Internal Body Housekeeping



Internal body housekeeping prevents reflux, digestive cancers, irritable bowels, gallstones, chronic constipation, head fog, body odour, urine infections, digestive discomfort, poor sleep patterns, sleep apnoea and weight gain. It is a very important step in the pathway to a healthy older age.

Every day we put food and drink inside our body. Just as we must clean and scrub the dishes that these are made and served on, we also must be mindful that our body is doing the same in the inside.

Food and drink encounters strong acids, bases and enzymes as it enters our stomach and intestines which break down fats and foods just like detergents. The movement of the muscles along the digestive system is like a washing machine turning and churning. Our bowels are like the “garbos” of the body, taking out the left over trash while the kidneys hose and flush out the fluids.

Now let’s imagine what happens when the internal house becomes messy. In other words, let’s put too much load on your housekeeping “staff” with heavy meals, sugary sticky food and drink choices, high animal fat intake, too much food and lack of clean water.

* As the acids, bases and enzymes can’t break the food down quick enough - bloating, pain and belching occur.
* The tummy muscles work overtime - discomfort, diarrhoea or irritable bowels occur.
* The “trash can” bowels become overloaded or too full – constipation occurs and bacteria and parasites find their way to it.
* The kidney “staff” can’t keep up with the lack of clean fluids so the urine becomes smelly and dark which also attract more bacteria and infection.

So we see the picture of the messy inside house with unhappy, overworked “staff”.

Clean up your internal house with clean water, fresh vegetables and salads, less red meat per meal, less heavy food such as flour based products and sugar, less fried food and takeaways. Use lemon juice, balsamic or apple cider vinegar on foods to help break down fats. Eat less at night when your “staff” are winding down and getting ready to knock off! Keep fibre levels high to sweep out the bowels. Reduce alcohol and sugar based drinks.

Last but not least, give your internal body filters a proper clean out twice a year with a supervised liver, bowel and kidney detox by your Naturopath.

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