



# Detox Diet Basics

*Learn To Detox The Healthy Way!*



## **Chapter 1: Detox Diet – A Basic Understanding**

### **Detoxification Occurs In Our Bodies Daily**

Our internal organs, the colon, liver and intestines, help our bodies eliminate toxic and harmful matter from our bloodstreams and tissues. Often, our systems become overloaded with waste.

The very air we breathe, and all of its pollutants, build up in our bodies.

Today's over processed foods and environmental pollutants can easily overwhelm our delicate systems and cause toxic matter to build up in our bodies.

### **Detox Diets Are Designed To Help Your Body Rid Itself Of The Toxic Matter Buildup And Lose Weight**

If you feel sluggish, have frequent colds, digestive problems or just aren't feeling your best, you may have a toxicity issue. A detox diet will help you clean the harmful matter from your body and lose weight.

### **A Detox Diet Will Help Your Body By Increasing Stamina And Energy, Making The Digestive Process Easier**

It will help in increasing mental clarity and decreasing allergies. Most detox diets don't involve weird or unhealthy foods, simply fresh and whole foods like fruits and vegetables. Eat plenty of fresh fruit, except grapefruit. Enzymes in grapefruit interfere with the proper functioning of enzymes in the liver, so they should not be used during detox diets.

Grapefruits should not be eaten during detox programs, but they are great for anytime else.

### **Fresh Vegetables Are Also Great On The Detox Diet**

The best vegetables for detoxing are broccoli, garlic, artichokes, beets, cauliflower and red and green vegetables. Avoid corn products, as corn often contains allergens. Rice is also acceptable on a detox diet, and beans, nuts and seeds are great as well.

### **Drink Plenty Of Water**

You need about 6 to 8 glasses a day to aid the body in flushing out toxins. A hydrated body helps your body organs to function in an optimal fashion. Drink plenty of crystalline, pure water... as pure as you can get it.

### **A Simple Detox Diet Plan**

A simple detox diet plan may just involve staying off meat for a couple of days. For a more detailed plan, consult a professional on what to eat for each meal during the detox period. Stay away from meats during your detox program.

## **Using A Detox Diet Plan Can Help Maximize Your Health, Reduce Your Weight, And Help You Feel More Energetic And Rested**

The plain truth, as far as getting body detox done from a clinic or even from a spa goes, is that it will end up costing you a fair amount of money. In fact a stay at a detox clinic can run up to as high as ten thousand dollars, depending on the methods and treatments used. So rather than spend so much money at a clinic or even at a spa, most people prefer home detoxification as an alternative and effective solution that is inexpensive and which gets the job done as well.

Simple home detoxification means controlling what you eat and drink. Fortunately it is not a very demanding process since there are no medical procedures involved. Nevertheless, home detoxification allows the body to be cleaned out and by eating special diets and complementing them with natural therapies you can experience a number of benefits while there are no side effects to be worried about.

Try a detox diet for a few days. You'll be surprised how much lighter you'll feel!

## **Chapter 2: Benefits Of Detoxing For Fitness And Health**

### **It Seems To Be A Little Disgusting When You Are Detoxing Or Cleansing**

Your body shows some signs that you have built up toxins. These toxins can affect your whole body fitness and health. There are times that you feel sluggish and feel the stress. Your body may experience continuous aching, diarrhea, constipation, and feeling of clumsiness. Rapid weight gain and the incapacity to lose the excess weight can also be signs of having toxins in the body.

Moreover, the toxins found in the body are found and stored on your fat cells. For Americans who are eating the usual American diet, a person may eventually consume 70 trillion garbage cans for each cell! In detoxing your body and cleaning that unwanted garbage out of your cells, you should pay attention to your elimination organs.

### **There Are Particular Organs In Your Body That Deal With Cell Waste Management**

These organs play a major role in the detoxing process for a fit and healthy body.

- 1) Your liver is the organ that recycles the unwanted chemicals in the body. It sorts out the toxins and sends them to the proper organ for elimination, during the process of circulation. The principal elimination organs will back up the liver for where these toxins will be stored and then eliminated.
- 2) The lymph glands also play an important role in eliminating the toxins. A network of tubing brings out the excess waste of the cells from the body and to the final eliminating organs. The appendix, thymus, tonsil, and spleens are major lymphatic glands that help the major organs of the body in cleansing and detoxing.

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3) The kidneys help in the water management of the body. They are the ones that keep the good chemistry of the blood alkaline by eliminating the dissolved acid waste. You can help your kidneys to function very well by drinking plenty of water. It is much better if you drink fresh alkaline juices and purified water. You may take 1/2 ounce of alkaline everyday to see positive results on your body weight.

4) The lungs are the organs that keep the blood purified. They allow the oxygen to go directly to the bloodstream. It is also responsible in removing waste gases that are found in every cell of the body. Deep breathing and fresh air is very helpful in keeping the lungs healthy and free from toxins. If you are in an urban area, it is recommended that you find an oxygen rich area where you can perform deep breathing.

5) The colon is the solid waste management organ in your body. Medical practitioners have found many people that may have as much as an 80-pound mucus and rubber-like solid waste that is found on the walls of the colon. Detoxing and cleaning the colon can be a real tough thing to do. However, having a waste-free colon can certainly provide you good benefits of having a clean and healthy body.

### **Regular Walking Exercise**

If you are experiencing some signs/side effects of detoxification, you may try doing a regular walking exercise. Exercise is a good key in having a fit and healthy body.

### **Drink Plenty Of Lemon Water**

Many diet doctors also suggest that you drink plenty of lemon water. This is an effective way of maintaining very good circulation and can increase the rate of detoxification inside the body.

## **Chapter 3: Detoxify Your Way To Health And Beauty**

### **Where Is That Wonder Product That Could Revive You?**

How many times has your brain felt so sluggish that you can't even think clearly?

How many times have you felt so tired that even climbing a single flight of stairs takes a lot from you?

Or how about those times when you felt so "unpretty" that even your best outfit can't lift your mood?

You've tried every known trick to stay fit, and scoured every shelf in the health and beauty aisle for that wonder product that could revive you – but still to no avail.

Why Not Try Looking At Home And The Produce Section Of Your Grocery?

What am I talking about? I'm talking about detox.

Detoxification Is Not Merely Sweating Buckets On The Gymnasium Floor, Or Starving Yourself!

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It is a holistic approach to health and beauty. It encompasses everything from diet and fitness, to your sense of well-being. Try it for a weekend and start the new week with a renewed and more revived you. Detoxifying your way to health and beauty is possible with a few things which you could conveniently find in your home. With a loofah or brush, scented candles, aromatic oils, herbal tea, and a free, “me-time” weekend, you’re all set to rejuvenate and renew yourself.

### **A “Me-Time” Weekend**

#### **Start On A Friday:**

Eat light (think salads and fruits).

Think salad and fruits!

Drink lots of water the whole day.

At night, slowly dry-massage yourself with a loofah or brush with slow and long strokes. Move in one direction: upward and towards your groin. Refresh yourself with tea or water, and then soak in a bath of warm water and drops of aromatic bath oil. Light some scented candles while gradually adding cool water within a half hour, until your bath becomes slightly cold. This is the beginning of your new health and beauty routine. This process is done for the stimulation of the blood vessels.

Dry yourself and dress warmly for bed.

#### **Begin The Next Day:**

Drink hot lemon water. Go for a walk while breathing deeply. Give yourself a steam bath or go swimming. You could also ask your partner or therapist for a massage. Again, end your health and beauty detox regimen with a dry-massage brush and bath.

### **Spend Your Sunday Doing The Whole Process, But Add Another**

#### **Activity:**

Make a list of people or things, such as your work, that are toxic to you. Assess how you should deal with them to lessen their toxic effect. After this, pamper yourself or do meditation exercises. Be reminded, though, that you may experience excessive sweating, slight headaches, and skin rashes. These are signs that your body is releasing toxins and that they are temporary.

Detoxifying is effective, safe, and inexpensive enough to be part of your weekly health and beauty routine. Just remember to avoid this during your period, pregnancy, and sickness.

Lastly, talk to your doctor if you encounter any problem while detoxifying.

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## **Chapter 4: Why And How Detoxification Helps For Overall Health**

### **Toxin Levels Are Increasing At Alarming Rates Day-To-Day**

Just consider the rising number of health issues (such as, cancer, cardiovascular diseases, obesity, headaches, fatigue, persistent coughs, constipation, allergies, etc.) in today's world. Toxins Exist Both Externally (Outside Our Body) And Internally (Inside Our Body) Through food, toxins exist when there are chemicals, pesticides, food additives or drugs. Through the environment, air and water pollution are the chief areas of toxins. We get these external toxins when we eat, breathe or touch.

Internally, our bodies produce toxins as a normal everyday function. For instance, perspiring and clearing our bowels are important eliminative functions. A body breaks down when it cannot handle the normal eliminative processes well, due to an overload of toxins. This is also when the body becomes susceptible to bacteria, yeasts, and parasites entering it.

The results are infections and diseases, and the inability of the body to cope.

### **To Help Achieve Better Health, It Is Important Therefore To Detoxify And Cleanse**

How much you wish to detoxify is really dependent on yourself and how "cleansed" you want your body to be. In fact, any simple changes to your diet that prevent and clear your toxin build-up is helpful. For instance, drinking eight glasses of filtered water is something easy that you can do on a daily basis.

Other changes to your diet, like eating more green, leafy vegetables and high fiber foods, can also be made. Lettuces are a green "wonder," full of nutrients. Eat a lot of salads!

### **A More Drastic Measure Of Cleansing Your Body Is To Do Complete Fasting**

Complete fasting helps to give your body organs a much needed rest. In fact, Hippocrates (the "Father of Modern Medicine") believed that the body needs not only physical rest, but chemical rest. Chemical rest refers to withholding food, thus giving the organs of the body an opportunity to discharge accumulated waste products and thereby cleanse themselves.

However, before you embark on any serious detox or cleansing regime, you are well advised to seek professional advice. Over-detoxification can also occur in some cases, when some people go to extremes and essential nutrients from the body are lost.

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## Chapter 5: Feeling Sluggish?

### Not Finding The Underlying Cause And Treatment Can Be A Hazard To Your Health

I would hazard to guess that the majority of the population feels somewhat sluggish on a regular basis. If one goes through this condition for a long time, it may begin to feel like this has become a normal situation for you and you become used to it.

But not finding the underlying cause and treatment can be a hazard to your health. If you are feeling sluggish, then it is a warning sign that something is not right, and an immediate investigation is in order, as to the cause. There can be many different reasons for this condition. Many of the things we do on a daily basis absolutely poison our system. If you are a smoker, you definitely need to detoxify. As time goes on with many or several detox programs, you may find you've come to a point where you can more easily quit.

### Here Are Some Of The Causes Of Sluggishness

1) Diet is of great importance. With all the pesticides and chemicals in our food today and nutrient deficient soil, it can be difficult to get the nutrients we need to live a healthy life. It is possible to regain good health by changing your diet to eating organic foods that include eating more raw fruits and vegetables and less cooked food and sugar products.

You may want to consider good supplements to obtain nutrients you might not otherwise get. You may argue that organic food is so expensive, but consider this; you may save a few bucks on cheaper packaged food that may be loaded with preservatives, nitrates etc., but what is your health worth?

How long do you expect your body to function correctly if you put degraded fuel into it? You've seen what it can do to a car. It is also so with your body. If you take a close look at healthy looking celebrities that are trim and fit, they have a secret you don't. Being that their income is dependent on their personality and good looks, they are forced to forgo the usual diets of the average American. They work out, eat smaller portions, and include a lot more raw foods, plus they drink a lot of water and this brings up the next subject.

2) Dehydration! About 80% of Americans are semi dehydrated and don't even know it. Without this precious liquid, our bodies (which are 2/3rds water) cannot function right. Dehydration alone can make you sluggish. If you are dehydrated, that means that the water level in your body is below normal for proper function. The handling for this is to increase your fluid intake. The best is just pure water, about 8 cups per day. If drinking that much water seems too difficult, you can up your water intake with green or herbal teas.

These teas have a beneficial effect in that, as well as increased water intake; they also provide antioxidants which help your immune system. So drink up and feel better!

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3) Through poor diet, lack of exercise, viruses, bacteria and parasites, digestive problems can occur. Here we have a whole host of problems to deal with. If your body is toxic, then your liver and kidneys may be on overload. You can handle a lot of this with a liver and kidney cleanse.

### Dealing With Parasites

Parasites can reside in any major organ of the body and cause more problems than just sluggishness. Handle parasite infestation first, possibly using an herbal solution found at your local health food store, followed by a kidney cleanse, and then a liver and colon cleanse. This is a course recommended by Dr Hulda Clark. There are many different cleanses you can do. To find the one that is right for you, go online and type in liver or kidney cleanse and carefully check out what is right for you.

4) Other ways to detoxify are fasting and enemas.

- Fasting is a centuries old natural healing technique that works very well when done properly.
- Coffee or lemon enemas are great for cleaning out the colon from old and impacted feces.
- Certain herbs can also be helpful in cleansing the colon such as cascara sagrada (in moderation), aloe vera, flaxseed, and red raspberry.
- Get plenty of fiber (with lots of water). This helps to keep you regular.
- An over toxic colon can eventually put impurities into the bloodstream and this will definitely make you feel sluggish.

5) There has been a lot of controversy over the years about too much mercury in your teeth. A dentist once told me that if you look inside your mouth, the fillings that you have may look smooth on the outside but if you could look on the underside of the filling it is quite a different story. It looks very jagged and the metals may be leaking into your system.

Mercury in the system is the most toxic non-radioactive metal in the body and about half of the silver fillings are mercury. A variety of health problems can occur, such as brain, kidney, and lung damage, and has even been linked to autism. You can be tested for metal toxicity through hair and urine analysis.

- If you test positive, you may want to consider having them removed and replaced with gold fillings.
- Even after replacement, though, it can take the body months to excrete these toxins.
- Do your research and find a dentist with an excellent reputation, who has done replacement fillings. (For an interesting tidbit, a friend told me his mother had suffered headaches for 20 years and after having all the fillings replaced, she no longer had headaches).

6) A relatively new technology has come out for detoxing the body, and that is with an ionic footbath. You place your feet into a tub of warm water with a bit of sea salt in it. The ionic footbaths work by sending a small current that goes in a circuit through the body and generates positively charged ions.

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The high concentration of the ion field attaches to the negatively charged toxins, neutralizing them, and the body is then able to discard them through the approximate 2000 pores that are on the bottom of your feet. You can then experience the correct acid-alkaline pH balance as nature intended. It's painless and takes about 30 minutes. The water will change color according to the toxicity of the body, and also by how hard or soft the water is, wherever you are, geographically.

### **Water Color Indicators For Body Organs Detoxing**

- Black or brown; the liver.
- Orange; the joints.
- Dark green; the gallbladder.
- Yellowy green; the kidneys or urinary tract.
- White foam; the Lymph nodes draining.
- Red flecks; blood clot material.
- Black flecks; heavy metals.

Also, independent studies have been done that show the levels of mucus, heavy metals, and fat in the water after 30 minutes.

### **Help Take Away That Sluggish And Fatigued Feeling**

As you can see, there are many things you can do to help take away that sluggish and fatigued feeling. But as always, consult your health care practitioner before doing any detoxification program.

## **Chapter 6: Different Detox-Cleansing**

### **Regimes Your Body Should Clean Itself Naturally, But Today's Diets Make That Process Difficult**

Many turn to internal body cleansing to rid the body of waste products and toxins. A detoxification treatment is designed to help the body eliminate stored toxins and strengthen the organs involved in this process.

#### **Colon Cleansing**

Colon cleansing helps clean the organ that assists the body in the elimination of waste. A dirty colon can lead to a buildup of toxins in the body, and illness. By using herbal treatments or irrigation therapy, a colon cleansing eliminates the toxins and helps the intestinal tract work properly. It is essential to do this cleanse first, so that the waste produced by other detoxification procedures can be eliminated efficiently.

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### **Kidney Cleansing**

Your kidneys clean about 200 pints of blood daily. A kidney cleanse will help your kidneys function more efficiently. It usually involves consuming a very large amount of water or juice and then eliminating it all, to flush the kidneys out.

### **Liver Cleansing**

Your liver completes about two dozen processes for the body, daily, and cleansing this important organ helps the liver to assist the immune system and support the body's digestive functions. There are several supplements and liver flush programs available.

### **Lung Cleansing**

Cleansing the lungs is also important for good health. American diets high in dairy products often result in fatty lung tissue. Cleansing the lungs eases this problem.

### **Skin Cleansing**

Finally, a skin cleansing releases the toxins lodged in the fatty layers just underneath the skin. Most are performed with herbs, saunas, and sweat lodges.

### **“Clean” And Running Smoothly**

Cleansing your body from toxins is a great way to keep your systems “clean” and running smoothly. The results are worth it:

- Improved immune system
- Clearer skin complexion
- Better sleep
- Curing of acne
- Curing of constipation
- Disappearance of unpleasant body odor

... Just to name a few! In short, you will be amazed at conditions that will clear up!

## **Chapter 7: Detox Diet Ideas**

### **There Are Several Types Of Detox Diets**

There are those in which you can only eat fruits and vegetables. Those in which you can only eat “clean” foods and those in which you can only drink fruit and vegetable juice and even the most extreme type where you can only drink water.

You can also do specialized cleanses designed specifically for certain area of the body, for instance the liver, kidneys, blood or lungs. However, most detox diets just involve cleansing the entire body.

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## **A Sample Of A Seven Day Detox Diet That You Can Try**

First of all, it is important that you have regular bowel movements during a detox because this will lessen the likelihood of toxins being reabsorbed by the body. A good way to make sure you will eliminate regularly is to take 2 tablespoons of ground flax seeds in lemon water in the morning, and drink lemon water throughout the day. Flax seeds provide the body with fiber and lemon water has a slightly laxative effect.

It is also important to drink enough fluids on a cleanse. You should try to include at least 8 glasses of water daily to ensure that you are allowing toxins to be flushed out.

## **A Sample Menu Of A Detox Diet**

This is a diet that allows some food, since this tends to be easier for beginners.

Remember, you can modify this to fit your needs and preferences.

### **UPON RISING**

1/2 lemon squeezed into a glass of warm water

1 tablespoon of bentonite clay and 1 tablespoon of ground flaxseeds in a glass of water

### **BREAKFAST**

Breakfast smoothie made with pear, rice milk and rice protein powder

Supplements: Vitamin C

### **SNACKS**

Apple juice diluted with water

Water

Vegetable broth

Supplements: milk thistle

Celery sticks and hummus

### **LUNCH**

Chunky vegetable soup made with vegetable stock and your choice of vegetables

Steamed broccoli with sesame seeds and beets sprinkled with lemon juice on brown rice

Apple sauce

Supplements: Multivitamin

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## **SNACKS**

Dandelion root tea

Carrot sticks with hummus dip

Water

Supplements: Milk Thistle

## **DINNER**

Curried lentils on quinoa

Salad with mixed greens, red peppers, artichokes and sprouts drizzled with salad dressing of garlic, lemon juice and olive oil

Vegetable broth

## **BEFORE BED**

1 tablespoon of bentonite clay and 1 tablespoon of ground flaxseeds in a glass of water

This can be followed for up to seven days.

Relax and enjoy your time of cleansing, and remember to be careful, because while you should expect to feel sluggish and slightly ill, if you are feeling very ill or fatigued, contact your doctor.

## **Chapter 8: An Additional Fantastic Detox Diet Plan**

### **A Detox Diet Plan Is Not Aimed At Weight Loss**

It aims to cleanse and revitalize the body by combining natural organic foods, herbs and simple exercises to purge the body of accumulated toxins. Over time, consumption of processed foods, non-vegetarian foods, and sugars leads to clogging of the inner walls of the colon with waste matter.

This results in overloading of internal cleansing organs like liver and kidneys. They become sluggish, allowing the toxins and bacteria to re-enter the circulatory system instead of total elimination through feces, urine, or sweat.

These toxins result in fatigue, infections of skin and other organs, migraines, flatulence, heartburn, constipation, and many other serious diseases. A regular detox diet plan can rid the body of the accumulated toxins and lead to an active, disease-free life. Detox is not appropriate for children! However, an excellent diet full of the natural foods found in a detox diet, ARE very appropriate!

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## **General Detox Diet – The 24-Hour Detox Diet Plan**

This diet is not for diabetics, low blood pressure patients, anorexic, or teenagers, as it does not provide sufficient fuel for their physical activities. It can be a weeklong diet of liquids, organic raw fruits and vegetables to cleanse the system.

Gradually re-introduce other foods, but refrain from consuming non-vegetarian and processed foods. Certain natural herbs, too, can be used. This is a simple and quick way to revitalize your system, after a binge or over indulgence.

### **MORNING**

One glass of pomegranate juice (most powerful natural antioxidant).

A few almonds (source of oil and proteins).

### **Mid Morning Snack**

One bowl of brown rice (source of vitamins and minerals in carbohydrate).

Some tofu (protein).

### **Lunch**

One glass pomegranate juice.

Big helping of mixed green salad (provides bulk and essential nutrients) drizzled with a tsp of olive oil or vinegar.

### **Mid-day Snack**

One-glass of pomegranate juice.

A handful of almonds.

### **Dinner**

One glass of pomegranate juice.

A large bowl of brown rice.

Drink at least 8 – 10 glasses of water daily.

This detox diet will provide 1200 calories and wholesome nutrition to rid your body of toxins within 24 hours. It may help in losing about 600 grams of body weight and, if followed regularly once a week, will keep your body healthy and active.

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## **Chapter 9: Detox Your Body And Build Your Immune System With Diet, Herbs, And Supplements**

### **A Natural Process Your Body Goes Through**

Detoxing is a natural process your body goes through that gets rid of debris known as toxins. Under normal conditions our bodies are designed to eliminate these toxins through the liver, kidneys, lymphatic system, skin etc.

### **There Are Many Reasons Why Detoxing Is So Important**

In this day and age there is the problem of our chemical environment due to pollutants in our air and water supply. Plus there is the fact that the majority of our food is grown with pesticides in an effort to reduce insect and bacterial infestation, in order to produce a higher yield. One only needs to go down any grocery aisle and read labels to realize just how many dyes and preservatives we eat on a daily basis.

### **Take A Step Back In Time**

If you were to take a step back in time (even only 30 to 40 years), you would realize how differently we ate back then. If you didn't grow your own organic food, you would probably have gone to your butcher on a daily basis and purchased fresh, hormone-free meat, and then you would have gone to the market to purchase fresh, organic produce.

The word "organic" was probably not something you would have associated with food back then. You would have associated the word with probably a class in biology.

### **Today We Are Severely Lacking In Nutrients**

The very air we breathe constantly is somewhat polluted. We drink high fructose drinks, we eat lots of canned goods, and we consume an incredible amount of sodium. I'm not saying never to eat this way, because we all like to indulge now and again, but if you eat a normal American diet high in salt, sugar, and preservatives, and canned goods, then you may be doing a disservice to yourself. You may feel full, but be severely lacking in nutrients.

### **There Are Various Things You Can Do To Undo Toxicity**

It's nearly impossible to be completely free of all pollutants in our environment but anything you can do to relieve your body of toxic build up and undernourishment should be beneficial to your health.

### **Hot Baths Or Sauna**

Liver and kidney cleanses are great, but if you are not inclined to do these, then there are other solutions... such as taking a hot bath for a half hour, or sweating out toxins in a sauna.

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## Cleanses

If you do feel led to do these cleanses, then make sure you have eaten well and have drunk as many as 8 glasses of water, so your blood sugar does not drop and that you stay well hydrated during the process. Not only do you lose toxins this way, but you also lose water, salt, and potassium – which can make you feel light headed.

## Herbal Teas

There are some great herbal teas that you can drink on a regular basis that also gently cleanse the body, hydrate you, have antioxidant properties, and help flush out toxins. It is a warm and refreshing way to relax and do the body good.

## Juicing Fruits And Vegetables

Juicing fruits and vegetables is a fantastic way of getting more nutrients in the body because you are maintaining the integrity of the nutrients. If you are putting vegetables in a pot to boil, then you will have nutrient loss. This is called bleaching and all the goodness goes into the water. If you over cook food and then throw out the water, then your nutrients just went down the drain, and you are ingesting the remaining bleached husk.

Raw or juiced is the way to go!

## It Is Advisable To Take Supplements That Bolster Your Immune System

Because we have nutrient deficient soil it is advisable to take supplements that bolster your immune system such as Q-10, and Vitamins A, D, E, C and B vitamins. Trace minerals and electrolytes are necessary to keep our systems in shape. Avoid sport drinks that are high in sugar but instead get good quality electrolytes from a health food store.

If nothing else, then at least get a good multivitamin to take every day.

## Chapter 10: Headaches? Tired? Herbal Detox Today!

### The “Dis-Ease” Short List

Are you overweight or tired all the time? Do you have headaches, other aches and pains, frequent colds and flu, constipation or digestive problems, high blood pressure, PMS, allergies or sensitivities? Do you often drink too much alcohol, drink caffeinated beverages, smoke cigarettes, use over-the-counter or recreational drugs, or eat fast, fried, or refined foods?

### Detox To The Rescue

Our bodies have a natural in-built detox system (made up of the digestive tract, the urinary system, and the liver) that helps to process all the chemicals modern life throws at it. These chemicals are called “toxins” – they are basically poisons that have harmful effects on your body. It’s not just alcohol and tobacco that are loaded with toxins; pesticides and food additives, caffeine and pollution all play their part, too.

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### **Benefits Of A Detox Diet**

1. Detox diets are thought to prevent chronic diseases, such as arthritis, heart disease, and cancer.
2. People who try a detox diet often find it can improve toxicity symptoms such as fatigue, joint pain, headache, pain, premenstrual syndrome, unhealthy skin, poor concentration, anxiety and irritability, frequent colds, heartburn, constipation, and gas.
3. Detox diets may be recommended as part of a supervised treatment plan for chronic disease such as autoimmune disease, multiple chemical sensitivity, fibromyalgia, chronic fatigue syndrome, digestive disorders, heart disease, and arthritis.

### **Detox Hot Tips**

1. Clear the detox period in your diary of any pubs, clubs, restaurants and parties. See it as an opportunity to do all those things you never get round to, such as visiting museums and galleries – then you can feel doubly smug at the end when you're not only healthier, but more cultured, too.
2. Drink plenty of water to avoid dehydration.
3. Take milk thistle to optimize these benefits; it contains silymarin, which protects the liver from damage.

### **Mind-Body Detox:**

Special chiropractic treatments for drug addicts have proven very successful in stabilizing those withdrawing from drugs and other addictive behavior.

Mind-Body Detox is being recognized by the scientific and medical professionals and their publications, worldwide. Chiropractors using activator methods to treat poor health, pain, and even addiction are being sought by addicts wishing to overcome their addiction. The mind-body detox process activates movement very gently – no bone popping – which stimulates the brain's pleasure receptors and affects emotions in a positive way.

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## **Chapter 11: Detox Diet – Juice Fasting**

### **Are You Stressed Due To The Overload?**

Due to the highly processed foods that we consume and the polluted air that we breathe, our body accumulates toxins. The body does its best to eliminate the toxins, but ends up being stressed due to the overload. Symptoms such as chronic headaches, skin allergies, premature aging, etc. start to manifest.

### **What Can We Do To Help Our Ailing Body? Try Juice Fasting, As A Safe Way To Detox!**

Many studies have been done on the beneficial effects of juice fasting. We can increase our lifespan, treat bio chemical imbalances, reduce our cholesterol levels, treat allergies, acne, etc.

In juice fasting, by giving the body a rest from food and digestion, the immune system can focus on elimination of toxins, with the aid of the organs of elimination (liver, pancreas, gall bladder, kidneys, intestines, skin, etc.).

### **A Prolonged Fast (3 Plus Days)**

During a prolonged fast (3 plus days), the body will start to burn off and digest its own tissues, by process of autolysis, in a discriminate manner. It will first decompose and burn those cells and tissues which are diseased, damaged, aged, or dead (tumors, morbid cells, abscesses, excess fat deposits, etc.). The stomach shrinks and becomes less acidic.

Then, certain detox symptoms are experienced eg. acne breakouts, fatigue, headaches, as the body eliminates its toxins. These symptoms should ease and we will feel a renewed sense of health and well-being!

### **You Can Juice Almost Any Fruit And Vegetables That You Can Eat Raw**

Vegetables that are good for juicing include tomatoes, cucumbers, celery and carrots.

### **Fruit Vegetable Combinations Taste Delicious**

For example, apple and carrot juice makes a nice blend. Another nice combination is apple, celery and tomato. For vegetable and fruit skins, peel them off especially if you suspect that they have been sprayed. If you can use organic fruits, this will be much better. Rinse off in filtered or distilled water.

### **How To Juice For Juice Fasting?**

It is recommended to dilute your juice 50/50 with water, especially if you are using fruits and the juice is too sweet. Use distilled water, if possible, for dilution.

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