

ToXins and Your Body

Motocross is an extremely difficult sport which demands dexterity, strength and endurance from every rider who steps up to the starting gate. With the holidays well behind us it is time to start preparing for spring and the new racing season that is ahead. Many of us have likely become lethargic with the onset of winter even though it is still important to go outside and be active if you are to have a strong start to the upcoming season. Even if you do not feel bold enough to brave the cold air there are still many things you can do to keep the blood moving. (Yoga is an excellent indoor activity)

Everyone has some amount of toxins that are built inside our bodies. Whether you like it or not we can take a tissue sample from either fat or cartilage in your body, and find some amount of Mercury, Lead, DDT and a number of other toxic heavy metals or pesticides that once ingested stay in your body and are very hard to get rid of. The number one thing that gets rid of these toxins is exercise and movement, so be glad that you are involved in a sport that works both your cardiovascular system and muscular system. Keeping active is an essential part of being healthy because a sedentary lifestyle will make it easy for your body to absorb these toxins into muscle tissue. This is partly due to the fact that many parts of our body do not become properly oxygenated unless we breathe deeply and take in full breaths. This will make it harder for you to move around and it can even accelerate many aging processes within the body. It is a simple fact that we grow older faster with a lower activity level. Luckily there are many things that anyone at any age can do to not only feel better, but to perform better as well.

One of the largest sources of toxins that we encounter is the food we eat. Conventionally crops are grown with pesticides to kill weeds, insects and disease agents and fertilized with chemicals to ensure large yields. Both the pesticides and fertilizers are derived from oil and natural gas. Most of crops that are grown conventionally also utilize a different type of plant called a GMO. GMO stands for Genetically Modified Organism. GMO plants are created a few different ways. One way is by inserting a gene from another organism into a plant giving it a unique characteristic. A relatively harmless example is the gene from a canary was inserted into a rose to make it produce a yellow flower. Most GMO's are called so because the plant contains a pesticide resistance gene that allows it to be immune to the herbicide round-up. This means that farmers can spray round-up throughout the growing season directly on to the plant without any worry of injury. However, almost any and every food crop has a GMO variety that is grown and in use today. The scariest part about GMO plants is that companies and growers are not required to label GMO food products. The result of this is that most of the food produced commercially and bought in the grocery store is likely to be a GMO. This is only one example of a source of toxins in an average diet for there are many other such as BGH in milk and beef, mercury in certain types of tuna, MSG in snack foods and fluoride in tap water.

These types of food can create many adverse health conditions as certain pesticides or other chemicals build up in the body over time. One of the best ways to reverse this process is to cut out the toxins that you could be ingesting, and begin to eat organically produced foods. Organically certified foods are grown with absolutely no pesticides, chemical fertilizers, antibiotics or artificial hormones. Instead farmers rely on the natural ecosystems and symbiosis that are inherently present in nature to produce natural quality products. A plus about organically grown produce is that organic plants work harder for their nutrients which make them produce more secondary metabolites like vitamins, enzymes and amino acids. This means that not only are organic foods free of toxins, but they are healthier for you too. This will help

rid the body of the toxins which are already present. When I travel and do not get to eat organic food I always feel a difference in my body and energy level. A balanced organic diet is essential to a healthy life and strong body, which is important when participating in a sport like motocross.