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The kidneys and the liver are the two main organs in the human body, responsible for flushing out toxins from the blood on a regular basis. This process is important, because just like the circulation of pure blood ensures that oxygen and important nutrients reach all the cells of the body, the circulation of impure blood spreads out toxins to all the cells, affecting the body's immunity levels. It also lowers the body's ability to flush out the toxins naturally, leading to their accumulation in the blood, which in turn can cause a lot of health problems.

In a situation like this, one needs to take some steps to detoxify or purify the blood by other ways. Of course, the simplest way to do that is by consuming certain foods and herbs, which help in the process of blood cleansing.

Green leafy vegetables need to be included in one's diet, to begin with. They help to flush out all the harmful toxins in one's body. Along with that, one must also consume a lot of fresh fruits and vegetables, in the form of salads or otherwise. This is because fresh fruits and vegetables not only keep the blood stream clean and free from all kinds of impurities, but also give a lot of important nutrients, which are vital for the proper growth and development of the body.

Then there are certain herbs, such as Dandelion Root, Milk Thistle Seeds, Yellow Dock, Burdock Root etc., all of which help to clear out the toxins from one's body quite effectively. They also aid in the smooth functioning of the liver, thereby strengthening it, and helping it to perform its functions more efficiently. Moreover, herbs are natural, so they have no side effects, unlike chemical based medicines and other forms of detoxifying the blood.

A regular habit that one must develop is to drink a lot of water daily. It is the simplest, and the easiest, as well as one of the most effective ways of regularly flushing out toxins from the body, and keeping the bloodstream free from all impurities.

Another good thing to do is to drink a cup of chamomile tea before going to bed every day. Not only will it work overnight to free the body from harmful toxins, but will also relax and soothe the body, giving a comfortable sleep. An easy way to get glowing skin naturally is to use Glisten Plus capsule, which is a powerful herbal blood cleanser supplement. One can easily purchase Glisten Plus capsules from online health stores.

If one is serious about detoxification or purifying the blood, then it is advisable to stop drinking alcohol, as well as quit smoking. One must also avoid dependency on junk food, and packed and preserved foods of all kinds.

Proper detoxification helps to reduce weight, and also makes the immune system stronger, making the body more resistant towards various kinds of diseases and ailments. It also prevents many skin diseases, ranging from basic ones such as acne and pimples, to serious ones such as eczema and other fungal infections. Moreover, it gives a naturally glowing and beautiful skin, with well functioning bodily systems.

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