for general health are also important to flush out the colon and provide smooth transit through the intestines so nutrients are absorbed and waste is discarded.

Too often, women who have recurrent BV also have chronic constipation, which is a symptom of poor colon condition.
Liver Detox

The liver is a hard working organ that gets slammed daily by pollutants, medications, caffeine, smoke and other internal toxins. Add to that the poor quality of the typical American diet and the workload of the liver goes unnoticed until it shuts down and then it’s a potentially life-threatening problem.

Choose a liver detox kit from the health food store or alternative medicine center. The process is similar to that for the colon cleanse. The only caution is that you cannot do these simultaneously. Complete the colon cleanse and wait the amount of time recommended on the product before starting the liver cleanse.

Detoxification of the body is not a one-time event. Since toxins continually assault the body, you need to make detox procedures an ongoing part of your proactive approach to health.

Make an appointment with yourself and put it on your day calendar. For example, choose a relaxing weekend to begin your colon or liver cleanse. Schedule quarterly lymphatic drainage massages.

Put an “away” message on your computer and turn off the cell phone while you take a detox bath, dry off, then sit outdoors and enjoy some well deserved quiet time.

To Your BV-Free Future,

Jenna