Detoxification for successful dieting and weight loss by Jennifer Roy

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In today's world the sheer act of living, eating and breathing exposes the human body to toxins without even being aware that they are entering the body. Toxins are harmful to the system by making organs act inefficiently or blocking their effectiveness altogether. While results from dieting vary from person to person and depend on factors like body type and activity level, build up of toxins in the body can prevent weight loss from happening or greatly impede the effectiveness of dieting and exercise.

Where do toxins come from?

Simply by breathing, the human body absorbs environmental toxins like second hand smoke, auto exhaust and other air pollutants. The skin which is a 56% permeable membrane absorbs cosmetic and hygiene chemicals. The digestive organs hold onto manufactured chemicals from processed food, pesticides and medications. Fatty acids within the body encase these harmful chemicals and store them, preventing them from being eliminated.

How does detox work?

Detoxification can help expel these acquired toxins and subsequently positively affect weight loss. Deep breathing, the kind experienced in cardio exercise, yoga or tai chi helps to clear toxins being held in the air passages. Liver cleanses using natural supplements like bitter greens, milk thistle and Vitamin E filter fat soluble toxins from the body. Kidney function is supported in detox through water consumption, 8oz ten times a day. Cranberry juice also supports the kidneys. The lymphatic system which stores bio waste products is aided through massage, yoga and hydrotherapy. Finally, sweating helps remove toxins through the skin. While exercise is a common method of increasing sweating so is the use of saunas, the most effective of which for weight loss is the infrared sauna.

How does an infrared sauna affect weight loss?

The experts at Mountain Trek fitness and weight loss spa in British Columbia use detoxification, nutrition and fitness in their whole body approach to weight loss. The infrared sauna places a crucial role. The benefits from an infrared sauna includes pores that are cleansed, healthier skin and the elimination of accumulated toxins in body fat.

The average person has 2.6 million sweat glands in their skin. Sweating, while eliminating toxins is also a simple and effective method to shedding pounds. The kind of sweating referred to here does not does not represent weight loss due to water. The infrared sauna flushes heavy metals directly related to metabolic imbalances resulting in poor digestion and weight gain. Sweating using an infrared sauna helps decrease and release lipophic or fat stored toxins.

Infrared saunas are effective in weight loss two ways. First, they burn calories to produce sweat, up to 6000 calories in a single sauna session. According to the Journal of the American Medical Association, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal, which is equivalent to running 2â€“3 miles.â€• Secondly, the infrared penetrates up to two inches deep into the body, much deeper than a normal sauna can go. The subcutaneous fat layer starts to liquefy at 110 degrees F and is released along with sweat. Using the infrared sauna as a detoxification tool literally allows fat to melt away while eliminating toxins

stored in the body.

Log on http://www.mountaintrek.com/our-program/weight-loss for more details.

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The a weight loss retreat at Mountain Trek is a luxury retreat for adults. Enjoy the beauty of either British Columbia or in the winter, Baja California for you next fitness vacation.

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