

Chomnad. (2023, July), Easy Tricks Detox, 6 Detoxification Organs : Cheewajit : 583 :

The human body is amazingly designed because it has a mechanism to detoxify through various vital organs, which helps the body to not accumulate toxins. Various systems work efficiently. **Dr. San Chaiyodsilp** explained it comprehensively as follows.

Detoxify the liver Eat foods that the liver needs to eliminate toxins called antioxidants, including colorful plant foods. (emphasis on purple-red), various flavors (emphasis on bitter taste) (emphasis on mushrooms) and on turmeric Work diligently in the sun so that the mitochondria in every cell of the body help produce an antioxidant named melatonin to help liver function.

Kidney detoxification, be careful not to dehydrate the body. eat less salt take as little medicine as possible Do not take drugs that cause chronic kidney disease directly, such as anti-inflammatory painkillers. Do not inject unnecessary diagnostic dyes. Because those colors are very toxic to the kidneys.

Detoxify the lungs, practice deep breathing. Practice holding your breath for a few moments as your lungs fill with air. Practice exhaling longer than inhaling to release as much air as possible. diligently put yourself in the natural atmosphere with good weather

Detoxification Nurture the gut microbial community to grow diversely. Is to eat things that they use as food (Prebiotic) such as waste and beans. Including being diligent in eating food that contains microorganisms (Probiotic) such as fermented food, fermented tea, etc.

Detoxifies the sweat glands on the skin Work hard to exercise and sweat a lot while drinking water accordingly. Being diligent in the sauna can help sweat your shoulders and body.

Detoxify the lymphatic system move diligently At least walk diligently throughout the day, jogging occasionally when given the opportunity. The movement of the limbs is the only factor that drives the lymph flow to get rid of waste.



(2023, July), How Can Hemp Save the World : National Geographic : 21

After a long period of medicinal use, hemp is now gaining attention as a new material. for cars
Ingredients for brewing beer and other sustainable options

1. Killer of germs

Researchers in Australia have discovered that betaine (CBD) is effective in killing certain bacteria. This means that the active ingredient in hemp may have been developed. As a new antibiotic, it is now used to treat asthma and pain.

2. An alternative to plastic

Hemp fibers are durable, flexible, lightweight and biodegradable. This makes it a good alternative to plastic. Batteries add weight to electric vehicles. Resulting in reduced performance, so electric vehicle manufacturers began to use hemp. as a component in materials for internal equipment and more car bodies

3. Magical Weaving

Researchers in Germany found that Hemp cultivation is used six times more efficiently than cotton cultivation. It is also possible to plant three times more hemp in the same area.

4. Thirst Quencher

Swiss researchers have invented a beer that uses three-quarters of the hops instead of hemp flowers, making it a more sustainable alternative. in beer production Kanchang is a hardy biennial plant, so it is used with pesticides and fertilizers. in cultivation is much less

5. Meat Alternatives

Hemp seeds are rich in protein, high-quality amino acids, fiber and omega-3 fatty acids, making them a good alternative source of protein. Scientists are developing pasta, tofu and many other meat substitutes from hemp seeds.

