



YOUR GUIDE TO EATING

# DETOXIFY

CLEANSING AND PURIFICATION

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# WELCOME

## GET TO KNOW ME!



Thank you for taking the time to read my book. I hope you will find fundamental information that you can apply to your everyday life with detoxing. I detox through out my day with herbal teas, juicing, Infused H2O. Incorporating this lifestyle you will see great results from glowing skin, energy and the most important our organs are getting the TLC they need.

There's plenty of information about detoxing and all of the great benefits that it can give your body. When you detox, you help your body get rid of toxins. Toxins impact your body on the inside as well as on the outside.

All of your organs as well as your skin are affected by the toxins found in your environment and in your food and drink products. Detoxing can help eliminate a lot of problems associated with toxins, such as headaches, fatigue and skin irritations.

There are plenty of detox plans that work great, but other ones can be dangerous, so you do need to know which one to choose. Making a detox plan for yourself depends on your goals and personal preferences.

## **HOW YOUR ORGANS HELP DETOX YOUR BODY**

Though other organs are necessary as part of detoxing, your liver is a major player in the detoxification process. While your skin is the largest organ on the outside of your body, your liver holds the title as being the largest organ in your body.

Your liver does many different jobs, but the main function of this organ is to clean your blood, produce bile, and store energy. Your liver acts as a clearing house to make sure that the bad things in your body get booted out so that they don't harm you.

It kicks out toxins from cosmetics, from fragrances, from cleaning supplies, toxins from food – basically anything that enters your body, the liver tries to filter it so that it won't make you sick.

These things pass into your liver through your bloodstream and the liver takes out the bad elements and then lets the clean blood keep on going. It also works to remove bacteria and viral infections that can harm the body.

But unfortunately, your liver can reach a point where it can't do everything it's supposed to do because you have an overwhelming amount of toxins in your body.

One sign that your liver is in need of a detox can be foods that didn't used to bother you, suddenly start to bother you. An example of this would be a food that's high in fat.

If you notice that after you eat high fat foods you don't feel well, that's a symptom that your liver isn't able to efficiently process toxins. Your liver contains little roadways that are used in a detox plan.

These are referred to as Phase 1 and 2. In the first phase, the toxins are broken down. In the second phase, in the broken down state, these toxins can now be eliminated.

Your liver isn't the only organ that works to help detox your body. The kidneys do as well. Your kidneys will range in size, depending on your age, but a normal kidney is in the shape of a kidney bean.

Most people don't realize that the kidneys filter blood as well as make urine. When you void, you're expelling out the waste that your kidneys have already filtered.

These are extremely hard working organs. They work hard to filter this waste, often cleaning up 30 gallons or more of blood every twenty four hours. So you can imagine what happens when your body gets full of toxins.

It adds an increased burden on these important organs. When you go through a detox, your kidneys will take the toxins from your blood and help eliminate the toxins by moving them on through your body to your bladder and out.





If your kidneys become too overtaxed, they won't work correctly. When that happens, these toxins stay in your bloodstream and then end up causing damage to your internal organs.

Your mouth also aids in detoxing your body. But you have to chew your food more slowly than you normally would. You also want to make sure that you cut your food up into smaller bites.

When your food is smaller, it makes it easier for your body to be able to absorb the nutrients. Your body has six saliva glands and saliva contains water as the majority of its makeup – but it also contains enzymes.

These enzymes can help aid in detoxification. Your mouth can also be a good indicator to let you know if your body is dealing with toxins. When you have toxins, especially if you have a lot of them in your body, it can cause you to have bad breath.

Most people think of their stomach as being somewhere near their waistline. But your stomach is located in the upper part of your abdomen. Your stomach isn't simply a holding place where all of the food that you eat ends up.

Instead, it's a muscle that can contract in order to aid how your body processes what you eat. The stomach is instrumental in helping detox your body because of the acid and enzymes it can produce.

When you use a detox plan, the stomach breaks down the ingredients and sends them into the intestine. Your stomach can use solid food from a detox plan to help you detoxify a lot better than it can use liquids.

The reason for this is found in the amount of acid that your stomach secretes. This acid is needed, and like anything, when it's mixed with liquid, it can lessen the strength of it.



Your skin is the biggest organ that you have. It's all over you and it's your stop sign against bacteria, fungus and viral things that want to enter into your body and make you sick.

If you didn't have this protective organ, you'd quickly succumb to infections or the elements. But just like the organs inside of your body, your skin can quickly become overloaded with toxins.

It needs a detoxification plan and it can help your body with the process. When you use a detoxification plan, your skin can eliminate the toxins through sweat. Your skin can help you detox when used in conjunction with something like a sauna. Other detox plans can help open up the pores and when that happens, your skin can help rid your body of toxins faster. Your bowels are one of the organs that help your body to detox.

When you have toxins in your GI tract, it can make you feel pretty ill. If you've ever had to use a colon prep prescribed by a doctor, you can see how much waste your bowels hold. Most people carry around 5 to 8 pounds of waste. This waste consists of water, cells and bacteria among other things. Your bowels work to help remove toxins within your body – especially when you use a plan that specifically targets the colon.

You'll gain a boost in your immune system, plus, you'll have more energy. Before you can gain all of the benefits of a detox, you have to plan one that's right for you.



## FUNDAMENTAL DETOX PLANNING

When you detox, it's to clean out the junk from your body that can make you ill. A detox can do everything from giving your immune system a boost to giving you more energy

It can also eliminate mental fog. Once you get all of the toxins out, you'll be amazed at how much better you feel. There are different types of detoxing plans that you can use.

Some of them require people to use either supplements or herbs. Others require going without food of any kind and also eliminate supplements. You can choose a detox diet where you make changes to the kinds of food that you eat.

Some also have users adding more water to their daily plan. Some people choose to use a colon cleanse as part of a detoxification plan. You can use a detox that focuses on getting rid of heavy metals or one that targets only a certain food or food group.

There are also juicing detox plans as well as plans that allow users to eat, but have them change the specific kinds of food they eat and eliminate some from their diet.

The kind of detox plan that's best for you will depend on the reason behind why you choose it. Plus, it will also depend on the length of time you intend to make the detox last.

Some people choose to detox for a period of a few days. Others go a week or longer. Some choose to radically change the way they live and eat in what's known as a detox lifestyle.

There are plenty of different detox diets that you can pick from. One of the keys to eating one particular detox diet is to pay attention to the colors of the rainbow. Everyone knows that eating fruits and vegetables are essential to a healthy way of eating.

When you eat plenty of fruits and vegetables, your body gains antioxidants, trace and major minerals, vitamins and more. But these foods have a lot to do with helping you detox.

The ingredients in the foods are needed to allow your body to go through the detox process. Otherwise, it doesn't have what it needs. The reason that you must have plenty of different fruits and vegetables in the color of the rainbow is because your body needs a variety of vitamins and minerals to help it detox, and each color offers something different.



You'll want to consume foods from the rainbow with every meal. The colors that you'll want to pay attention to are green, orange, yellow, red, blue and purple. Under the green color, you could have vegetables like cabbage, bell pepper or green beans. For fruit, you could have grapes or limes.

If you're eating under the purple color, you could have grapes, or plums. The list of foods that you can have offers you plenty of freedom of choice. Another detox diet focuses on eating raw foods.

On this one, you can eat foods that are plant based and contains plenty of fruits and vegetables in meal planning. What eating a raw food detox diet does for you is it helps eliminate toxins and also helps your organs not have to work so hard to get rid of the bad stuff.



Besides fruits and vegetables, you can have nuts and seeds and any grains that aren't processed. Some raw food detox plans also allow for the use of powdered protein. Your daily meal plan would need to consist of at least four vegetables and four fruits. You would also need to make sure you had at least four servings of legumes and four grains.

Your servings of nuts and seeds should be no more than three servings per day. Besides raw foods, there are spices and herbs that can be used as part of a detox plan. Some of these that help with detox can also help give you energy while aiding with your digestive system. Some of these are ginger, cinnamon, cardamom and chili pepper.

When you want to give your liver a boost in ridding the body of toxins, you need to use turmeric. This spice is not only flavorful, but also very good for you. Basil is an herb that helps rid the body of toxins by keeping your digestive tract working right. Though it's a little hot to handle, especially if you're not used to it, cayenne is a spice that helps the body eliminate toxins through the digestive tract. From the onion family, garlic is a huge help in getting rid of toxins.

It specifically aids your liver in the process and a big positive to this tasty treat is that it's also an antibiotic. Cilantro is an herb that's very popular in detox plans. It has the power to help your body detox the heavy stuff like metals. It's also an antioxidant. A popular detox plan to help the body rid itself of toxins is through exercise. While the body tries very hard to get rid of toxins, in today's world, there's just such an overload that it can bog down your system.

Exercising helps because it causes the process to speed up. When you get your heart pumping through exercise, you cause a greater increase in blood flow, which moves the toxins out of the body and through the organs until they reach the point in the body where they're released.






This increase in circulation allows your organs to work a little easier. Your oxygen intake is higher, which also helps your body free itself of toxins. Plus, as you exercise, you can start to sweat and toxins are leached out of your body through your skin.

Also, when you exercise, you draw in breaths that force the toxins you've breathed in out of your body. Exercise helps you get rid of carbon dioxide that can build up in the body.

Aerobic exercise and yoga are two examples of exercise that can help your body get rid of toxins. Even if your health doesn't allow you to perform vigorous exercise, you can still find a program, such as walking, that would help you with the detoxification process.

Supplements are instrumental in detox planning. Your organs can benefit from the use of these supplements. One supplement that's frequently used to detoxify the liver is milk thistle.




This herbal supplement contains silybin, an ingredient that's been found to heal liver damage caused by toxins. Not only can silybin aid in the repair of your liver, but it can also prevent your liver from absorbing the toxins that it works so hard to filter.

For your liver health, another supplement that you may want to consider using is garlic. The reason that garlic is so effective is because it contains sulfur. Your body absorbs this much needed mineral from the foods you eat.

It keeps your cells strong and healthy and protects your liver from holding onto poisons and toxins in your body. Vitamin C is a supplement that's helpful with stomach detoxing.

Your stomach contains both good and bad bacteria. Toxins can make the bad bacteria grow even faster, which can then lead to ulcers. Ulcers are small holes in the lining of your stomach that can be painful and make it difficult to properly digest your food.



Vitamin C can be used to help restore the natural balance of bacteria in your stomach. You might also want to consider black walnut extract. This supplement has many uses, but it's especially effective for those suffering from candida, a type of yeast infection.

While your body contains candida naturally, environmental toxins and poor eating habits can cause an overgrowth of bacteria. When this happens, you may bloat easily, experience nausea, and vomit after eating.

Celery seed extract is another supplement that is used by those in the detox field to get rid of toxins because it acts as a diuretic. Dandelion root also has the same capability.

## USING DETOX DIETS TO CONTRIBUTE TO BETTER MENTAL HEALTH

What you eat can supply your body with necessary nutrients. The food gives your body energy and gives it what it needs to complete thousands of necessary tasks.

But unfortunately, some of the ways in which we eat can have some unpleasant side effects as well as cause health conditions. This is because some foods can trigger symptoms.

By using a detox diet, you can find the way to better mental health. It's all in what you eat that replaces the foods that lead to symptoms. Plus, you can eat certain detox diets that target specific mental health issues.

Depression is mental health condition that affects over 350 million people worldwide. The condition is more prevalent in women than in men. You can cause depression to stick around based on the types of food that you eat.

Medical studies have shown that diets that are high in processed foods, high-fat sweets, white bread, chocolate, and pasta can bring on the symptoms of depression.

Much of this is linked to the toxins in foods. These toxins can rob your body of much needed nutrients. They can also impact your immune system and on top of that, they can alter your hormones.

All of this can keep your body from utilizing the nutrients in what you eat. A lack of certain nutrients in your diet is directly linked to depression. A lack of selenium in your diet can lead to depression and so can a lack of omega 3. You can also struggle without enough iodine or without enough magnesium. If you don't eat a diet in foods rich with vitamin B and vitamin D, this deficiency will show up in the way you that you feel.

You need to have a diet that's rich in folate and iron if you want to keep the symptoms of depression at bay. You also need zinc and iron to help keep your mood upbeat. By using a detox diet, especially one that favors the colors of the rainbow, you can combat the symptoms of depression. This is because detoxing with a diet can modify neurotransmitters and endocrine function related to moods.

But if you choose a detox diet, it must be a healthy one that allows you to eat the right nutrients to help your body. The food must give you a healthy variety as well as offer balance.



Your meals should consist of healthy complex carbs as well as proteins along with fruit and vegetables. Choose a detox diet that's rich in antioxidants, because a diet that lacks antioxidants can also lead to mood changes.

Get enough vitamin C and E. The reason that you want antioxidants in your diet is because it helps you protect your brain function, which in turn can impact your mood. Foods that are rich in beta carotene are especially helpful. Choose items like broccoli, spinach or peaches. When you're selecting foods that are loaded with vitamin C, look at fruit.

These foods are ones like oranges, tomatoes, and grapefruit. You'll find vitamin E in many different types of nuts and seeds. You need carbs, but you need good carbs. You can find plenty of complex carbs in a detox diet. These will be items like vegetables, fruits and foods that are rich in fiber. Avoid eating carbs that are loaded with sugar, because these contribute to causing depression symptoms.

Autism is a disorder that affects the brain. It can cause trouble interacting with other people on a social level as well as problems with communication. Some people with the condition experience mobility issues as well as problems with their digestive system. The disorder is more likely to be diagnosed in boys over girls. Certain foods can trigger autism symptoms in someone who's already been diagnosed with the condition.

These symptoms are set in motion by a reaction to the foods that are eaten. When someone with autism eats a certain food that affects their body, it causes their immune system to react with an inflammation reaction. Then, the symptoms associated with autism then worsen. One problem associated with this disorder is known as the "leaky gut syndrome" which has been linked with toxins in the body.

Studies show that someone with this disorder should avoid gluten and foods containing casein, which can be found in milk and other dairy food items. Someone with autism should avoid foods high in sugar, white flour foods and any foods that contain dye because these items can cause an upswing in symptoms.



Don't eat processed meats or products that contain wheat. Instead, choose a detox diet. A detox diet that's rich in organic foods can help alleviate the symptoms associated with autism. Anti-inflammatory foods like the ones found in a detox diet can help soothe symptoms connected with leaky gut syndrome. Among these foods are ones that are rich in omega 3.

You can find this in certain types of fish. Probiotics can also help because these foods promote the growth of the good kind of intestinal bacteria. You'll find this in foods like non-dairy yogurt and certain vegetables like beans or peas. A popular fruit that's on the probiotic list is bananas. Make sure that you don't eat foods that are heavy in sugar, because this can contribute to painful systems in the intestines.

Flour foods, especially yeast based ones can contribute to problems in the intestinal system in someone with autism. Even foods that are on the good list can cause problems in someone with autism. Pay attention to the fruits that you eat if you do have this disorder. Some fruits have a much higher concentration of natural sugar than other fruits do and this can lead to symptoms.

Anxiety means that you worry about things that are going to happen or about a situation where you don't know what the end will be. Sometimes anxiety is founded in things that you might dread, but which never actually take place. Some foods can contribute to anxiety. These are ones that are usually bad for your health, so you'll want to avoid them anyway. These are foods that are high in sugar, fried and greasy foods, and drinks that contain alcohol.

There are plenty of foods that help you alleviate anxiety, and you'll find these foods on a detox diet. Foods that contain tryptophan, which is an amino acid, can help soothe you when you're feeling anxious. You'll find this amino acid in foods like bananas, peanut butter, turkey, and oats. You also want to make sure that you get omega 3, nuts, and lentils in your diet to help with anxiety.

Any detox diet that's plant based, such as a vegetarian or vegan diet, is a good choice to help relieve the symptoms associated with anxiety. While some people look at poor food choices as "comfort food," it really is only a short term solution, whereas a healthy detox plan can deliver long-term peace.



## PLANNING YOUR DETOX DIET MEALS

Any time that you make a change in the way that you eat, it's always in your best interest to plan ahead. By planning your detox diet meals, you can make sure that you accomplish two goals. You can eliminate toxins in foods that can make you ill and you can create a way of eating that's healthy for you. A detox diet doesn't have to mean one that's complicated or overly restrictive in what you can and can't have.

It simply means making better choices for healing health. You'll want to look at organic foods, because an organic diet can eliminate foods that can cause an allergic response in the body. Plus, you won't get foods that have been sprayed with chemicals like pesticides. You'll get a greater amount of nutrients and no genetically engineered foods, as well.

If you're someone who suffers from intestinal issues, choosing an organic detox diet is probably a good choice for you. On an organic detox diet, the food is tasty, too. You can have things like a salad made of quinoa, berries, spinach and arugula. Or you can add peas, sesame seeds and yellow squash. Greek yogurt and watermelon are good on an organic detox diet.







Some people think that in order to detox your body, you have to go completely without food – and that’s not true. You can use an organic detox diet by choosing foods that have natural detoxification properties. Organic vegetables, especially in their raw state, are powerful detoxification agents. Choose vegetables such as carrots, onions, beets, and broccoli. If you eat broccoli, make sure you eat the top part – the crown.

It’s packed with antioxidants. Cabbage is also a natural toxin fighter. These vegetables contain high levels of sulfur, which can naturally get toxins out of your body. If you use oils in your organic diet, choose olive oil or flax seed oil. These are rich in omega 3 and omega 3 is known to fight toxins, too. When you’re choosing to eat a detox diet, you need to have some protein.

Your body depends on it – especially your muscles. But you also need it to keep your cells healthy. What some people choose to do is get their protein from grains. However, when you eat protein, it needs to have all of the necessary amino acids. Without it, your body can’t function the way that it’s supposed to because you’ll be robbing it of necessary nutrients.

If you absolutely must have your protein from grains, then choose quinoa, because it contains the most protein. You can mix certain grains to form the amount of protein that you need, but you’ll be eating a lot of food this way. On a detox diet, some people decide to get protein from good meat sources, like fish. If you decide to go with this choice, you’ll want to avoid fish that are high in mercury.

These are ones like tuna and grouper. Fish that are low in mercury are ones like trout and salmon. A detox diet meal can include protein from other sources such as from beans. Always choose fresh over canned ones. Beans that are good sources of protein include kidney beans and dried beans. Pinto beans and black beans are both good sources of protein and they're packed with fiber.

Protein can also be found in nuts and seeds. But you want the ones that are loaded with the good fats, not the bad. For this, you'd want to choose ones like walnuts or almonds. If you're looking for seeds to have as part of your detox diet, stick with sunflower or pumpkin seeds. And when you're buying nuts, don't buy the ones in a package that have any extra ingredients, such as preservatives, because those contain toxins – and that defeats the purpose of a detox diet.

Some detox diets advocate the use of protein powder for the duration, but some don't. It depends on the one that you choose. In a lot of diets, including some detox diets, there's a ton of advice listing carbs as a bad thing, and this simply isn't good advice. Carbs are necessary for the function of your body's organs. Without it, your body can't work the way the way that it's supposed to. Now, it's true that there are carbs that you should stay away from.

Most of these are high carb foods that are high calorie and high in sugar. These kinds of carbs can contribute to a toxin build up in your body, so you don't want to put these in your body. Unfortunately, these high carb foods are the ones that the body often craves. This is because these carbs can be addictive – especially if they're full of sugar or salt.



The reason these foods are addictive is because when you eat them, they release the feel good chemical in the brain. You should have at least half of your calories from carbs in order for your body to function well. But what you want to do is to choose carbs that are natural instead of ones that are refined. That means look for carbohydrates in the plant family. Choose carbs that have a good fiber content.

That means picking ones such as sweet potatoes, beans, whole grains, and vegetables like carrots and tomatoes. When you plan your detox diet meals, you also have to include fats. You won't have the energy that you need without them. You also won't be able to get the nutrients that you need and your body will struggle to create the hormones that help it function.

Of course, the kinds of fats that should be in your diet matter. Some fats can cause toxins to build up and you don't want that. Choose fats such as canola oil. This oil is made from seeds and is low in saturated fat.



Olive oil is one of the best fats that you can choose on a detox diet. The reason for this is because this oil is a heart helper. It contains monounsaturated fats, which studies have shown can cut your chance of developing heart disease. Not only that but it can cut your cholesterol level and it's good for your digestive system. Not all fats are in liquid form like oils. Some are found in foods in their natural state such as avocados.

The fat in avocados helps fight inflammations. They also contain monounsaturated fat just like you find in olive oil that benefits your heart. They contain carotenoids, too - which are good for your eyes. Plus, they're loaded with numerous vitamins, such as folate and vitamins B, C and E. They're packed full of fiber, too, which makes them a great choice when choosing fats for your detox diet. The amount of fiber contained in avocados can help stave off hunger, which is also useful if you're trying to lose weight.

## **DETOX TIPS FOR MAXIMUM WEIGHT LOSS**

There are many benefits when you detox your body from all the toxins that have been residing there. Not only can you increase your energy and feel better, but you'll also lose weight. The amount that you'll lose will be influenced by some different things you can do. For maximum loss, just follow these tips. Whenever we eat, not too many of us pay attention to how the saliva in our mouth works to break down food.

We simply eat and don't give it a second thought. But saliva plays an important role in helping you lose and maintain weight loss. Taking the time to chew your food the way that you should impacts how well your body can digest it.

When you swallow smaller pieces of food, your gastrointestinal system doesn't have to work as hard to get the nutrients from the food. While it might be tempting to think that chewing your food into smaller pieces might make you feel less full, the opposite is true. The longer that you chew your food, the fuller that you'll feel because your body can get to that energy from food faster. When you take your time to allow your saliva to break down the meals that you eat, you'll lose weight because this gives your brain the time it needs to recognize that you've had enough to eat.

When you consume any meal in less than 20 minutes, your brain hasn't had the chance to let your body know that you're full. This is one of the key reasons that people who eat too fast gain weight. The food that you eat needs to be well mixed with saliva. The enzymes in saliva are what makes the food easier for your body to absorb whatever you eat. When you don't take the time to chew your food slowly, your saliva doesn't have time to work properly, and it makes your stomach work harder.

Your saliva is supposed to do some of the digestion work first. While it's true that saliva is mainly water, it has some other parts to it that are meant to begin the digestion process. For example, amylase is an enzyme that works to make starch break down. When you chew your food too fast or swallow it in larger pieces, you can skip part of the digestion process.

When you don't give the saliva time to do the work that it's supposed to do, it can cause problems for your body. Pieces of food that aren't broken down in the mouth, must be broken down before it can pass through the body.



So what happens is this food reaches your intestines in a state it's not meant to be in. Your body immediately gets to work trying to break it down, but what's in the intestines is good and bad bacteria. The bacteria gets to work trying to get this undigested food out, which makes it remain in your body longer. When this happens, you'll begin to experience side effects.

Among these side effects can be pain in the abdomen from gas as well as constipation. Some people will chew gum in an attempt to help them lose weight during a detox plan

They do this thinking that chewing gum will keep their mind off of eating. But what this does is send a signal that you're eating. So then the saliva gets to work with its enzymes – only there's nothing there to eat. This can lead to symptoms like gas and contribute to conditions like GERD, because chewing triggers your body to make stomach acid. If food weren't so tasty, then pushing away from the table wouldn't be as difficult as it often can be.

Everywhere you turn, there's something delicious to eat. On every corner it seems that there's a fast food place or a shop offering treats and coffee. Being constantly tempted with food can wear down even the most determined person.



Seeing food, and even smelling the scent of food can cause you to want to eat and even if you don't give in, that experience can be at the back of your mind when you do sit down to eat.

So you end up overindulging. Some people work so hard and get so lost in what they're doing that they put off eating and then later realize how hungry they are. Or they get on some fad diet and then the urge to binge hits. What happens in these scenarios is the same. You end up overindulging in food. This is especially trying if you're an emotional eater or if you celebrate life events with food.

But when you eat too much, you place a lot of strain on your stomach. One of the reasons why you feel so tired after eating a large meal is because it takes extra energy for your body to digest that much food. So it directs energy toward the digestion process and you end up feeling bad. When you overeat, you can end up with painful stomach cramps, bloating or gas because your stomach muscles don't have the room that they need to properly contract



It's the contracting that helps you digest the food. When there's no room to maneuver, the stomach is contracting as hard as it can, but it's meeting resistance from the food packed in it. It's always better to eat smaller meals. Not only does it help your stomach digest your food easier, but it also helps you lose weight. Smaller meals keep your metabolism up, prevent you from overeating and leave you with more energy.

Instead of having three large meals a day, you should aim for six smaller meals. Your focus should be on eating healthy foods that offer a lot of nutrients, vitamins and minerals to your body

One thing you especially want to avoid when you're detoxing and want to lose weight is fast food. Not only are these meals packed full of calories, but the grease and toxins in them are bad for your body. Even if the meals are lower in calories, they're high in other things that you don't need. For example, one popular serving of chicken nuggets contains more than 1500 mg of sodium.

The guideline for sodium intake is to have less than 2,300 mg. You can buy fast food at the grocery store. Some places now offer their most popular treats in the frozen section of the store. These are packed with the same calories and sodium – plus in the frozen state, preservatives have been added. It's best to avoid fast food altogether. You also want to avoid gluten.

Gluten is a protein that's found in a lot of different foods and it can cause some issues in your body. One of these issues is an inflammatory response after eating it. This inflammatory response can be even worse if you have gluten sensitivity. It can cause things like bloating, fatigue, brain fog, painful joints, and more. Stay away from sweeteners, too



You might think you're doing your body a favor by using them, but you're not. Many sweeteners contain ingredients that are harmful to your body. Sweeteners can actually cause weight gain instead of weight loss because they impact your metabolic function, so when you use them, you sabotage your own weight loss goal.

Plus, they can cause your serotonin levels to do a nosedive, which can then trigger feelings of depression. They can also cause cramping, brain fog and fatigue. Some sweeteners have also been linked to cancer.

## **HELPING YOUR BLOOD FLOW WITH A DETOX PLAN**

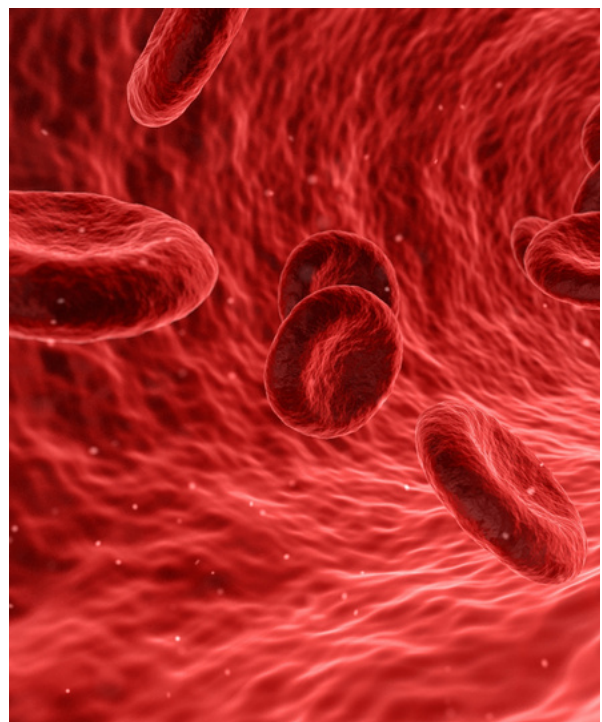
You need healthy circulation to keep all of your organs healthy, to get toxins out of your body and to maintain flow to your extremities. Whenever your circulation isn't what it should be, you can experience a wide range of problems.

You can have cold hands and feet, swelling of the fingers or ankles, varicose veins, shortness of breath, muscle and joint pain, decreased skin sensitivity, enlarged heart and brain fog. Those are just the tip of the iceberg. Without good circulation, your body can't function the way that it should. When it comes to the circulatory system, most people think of it as one part of the body.

But the system is actually made up of two parts instead of one. You have a lymphatic system and a cardiovascular one. Your system begins its hard work with your heart, where it pumps it throughout the body.

But then your capillaries take it from there to make sure the blood flow reaches your lymph nodes. Your lymph nodes process the blood and send it back. Both of these systems must be working well in order for your body to stay healthy. When your system is burdened with toxins, it can cause problems for your circulatory system. These problems can show up in various organs like your adrenal glands.

Improper or impeded circulation can put stress on these glands. A detox plan can improve your adrenal glands by improving your circulatory system. Getting rid of the toxins in the body is the first step.





Eating a healthy detox diet is the second step. One of the best ways that you can benefit your adrenals is by focusing on eating a diet that's rich in the colors of the rainbow. When you do that, you get the nutrients and minerals you need and it helps ensure that you have proper blood flow, which impacts organ function. When your circulation is right, it helps you eliminate toxins.

Your adrenals aren't the only organs that benefit with a better blood flow. You can also lower high blood pressure. Though high blood pressure was once thought to only affect those over a certain age or people with certain health conditions, abnormal blood pressure can affect anyone at any age. In fact, the recommended age to begin watching the blood pressure readings is 18. When your blood pressure is too high, you can experience two of the most common symptoms, which are headaches and dizziness.

Too many people think of high blood pressure as not being that big of a deal. But this condition is often referred to as the "silent killer" because you can have it for years and be completely unaware of it or the damage that it's inflicting on your body.

It can cause problems in your arteries that cause them to narrow. This can cause your body to not get the proper blood circulation. When you end up with limited blood flow, it impacts all of your organs. Your heart has to work harder and can become enlarged. The strain of having to work harder can cause can lead to heart failure. High blood pressure impacts your brain and can cause stroke, dementia and brain fog.

It hurts your kidneys and can lead to kidney failure. High blood pressure damages your eyes, which can limit your vision or even cause blindness. Your sex drive is impacted by high blood pressure because it can limit blood flow and cause sexual dysfunction.



High blood pressure can damage your bones because it can lead to osteoporosis. Your cholesterol can cause problems with your circulatory system. When your cholesterol is high, it can cause problems with your arteries. This fat-like substance can impede your blood flow because it limits the pathways that your blood travels through. This substance can continue to build in an area until it causes serious blood flow problems or even a blockage.

Your cholesterol levels need to be checked beginning at age 20 and should be less than 200 mg. While it's true that your age and your family history can play a role in how cholesterol affects you, the number one cause of high cholesterol is the way that you eat. Saturated fat in foods is the culprit that can cause you to have circulatory problems. But when you have a good detox plan, you can change all of these potential health problems and if you already have them, then you can bring them under control so that you live a long and healthy life.

You can make supplements part of your detox plan to help improve your circulatory system. One of the supplements known to help aid circulation is cayenne. You can get this in pepper or powder form. Cayenne contains capsaicin, which is a known blood flow increasing agent. This supplement can vary in heat rating, so start with the smaller dose and work your way up.

Ginkgo biloba is another supplement that helps improve circulation. It causes the blood vessels to dilate, which forces blood to flow faster. This is one of the reasons that this supplement is used to help people who struggle with memory problems.

It can improve blood flow throughout the body, including in the brain. Garlic is another supplement you'll want to use. It has several ways it helps circulation.

This one not only boosts blood flow, but it lowers blood pressure, hinders bad cholesterol growth and raises good cholesterol.





Exercise can also help your blood flow improve. When you exercise, it helps your circulatory system work better. The reason that it does this is through the process of what happens within your body as you exercise. Your body is normally engaged in sending and receiving blood through your blood vessels and capillaries. What happens when you exercise is that your heart rate increases.

It starts pumping blood faster. Your adrenaline glands kick in and give you a shot of adrenaline whenever you exercise. When this process happens, it makes your blood vessels open up, allowing blood to flow through them easier and faster. When you exercise, especially if you do so on a regular basis, this can cause your capillaries to work better – and it promotes the healing and growth of new ones.

There are different types of exercise that you can have as part of your detox plan, but some of them are better than others for increasing blood flow. One of these would be any kind of aerobic exercise. Aerobic exercise is known to increase blood flow through an elevated heart rate. But this form of exercise isn't the only kind that's good for that. You can also use resistance training.

Studies have shown that this method of exercising causes an increase in blood flow. Some people don't think of yoga when it comes to improving blood flow, but it does exactly that.

There are also different forms of yoga you can do and various poses that help to get your blood flowing.



## **HOW THE RIGHT DETOX PLAN CAN REV UP YOUR ENERGY LEVELS**

You probably already realize that the benefits to using a detox plan are plentiful. You might see these benefits in the way that your skin looks healthier, you have better mental clarity or that your immune system has improved. But there are yet even more benefits in store for you. When you choose the right detox plan, it can really boost your energy levels. There's a good reason for this. When you go through a detox, you put a stop to the toxins that rob your body of energy.

Even some of the foods that claim to give you energy and make you feel alert can actually drain your energy. Caffeine, for one, can make you feel a boost in energy – but that boost doesn't last. As soon as the caffeine is out of your system, you feel tired again. It's always better to choose something natural like a detox plan to get your energy levels up rather than use things that always lead to a crash.

You get your energy levels raised because a detox plan helps with your glucose. You get glucose in the things that you eat and drink. Once your body digests it, then that glucose becomes energy for your body.

But there are foods that give you good energy and foods that give you the kind of energy that can leave you feeling even worse off than you felt before you ate. When you go on a detox that helps your glucose level, it will prevent – and in some cases eliminate – some of the health issues that toxins from improperly used glucose can cause you to have.

Heart disease, diabetes, mood swings and infertility are just some of the problems that can be caused when your glucose is at the point where it's robbing you of your energy. There are two types of glucose that you get from foods. One is natural and one is manmade. While natural glucose, like the kind you get from fruits, is better for you, it can still spike your glucose level and give you a blood sugar drop if you have too much of it.

You'll want to choose a detox plan that calls for you to either strongly limit or eliminate unnatural glucose because this is the most dangerous kind. It's the one most responsible for ill health as well as weight gain issues you might be struggling with. There's no way to slowly wean your way off of glucose, especially if you're used to eating a diet that's high in sugar-laden foods like cookies, candy and other sweet treats.

The reason that you can't do it slowly is because sugar is an addiction. When you eat it, it triggers a response in your brain and you crave more of it. The only way to stop it is to simply go cold turkey. You might be surprised at how you feel when you're withdrawing from sugar. At first, you'll feel cranky and maybe even jittery – just like you would with any other addiction.

But once you're through that, you'll feel great and your energy level will kick up. Make sure that you stay away from liquid sugar. The amount of sugar in liquids is often found to be in higher concentrate than solid foods. And liquid sugar can cause a toxin build up much faster, too. Choose a detox plan that has you replacing the sugar with protein. You'll feel full and you'll have plenty of energy.


Your thyroid is a gland in your body that can also impact your energy level. This butterfly shaped gland consists of two lobes. When there's nothing wrong with it, you really don't notice it. But when something goes wrong such as an inflammation, this gland can become swollen. When that happens, you feel it. You might notice that you have voice changes.



Or that you cough after you eat. You might have trouble getting your food to go down as easily as you did before you started having problems. The culprit behind these symptoms is the swelling that happens. This swelling puts pressure on your esophagus. This swelling can be caused by disease, but it can also be a direct reaction to toxins in foods that you eat. When your thyroid function gets affected, it can really make you feel bad.

It can make you gain or lose weight. It can make you feel extremely cold in the hot weather. It can make your hair begin to noticeably thin. You might find that you feel anxious or struggle with bouts of depression. Extreme fatigue can also go hand in hand with thyroid problems, especially if the foods that you eat contain toxins that make your body attack the gland. Unfortunately, the fatigue that people feel is often attributed to something else.

But there is something that you can do to help your thyroid and boost up your energy. You can choose a detox plan that eliminates toxins from your diet. You can also flush your system from the toxins that have already caused problems with your thyroid. Many people choose a detox plan that allows for preventative measures so that they don't reach the stage where their thyroid robs them of their energy. The toxins in the foods that you eat and in your environment can cause your thyroid levels to reach the point to where your thyroid is no longer able to produce the hormones that you must have in order to live.



Living in a state of chronic stress can also negatively impact your thyroid. When toxins impact your thyroid, it can cause your body to really struggle with weight loss.

One of the reasons for this is because it slows down your metabolism – and no matter how much you exercise or how little you eat, you won't be able to shed the weight.

You have to first fix the root of the problem before you start feeling better and have more energy. Probiotics are microorganisms. They can be great helpers for the body because they can fight off things that rob you of your health. The toxins in your body can upset the balance of probiotics. In turn, you'll quickly discover that your body isn't getting the nutrients that it needs. It can't – because when you have very limited good microorganisms, not only do you lose the health benefits they give you, but the bad ones can flourish.

When your probiotics are out of balance, it can cause problems in your intestines. It can also make you feel tired. But the right detox plan can end the problems and restore balance. There are foods that are rich in probiotics and there are also supplements that can help. Some foods that contain probiotics are yogurt, dark chocolate, pickles, olives, sauerkraut and soy milk. If you choose a supplement, make sure that it contains lactobacillus and bifidobacterium,

## **DETOX TO CLEAR UP ALLERGIES**

Millions of people suffer from allergies. You can be born with them or they can develop as you age, because any substance can suddenly trigger a histamine response. This can happen even if you didn't have any allergies to that item in the past. If you do have allergies, then you know how miserable allergy season can make you.

Most of the over the counter allergy remedies contain toxins that can harm your body and can contribute to toxin buildup. Instead of using these, you can detox to clear up allergies. When you get the toxins out of your body, you'll discover that it helps your symptoms calm down. There are plenty of natural supplements you can use with your detox plan to get the allergies under control and in some cases, even eliminate them.



Vitamin C is one supplement that can help. It might seem odd to reach for this vitamin when it comes to dealing with allergies, but it works as a gatekeeper. What it does is to stop the histamine response before it happens.

By keeping the histamine production off, you won't get the symptoms associated with the allergic response. Another supplement you want to look for is plant sterols. These come from plants and have a lot of other benefits besides fighting allergies. They can also help get high cholesterol back under control. When used for allergies, plant sterols can work to calm down the histamine response.

Plus, they can also boost your immune system. Probiotics like acidophilus can bring allergies under control. It's especially helpful with treating skin allergies. Quercetin is another supplement that can help with allergies. Not only is it present in plants, but you can also find it in certain foods and some beverages. It's in apples, onions, St. John's wort, green tea and red wine. It helps with allergies by stopping the process of histamine reaction within the body.

Stinging nettle as part of a detox plan can bring your allergies under control. This plant has hairs that contain the ingredients that help allergy sufferers. When used properly, this supplement can moderate what happens when your body releases histamine in response to an allergen. Stinging nettle interrupts the body's histamine release. Besides taking supplements, there are other ways that you can use a detox plan to treat your allergies.



One of these ways is by making better nutrition choices. What you want to concentrate on is a diet that's high in foods that are antioxidants as well as in foods containing omega 3. Both help fight allergies. One of the reasons that allergies make you so miserable is because of the inflammatory response that occurs when you come in contact with the allergy.

There are foods that contain properties that will naturally fight back against allergies. There are fruits that contain anti-inflammatory properties. Among the fruits you should eat are grapes, cherries and berries. Some spices are great helps when battling allergies. Spices like turmeric can help. Not only does it contain anti-inflammatory properties, but antioxidants as well.

Tomatoes are nature's own anti-histamine. When you consistently eat a diet that contains tomatoes, you'll be helping your body keep the histamine response under control.



Broccoli, kale and pumpkin should be staples in your diet if you're someone who suffers from allergies. These foods are loaded with carotenoids, which are known to fight back against allergies. You'll also want to make sure you get plenty of garlic. This tasty bulb can stop inflammation caused by allergies in its tracks. While you can add garlic to your food dishes to flavor them and get the benefit from it, you can also find this in a supplement to add to your daily diet plan.

While there are plenty of foods that you'll want to eat to help you fight allergies, there are some that can actually make your allergies worse. There are specific allergy seasons that roll around every year. During these times, people who suffer from allergies can really have a tough time. When it's the height of allergy season, you want to be careful about the amount of raw food that you eat.

Raw foods can trigger a histamine response because of their contact with outdoor pollutants. If you go this route, make sure you wash off all contaminants carefully. You'll also want to leave the spicy foods alone. They might taste great and really add a zing to a meal, but you'll pay for it later. Spicy foods automatically trigger the production of histamine.

What you put into your body can affect whether or not you can clear up your allergies with a detox plan, but how you live can also make a difference. You can't always see the things that trigger an allergic response – such as dust mites. But there are steps you can take in the way that you detox your house that can rid of what causes your allergies. Whenever you dust a hardwood floor, always make sure you use a damp mop

If you don't, you release those dust particles into the air. When you dust surfaces, use a lightly dampened cloth to catch the particles. Your ceiling fans, windowsills, baseboard and above your doors should be dusted every week.



Limit the items you allow in your home because every item can be a dust collector. Keep your home dry. Dampness promotes the growth of mold and their spores. A cooler home is less likely to trigger an allergen response than a warmer home. When you vacuum, only use HEPA filters. These are the top of the line filters that are a must have for allergy sufferers.



Whenever you can, vacuum instead of sweeping. Your bed linens should be changed and laundered every week. When you do laundry, use your dryer instead of letting them dry outside.

If you do that, you're only bringing allergens into your home. There are some lifestyle changes that you should make if you want to detox from the allergens that cause you to suffer.

If you can, replace the carpet in your home. Carpet is a magnet for allergies. Instead, have wood or tile floors. You might always want to consider replacing the blinds in your home. These are also dust magnets. For people who have a lot of allergies or whose allergies are pretty severe, you might want to think about hiring a professional cleaning service.

That way, you won't be the one dealing with the dust and other allergens that can irritate your system. If you're the type of person who loves to feel the warm air of the outdoors blowing through your home, you might want to rethink that. Unfiltered allergens can quickly trigger your histamine production. Instead, let your air conditioner protect you by filtering the air that you breathe. Make sure that you use a top of the line filter for this.

Make shopping changes so that you can detox from allergies. One of the changes that you can make is by going hypoallergenic as much as possible. Buy only hypoallergenic bedding material.

Allergies can worsen at night. Keep things out of your bedroom that contribute to that and this includes pets and all pet bedding.

## PUT AN END TO BAD HABITS USING DETOX DIETING

Everyone has bad habits. Sometimes a bad habit isn't something that can cause harm to your body. However, when it is, it can impact your quality of life, cause premature aging and even take years off your lifespan. When you go on a detox diet, that's a great time to get rid of the habits that are impacting your health. One of the biggest habits that impacts millions of people is that of smoking.

Years ago, ads were everywhere depicting glamorous people laughing while holding a cigarette. Today, however, the warnings on the sides of cigarette packs are boldly written. Smoking is hazardous. A lot of people understand that smoking isn't healthy, but they seem to struggle with quitting despite knowing that. If that sounds like you, then you should know that if you have trouble letting go of smoking, it's not your fault.

There's a substance in cigarettes that make breaking the habit a tough one. This substance is nicotine and it's an addictive ingredient. There's a reason that it's so addictive. Nicotine is fast acting and it stimulates your brain to release feel good chemicals. So it's not actually the nicotine that you want. It's the elevated hormone level that it produces in your brain that you're craving.

When you satisfy this craving, it makes you feel more relaxed. But cigarettes do more than give you nicotine. There are pesticides in cigarette smoke and these pesticides are very toxic to your health. One of them is flumetralin and it's known to cause trouble with your endocrine system. This pesticide isn't allowed in some countries because it's also a known carcinogen.

Another pesticide that people breathe in when they smoke is pendimethalin. Besides also being linked to causing cancer, this pesticide wreaks havoc with your thyroid function.



The third pesticide you'll find in cigarettes is trifluralin. This one is just as toxic as the other two, causes cancer and can damage your endocrine system. Even knowing this, it can still be hard to just quit cold turkey. But thankfully, there are some detox dieting plans that you can use that can help to set you free from this habit. By using natural remedies, you can not only kick the habit, but you'll feel better, too.

Certain foods will cause a nicotine trigger response in your body – so stay away from those foods. These are usually things like red meat and fatty foods. Eating lean meat and plenty of raw vegetables along with fruit helped people to combat the craving to light up.

Be careful with how much caffeine you use, because this can trigger nicotine cravings. If you are someone who uses caffeine, you'll want to slowly back off of this if you're giving up smoking.

There are plenty of supplements that can help you kick the smoking habit. The first supplements that you're going to want to get are the B vitamins. These work to help return stability to your nervous system and they relieve stress and give you an energy boost.

They can also help eliminate some of the side effects that come along with stopping a smoking habit. By taking vitamin B1, you can help to keep your moods from swinging while you're withdrawing from nicotine.



This vitamin can also fight fatigue. If you take vitamin B2, you'll beat back mental fog because this vitamin stimulates the growth of red blood cells. You need red blood cells to get oxygen to the organs in your body. The B3 vitamin can work to open your blood vessels and give you better blood flow. Using vitamin B5 can help your adrenals while B6 can help to stave off depression and kick cravings.



There are a lot of toxins that go into your body when you smoke. You want to choose supplements that help get those toxins out and that's one thing that vitamin B7 can help with. Make sure that you get your folic acid. This can help repair some of the damage that smoking did to your body. Vitamin C can also help you get rid of toxins caused by a smoking habit.

Magnesium can help your lungs work right – plus it's a stress reliever. Exercise can also help you to beat the smoking habit. When you exercise, it cuts out the cravings that you feel for nicotine. It also reduces stress and helps with mood stabilization. Exercising causes the brain to release endorphins which can give you the same feel good sensation that nicotine gave you.

Exercising also combats the weight gain that many people complain happens when they give up smoking. Plus, it also boosts your energy. Walking, swimming, yoga, even working around the house are good forms of exercise to engage in to help you quit and stay off of cigarettes.

Cigarettes aren't the only bad habit that can put toxins into your body. Drinking alcohol is a habit that can have serious health consequences for your body. You don't have to drink a lot for alcohol to have an impact on your organs. And it does affect all of your organs, because it's carried through your bloodstream. When you drink, your liver works to try to metabolize the alcohol, but many people drink alcohol faster than the liver is able to metabolize it.

This is what leads to you becoming intoxicated. When you consume too much alcohol, besides damaging your liver, it affects your pancreas and can cause inflammation.

If the pancreas becomes damaged enough, it can lead to problems regulating your blood sugar. Drinking can cause you to develop an arrhythmia, high blood pressure, heart disease and anemia. It can cause depression, seizures and cirrhosis of the liver. It impairs your thinking skills, your coordination and can lead to brain atrophy. You can stop drinking by following a few helpful tips.

First, don't make it easy to fall into temptation. Stay away from things that will trip you up. Keep alcohol out of your house and don't hang out in the places that remind you of drinking. Be prepared for certain triggers. If you usually relax after a meal and have a glass or two of alcohol, leave the table immediately after eating and go for a walk instead.

Make sure that you have support from friends and family. Yoga and meditation can be helpful for peace of mind during this process. Pick a detox diet that will help you replace the urge to drink. Using a juice detox for a few days can be helpful. Make sure you're getting your vitamins because they can reduce the craving for alcohol. Choose food items that battle cravings and help clear out toxins.

These are things like dates, carrot juice and bananas. Use supplements like kudzu, passion flower and thyme root to help heal your body and beat cravings. Goldenroot can also be beneficial. For anyone who's used alcohol for awhile, milk thistle can help you get rid of toxins and aid in quitting drinking.





## USING A DETOX PLAN TO HELP YOU FIGHT OFF INFECTIONS

At its basic level, an infection is an organism. These organisms that cause infections can live inside or outside the body on your skin. The part that you might not want to know about an organism is that it has to feed on something, and what it feeds on is you. Infections can be caused by multiple reasons, but one of the biggest reasons is toxins. When these toxins get inside your body and throw everything out of whack, your system just can't do it all.

It's even worse if your immune system is compromised. Organisms are opportunistic in nature and when they see a chance to find a comfortable host body and set up housekeeping, that's exactly what they're going to do. When you use the right detox plan, you can give your immune system a much needed boost. By giving your immune system what it needs to be healthy, you can enable it to fight back and clear out infections – both inside and outside your body.

The way that a detox plan boosts your immune system is that it gets rid of the toxins that impair the way that your body can function. For example, toxins in your digestive system prevent the growth of good bacteria. So that leaves the door open for the bad bacteria to find a place to thrive. By detoxing, you allow your organs to do their job unimpeded by toxins. That allows them to get the vitamins and minerals that they need.

Toxins can block the organs from being able to absorb vitamins and minerals. You especially want to pay attention to detox plans that boost the lymphatic system. Detoxing gives bacteria the boot. Bacteria are microorganisms. They're not very big. In fact, you can't see them without the aid of a microscope. And yet while they may not be very big, they can sure cause a lot of trouble in and out of your body.

Bacteria like to live together and if you could examine bacteria beneath a microscope, you'd see hundreds of thousands of them grouped together. They can be spiral, spherical or rod shaped.

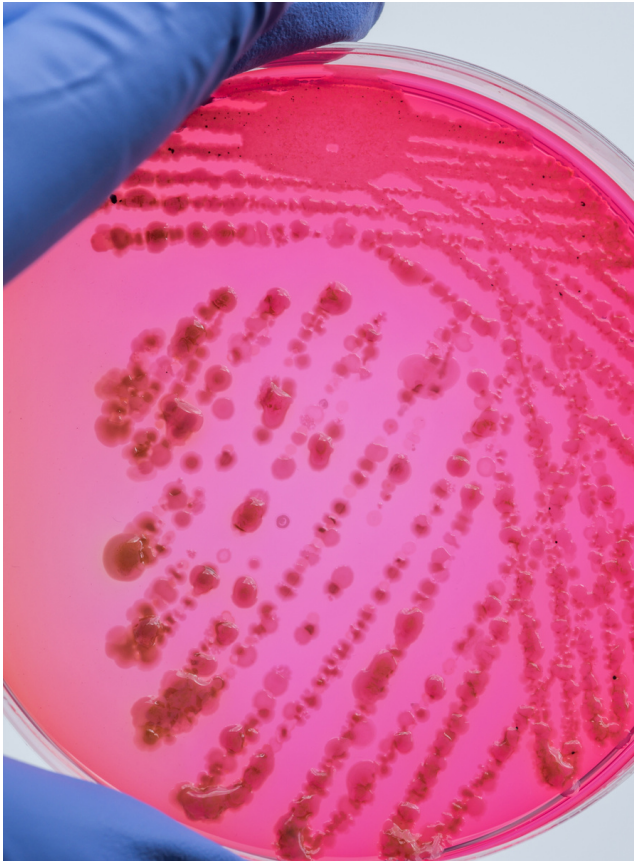
They can cause swelling and redness in the area where they gather. The most common bacterial infections are eye and ear infections as well as sinusitis, skin infections and UTIs. Detoxing eliminates bacteria through different ways – including what you eat, such as eating probiotics. Parasites can be in different forms. They can be worms, insects or organisms.



Some of these are very common to humans. One of the most common is lice. They're extremely contagious. Mites are parasites that can dig through your skin and set up a home for themselves. Pinworms are another common parasite and so is giardia. Both of these parasites like to live in the intestinal area. Giardia can also affect animals and is usually transmitted by feces.

Hookworms are parasites that can be found in the foods that you eat. They can cause gastrointestinal problems. By doing a parasite cleanse as part of your detox plan, you can rid your body of these parasites that can cause damage to your health. One of the most common infections and most difficult to treat is yeast. That's because yeast, also known as candida, is a fungus. It likes to live in warm, moist places in and out of the body.

Babies often get candida in the form of thrush in their mouths. Women can get yeast infections and so can men. Anywhere on the body where there are folds of skin can provide the right environment for yeast to thrive. When you have an overgrowth of yeast on the skin, you might notice a rash and the area can be inflamed and extremely itchy. Taking hot showers or warm baths can promote yeast growth on the skin.



It can also be caused by certain medications. People with compromised immune systems are more susceptible to yeast than others. A detox plan can get rid of a yeast infection. One of the causes of this fungus is consuming a diet of foods that are high in sugar – such as cake, candy, cookies and more. Drinking too much alcohol can also promote the growth of yeast.

If you're constantly stressed, that can also cause yeast to thrive. The overuse of antibiotics can also lead to a yeast infection. This is because antibiotics don't just kill off the bad bacteria.

They also work to kill off the good bacteria that you need to fight off infections. You can restore the right balance of good bacteria in your body by detoxing. A good detox plan can remove yeast inside as well as outside the body. By using a detox plan, you can boost your immune system and fight back against toxins that are caused by metals. When your body has metal toxins, it can cause symptoms like brain fog, fatigue, allergies, joint pain, gastrointestinal issues and more.

You can get metal toxins from mercury such as in tooth fillings or in certain types of fish. It can develop from medicine you take or the pots and pans you cook with. You can get it from the environment just by breathing the air. You can also get it from the everyday products that you use like deodorant and cosmetics or hair products.

Chemicals are just as bad as metal toxins. You'll find chemicals in the foods you eat and in what you drink. You can inhale chemicals like the mist from a spray. They can enter your body through skin absorption or through an opening in your skin.

Detoxing can help eliminate these chemicals along with toxins from metal. But you really need a strong immune system to help you fight back and one of the ways that you can help your system to get stronger is by eating foods that boost your immunity.





These are foods that will contain vitamins and minerals that are known to boost immunity. Eat foods that are rich in vitamin C and E. This will food such as spinach and broccoli. Also eat foods that have vitamin B6 such as bananas. You also want vitamins A and D. You want foods rich in zinc, folic acid, iron and selenium. Grapefruit is one of the foods that belong on the list of immune boosting foods.

It has plenty of vitamin C as well as being full of bioflavonoids. Vegetables like broccoli and cauliflower are known to boost the immune system because they're full of antioxidants. You can get a healthy supply of zinc from eating mushrooms. These help to keep up the production of white blood cells which are necessary to fight infections. Eating kale gives you a lot of vitamin C as well as folate.

Adding wheat germ to your meals can give you a boost, because not only does it contain zinc, but also choline, which benefits the liver. Don't forget to eat your eggs. Eggs contain selenium which is a great immune system booster. You need your yogurt, too, for the probiotic benefit that can give your body the helpful bacteria to help your immune system keep your gastrointestinal system functioning well

Embarking on a detox plan can be intimidating. Not only do you have to choose one that provides the specific health benefits you're looking for, but it has to align with your own personal preferences in terms of food and drink options, length, and even convenience. But as you educate yourself about toxins and learn how to avoid them, you won't have to engage in a specific detox plan very often, unless you begin to feel sluggish or notice symptoms of a toxic overload in your body

Don't be afraid to switch detox plans if the one you're one doesn't feel quite right for you. There are many ways to rid your body of toxic elements, and regardless of which one you choose, your body will reap the benefits of your efforts.