



*Complete Body
Detox Guide To
Better Health*



**“Learn How to Effectively Get Rid
of the Harmful Toxins from Your Body”**

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Complete Body Detox Guide to Better Health

CLEAN, CLEAR AND CLEANSE YOUR BODY & SYSTEM

DISCLAIMER

The ideas worded and presented here ARE NOT intended to be medical advice, endorsements or recommendations.

This is a reference tool with information to assist readers and practitioners to plan a detoxification (DETOX) plan and strategy, that you opt is the best for you and your situation, circumstance and condition.

Beware of any contra-indications for using detoxification processes, procedures and healthcare practitioner input and supervision is advisable, as there are risks and serious consequences if not done with caution or properly overseen.

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SECTION 1

GETTING DOWN TO BASICS WITH DETOX – KNOWING AND DOING, KNOW HOW and OTHER DETOX FUNDAMENTALS

No doubt, YOU TOO would have heard of the phenomena termed DETOX or DETOXIFICATION, cleansing your human system of harmful toxins, or also commonly known as ‘flushing your system’. This is most commonly used when referring to a newer trend of getting rid of harmful or toxic, bad-for-you-and-your-health type substances from your body, BOTH parts and whole, for optimal health and ultimate peak performance, functioning and BETTER living all-round, making the most of what nature has to offer and your body to provide – a clean, clear and cleansed parts and whole! From head to toe and back!

These types of natural processes and functions of cleaning, clearing and cleansing, getting rid of waste and toxins from the body, are normally typically handled by organs like the liver, lower gastrointestinal tract and kidneys. Recently however, it has been suggested by practitioners and advocates alike that these processes are beneficial for health, well-being and even longevity. They argue that they can be mastered and learned, as well as achieved by balanced living, intervention-type practices and techniques. Some of these might include processes like dialysis and (in a very limited number of cases) even chelation therapy.

- **What are toxins and detoxification**

Detoxification (DETOX), falls within the spectrum or realm of alternative medicines that typically has to do with methods used in place of, or in addition to, conventional medical treatments. It has lots of benefits to offer, has to be planned and managed well to get the optimal success and results. This guide will take you from start to finish, in an introductory manner, through what to expect, how to prepare, discipline, as well as see

if through from A to Z, capitalizing on all that it has to offer to you, your health, life, wellbeing and future.

DETOX can also include several traditional medicine techniques and natural sciences, products, from around the world, used complementary to or in place of medical science. It is often referred to as CAM for short.

Nevertheless, what is DETOX exactly? GOOD QUESTION! There are numerous answers to and definitions of detoxification as well as many streams of thought on the topic. In some cases the jury is still being out on its merits, nature and effectiveness.

Diet modifications, eating and nutritional lifestyle altering plans, supplements, herbals, rites and rituals, even processes like colon hydrotherapy, body cleansing juice fasting and sweat lodges fall under this umbrella terminology. Most of these practices and channels are seen as supporting and assisting with the natural detoxification processes you need for optimal functioning and peak performance.

Here are just some of these conceptual clarifications, descriptions and definitions of DETOXIFICATION:

- It is seen as a cleansing of the body for restorative purposes, getting equilibrium and balance back, and natural state to get harmful substances out of the system, like drug or alcohol rehabilitation due to substance abuse or addiction.
- Abstinence
- Clearing things from the body and human system,
- Support provided on all levels for all the demands and realities of the physiological and psychological changes
- Including shock and withdrawal, which are very real processes, effects and outcomes that can be risky or even fatal if not done correctly

There are numerous ways to detoxify your body, with or without medication and medical intervention. (DETOX and withdrawal again would require medical supervision as you wean your system off these levels and toxins to be safe and prudent)

One such method is acupuncture detoxification, for example, that used your body's biofeedback to restore balance to your system, parts and whole.

A class of diets whose underlying assumption is that the body accumulates toxins that must be purged, especially after unhealthy periods.

Toxic, harmful toxins, substances /waste of an undefined nature - from foods, the environment, and the body's own wastes can build up over time in your body, causing symptoms, illness, disease, discomfort even death.

Most modern detoxification processes utilize herbal, electrical or electromagnetic treatments and solutions to clean, clear and cleanse the body and system. The liver and kidneys for the most part take care of what the body needs, but there are ways to make these processes more effective.

For a real lay-definition of what these processes and dynamics bring to the table and can offer describes it as a process by which a substance is made less toxic or rendered harmless and excreted without any dire, lingering or side effects.

Some of the more recognized therapies and detox treatments in and from this field are:

- Contrast shower
- Master Cleanse
- Oil pulling
- Waismann Method
- Chelation Therapy

..and many more, to name but a few. They are briefly described here, in no particular order of effectiveness.

- Contrast Shower

Here is one description of what a detox-process, from the outside in can do for your body and wellbeing. **Contrast showers are showers that alternate between hot and cold water.** This is believed to boost both your immunity and circulatory systems, recovering and restoring the body to its balanced and optimal state, reducing muscles strain and soreness, less lactic acid in muscles and refreshing the skin, the biggest organ of the body, carrying away the toxins excreted while sweating and perspiring.



Alternating the cycles of heat/cold is highly effective and the varying of temperature critical for its impact and results. A couple of minutes of hot water, followed by an intense blast of around 1 minutes of cold water, then more hot water for around two minutes and again the wake-up blast of cold. This is often also referred to as water-therapy.

Exfoliating (getting rid of dead skin cells, stimulating of the circulatory system can also be combined for this mainly external type of cleansing. However, there is more to

detoxifying your body that dealing with the outer skin, organs and cleaning routine enhancements.

- **Master Cleanse**

Many times detox is used as part of a recovery strategy to get back to optimal health. Our second example the ‘master cleanse’ is not new. It dates back to the early 1940’s. Quite simply drinking a liquid-mixture of fresh lemon juice, cayenne pepper, and grade B maple syrup is suggested to help the body and systems get rid of any toxin build up in tissue, blood, organs, flushing it through the system, getting rid of waste and harmful elements left behind so to speak, after nutritional elements have been absorbed and the body got all it needed from food and fuel sources. It also holds claims to getting rid of residue and unwanted, poisonous elements, too much of a good substance (that is never good to have in the body as it throws things out of balance and can easily cause illnesses and disease, discomfort or long-term problems, damage or even breakdown or failure).

While this is often called the liquid or [lemonade diet](#), there is no solid foods eaten for the couple of hours or days that you opt to rid your body of all that is ‘bad’. Most take up to ten days on this type of process, with limited intake to get rid of toxins and give the body time to get back to its baseline, optimal, balanced state, with no toxins or harmful chemicals, deposits, residue, build up and more.

Advocates of these types of processes lay claim to the fact that it has helped them in many ways. For example:

- Losing, controlling and maintaining weight
- increased vitality
- feeling energetic
- curing chronic diseases

- could be restrictive, unhealthy or dangerous if not done and approached with care, under supervision, informed, empowered and realistically focused.

There are numerous claims to fame and success by celebrities and many swear by its results. **It is, however, primarily NOT recommended for weight loss at all.** The real purpose and reward lies in being healthier all-round, not shedding pounds.

- Oil pulling

A third type of detox process is the so-called 'oil pulling' or 'oil swishing' . Basically, the process consists of rinsing, gargling and swishing around ONE tablespoon of cooking oil (olive oil, canola oil) and then spitting it out. This is a daily routine and rids your mouth of bacteria and harmful elements. If you take to heart how much harmful components, bacteria, viruses and more live and thrive in the human mouth, (yes, YOURS TOO), three to twenty minutes of this detoxifying discipline does not seem like too much to ask!

Here is a list of ailments and problems that might be alleviated, treated effectively with these types of detox processes and actions:

- blood health and circulation
- bronchitis
- diseases of nerves, paralysis, and encephalitis
- eczema
- fights adhesion to surfaces like teeth, gums, tongue, throat
- head-aches
- heals cuts
- heart
- Insomnia
- intestines

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