



## Detoxification

*"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." –Buddha*

If you strive for a natural way of life the detox diet may be just what you're looking for! This diet plan is designed to rid the body of toxic materials. Because of the numerous chemicals that exist in our world, a number of individuals say a detox diet is necessary for optimal, long-term health. A detox diet enables the body to rid itself of toxins through the skin and lungs. Holistic health techniques such as taking nutritional supplements, hydrotherapy and physical activity, may also support your detoxification efforts.

Contamination within the body can occur as a result of food additives, mercury, drugs, alcohol and tobacco. Through the process of digestion, the body takes in the toxins. In addition to promoting weight loss, a detox diet can help relieve migraines, stomach trouble, colds and joint pain. It may also be effective against heart disease and arthritis. However, you should not start a detox diet without first talking to your healthcare provider. Symptoms such as pain or fatigue may be the result of a serious, underlying illness that requires treatment. In such cases, the detox diet alone may not be enough.

If you find yourself fatigued, the detox diet may be beneficial for your overall health and well-being. Detox enthusiasts recommend following the diet at least twice a year to improve one's health. If you suffer from a specific disease, however, you may need to maintain the program for an extended period of time.

You may notice immediate results from your detox diet including enhanced energy, better skin, easier digestion and clearer thinking. At completion, you should replenish your body with nutrients to essentially build your body back up.

You'll be happy to know that there are a number of foods you can enjoy while on a detox diet. These include fruits, vegetables, rice, chickpeas, fish, oil and herbal tea. While following the diet, you'll also need to drink eight glasses of water daily to facilitate waste elimination from the blood. However, there are also a number of foods you must do without, including sugar, milk, eggs, wheat products, gluten and caffeinated beverages. You must also avoid foods with preservatives, yeast, chocolate and anything high in fat.

Is it possible to lose weight with the detox diet? Most definitely! But you may have a difficult time keeping the weight off when you resume regular eating habits. We encourage you to maintain some of the dietary guidelines that you observed while detoxing to continue feeling your best, long after the diet is over.

We look forward to guiding you through the entire detoxification process—from supplementation and menu planning, to exercise and wellness plans—we are here to support your journey, every step of the way!