

Simple Ways to **Detox** the Body



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If you are feeling lethargic or just not up to par, and are struggling with other problems such as acne, chronic pain, heartburn, and other digestive issues, it may be time to try a body detox. Even if you're simply overweight and/or addicted to eating the wrong types of food, a detox can go a long way to helping you get on the right track.

Body detox plans have been around for a long time. In order to properly detox, no matter what type you choose to try, the important thing is to be mindful of what goes into your body. As well as that, take the time to get rest, meditate and/or pray, and incorporate slow and careful movements into your life such as yoga, Pilates or non-competitive walking or swimming.

When you detox your body by feeding it high nutrient-dense food, or even eliminating all food for a period of time, you help your body heal itself. Controlling exactly what you put into your body will help to rest your organs, stimulate the liver, promote elimination, improve circulation, and refuel the body with high nutrition. Here is what a detox can do:

- **Increases Energy** – If you want to bring back your energy, a detox may be in order. Improving the amount of vitamins you can get through your digestive system can have an amazing effect on your energy.
- **Rids Body of Waste** – When you detox, it gives digestion a break and enables your body to rid itself of extra waste that may be causing bloating or other problems. If you experience a lot of issues with elimination, a detox can help cure those problems.
- **Boosts Weight Loss** – Most people lose at least a few pounds during a detox, and a good detox can kick-start any weight loss diet. The main reason is that during a detox you usually eat fewer calories, salt, and other things that can cause bloating. It also helps you with the mental blocks that losing weight can bring up.
- **Helps Increase Immunity** - Anytime you can get more nutrients into your body in the form of natural substances, you will turn your immune system on stronger than ever. Most people who practice regular body detoxes are more aware of nutrition and proper vitamin intake than the general population.
- **Mends Skin Problems** – Skin problems can be caused by a whole host of toxins in food and in the environment. Slowing down digestion needs is a great way to redirect the natural healing properties in your body toward repairing problem skin.
- **Encourages Healthy Changes** – When you're having trouble saying no to things you know aren't healthy; like that double bacon burger, for instance. Detoxing the body can help you get over those cravings fast. And once you're over those cravings you can start eating healthier.
- **Improves Mental Clarity** - You'd be surprised at how the additives in your food can affect your mind. If you feel a cloud is covering your brain function, you can lift it with a good detox. Some people claim that a good detox makes them a lot smarter and helps them figure out tough problems.
- **Brings Life Back to Hair** – Your hair needs nutrients that help make it look healthy. People who eat well and avoid chemicals can make their hair look amazing in just 90

days. Even water fasting, which eliminates chemicals and can often rid people of skin issues, can help improve the hair.

These benefits are sure to make you want to do a detox of some kind as soon as possible. And, the benefits listed really are only the tip of the iceberg. The reason is that each person is an individual with issues that no one else has. You may experience completely different benefits from detoxing the body than someone else.

Luckily there are many forms of detox that you can do to get the type of benefit that you need. But, let's first look in more detail at how you can tell that you need a detox.

Deciding Whether or Not You Need a Detox

Choosing to go on a detoxing adventure totally depends where you are in your own mind and whether you're ready to do it or not. But if you are experiencing any of the following issues, you should highly consider trying a detox. There are different types of detoxes that we'll go over later, but ask yourself if you have any of these problems.

- **Fatigue** – You don't feel energetic and you get tired out fast, even when you're trying to have fun. You have to drink a lot of coffee or energy drinks to get through your day. It really is not normal to have to drink caffeinated beverages to get through the day.
- **Constipation** – Poor elimination is a really good sign you need a detox. Most people need to move their bowels a minimum of once a day. If you're not, you are probably experiencing tummy discomfort and maybe even severe constipation issues.
- **Skin Issues** – Rashes, acne, itchy skin, dry skin, dandruff and other problems with your skin can be a sign of deeper issues. Plus, they are not comfortable and can even be embarrassing. Doing a detox can help immensely with these problems and even cure a lot of them.
- **Allergies** – Many people suffer from all kinds of allergies and sometimes they don't even know what is causing it. If you have stomach discomfort, heartburn, rashes and other issues that you can't identify, it can be due to allergies. A detox can help you identify what is causing the allergy.

- Infections – If you often get colds, low-grade infections, and have unexplained illnesses, a detox should help you eliminate some of these problems. The right type of detox will improve your immune system.
- Under-Eye Puffiness or Circles – Sometimes issues show up under your eyes in the form of puffy dark circles. It's not always due to lack of sleep; sometimes it's due to other health issues.
- Unexplained Bloating – If you get bloated often when you eat or even when you don't eat, and the doctor hasn't given you any confirmed diagnosis, a detox might be something that works for you to improve this situation.
- Menstrual Problems – Irregular periods, too heavy periods, painful periods, and other issues can sometimes be caused by the things that are in your diet, especially dairy products. Eliminating dairy and sometimes trying an even more restrictive detox can do wonders for these issues.
- Mental Problems – If you have trouble remembering things, feel anxious, nervous, confused or just out of sorts, a proper detox can help you improve these issues. It can be surprising how much toxins that are in everyday products can affect your mental clarity.
- Just Want to Improve Health – Even if you don't notice anything specific, doing a full body detox can still help you see and feel improvements in your health, mental clarity and life.

A detox can help jump-start a healthy new lifestyle if you want to start eating better and doing things more healthily. It can also help eliminate issues, rid your body of toxins and make you feel better overall.

How to Start a Detox

The first step to starting a detox is to identify the reasons why you want to do it. Once you know why, you need to choose between different types of detoxes. Each type of detox addresses different issues in regard to your health.

Water Fast

This is the hardest type of fast to accomplish. You need to be careful about doing this type of fast longer than two or three days. You can even water fast under supervision at certain centers such as [True North Health Center](#) in Santa Rosa, California.

The way a water fast works is that it stops all digestion so that your body can focus on other aspects of healing itself. The benefits can seem miraculous, and many people report amazing results.

Water fasting allows your body time to heal and rid itself of all the toxins you put into it through ingestion. If you do it yourself, it's also free, since good filtered water costs nothing more than the price of the filter which you likely already have. But, you need to be very careful and pay close attention to how you feel throughout the experience.

If you have skin problems, digestion problems or issues with food addictions, then you may want to try water fasting. People have even seen a complete reversal of skin conditions like psoriasis through water fasting.

Here are some other considerations.

- Medications – If you are on medication, it may not be safe for you to do a water fast. You should always check with your doctor first. This is especially true of any medications that require you to eat food. You may be able to do a modified water fast under your doctor's care where you eat something light like a piece of fruit or lightly steamed veggie with your medication.
- Plan Your Water Fast – Take the time to plan exactly when you'll do your water fast, keeping in mind that you'll need to be able to rest. You don't want to water fast when you have a lot of extra physical activity to do or a big deadline at work. Try to plan your water fast during a time when you don't have anything stressful planned.
- Do Not Do Enemas – During a water fast, colon cleanses aren't necessary because you aren't eating anything. They will only serve to dehydrate you and make you feel sick. You're already likely to feel weak; don't add to it. Many professionals don't believe that colon cleanses are helpful any more anyway.
- Understand the Side Effects – Many people experience dizziness, headaches, and nausea when they do a water fast. Usually symptoms start on the third day. Of course, you will experience hunger too, but you can always try to tell yourself that this is a

temporary condition because the moment the fast is over you'll be able to eat again. If any of these become extreme, go ahead and end your fast by eating something like rice cereal, oat meal or even baby food. These items don't have contaminants that will make you feel worse, and will be gentle on your system.

- Get a Lot of Rest – During your water fast, plan to discontinue any harsh physical activity and spend your time resting, sleeping, reading, and thinking. Don't overexert yourself in any way. Do try to continue sleeping at night, and taking a short nap during the day. Water fasting is all about taking care of your mental and emotional needs while your body heals itself.
- Drink Eight to Ten Glasses of Water Each Day – Drinking filtered tap water is your best choice when water fasting. You don't need anything fancy or to buy any type of bottled water. The best thing to do is to drink the normal amount of water you should drink each day. If you are obese you can add a couple extra glasses.

When you're ready to break your fast, start with fruit. Then add veggies, followed by other items as you feel better. Use this opportunity to keep your food intake clean, avoiding processed foods such as chips and TV dinners. Now that your body is clean, don't mess it up with chemicals in order to enjoy long-term results from your water fast.

Juice Fast

Many practitioners call a juice fast a "juice feast" instead of a fast, because you're still getting a lot of nutrients. In fact, you don't want to limit how much fresh, naturally squeezed and pressed juice you drink. You should try to drink a minimum of 64 ounces of fresh juice each day, plus water. Aim to continue getting as many calories as you need to maintain your normal healthy weight.

A juice fast is good for people who need to lose weight, or to jump-start a healthier, more organic and natural eating plan. It is also good for people who have digestive issues, and even some very serious health problems. A good movie to watch about juice fasting is [Fat, Sick and Nearly Dead](#). The star of the movie, Joe Cross, had many health issues that he reversed with a 90-day juice fast under doctor supervision.

Joe cured himself of many autoimmune illnesses with a long-term juice fast, as did a truck driver who was profiled in the movie. Since then, many more people have seen wonderful benefits from juice fasts, both long and short term. The great thing is that you really don't suffer from

hunger and as much deprivation during the juice fast in the same way as you might during a water fast.

Here's what you need for a juice fast.

- Buy a Juicer – There are numerous juicers you can choose from. The two main kinds are centrifuge and masticating. The masticating type is considered to be the best type because it gets the most juice out of your produce and works well with greens. But, don't worry if you have the old-fashioned cheaper "Jack LaLanne" type juicer. That will work too.
- Plan Out Your Juice Fast - A juice fast is more expensive than a water fast and requires some planning in advance. You can expect to spend about 10 to 20 dollars a day while you're on a juice fast. You'll save money if you plan for your juices to be at least 75 percent vegetables rather than mostly fruit.
- Gather Juice Recipes – You will eventually know instinctively what tastes good together but for now you want to find some good juice recipes to start with. The internet is full of them; try choosing ones that are mostly veggies with a little bit of fruit for taste. The fewer recipes you use, the cheaper your fast will be, plus the easier it will be to make the juices.
- Make Juice Daily – Don't make juices too far in advance if possible. The best time to drink the juice is within five or ten minutes of making it. If you cannot arrange this due to the time investment, you can buy some glass canning jars that you fill full with fresh juice and then put the lids on tightly and refrigerate up to three days.
- Set Goals and Standards – During the juice fast various things can occur, so it's good to set some goals and also some standards that will help you know if you should stop or continue. If you want to lose weight, set a goal of losing that weight. However, if you are of a normal weight, set a limit to how much you should lose before you stop the juice feast. Some people do not lose weight if they manage to ingest enough calories, while others lose an enormous amount of weight. Be prepared for signs you should stop, such as your BMI becoming too low.
- Go Shopping – You'll need to shop about every three days for the produce to conduct your juice fast. But, it won't take long since you will only go to the produce area, or to your farmer's market. Using the recipes you found, and knowing how much juice you need to make each day, buy the right quantity - if possible a little more in case you find yourself hungry.

- Don't Go Hungry – On a juice fast, unlike water fasts, you will not feel as hungry most of the time. Yes, you'll get hungry during normal meal times, but the good thing is that you can simply drink your juice. Every time you feel hungry, drink more juice. You may feel "mouth hunger" or the desire to chew on something, but you shouldn't feel true stomach hunger as you are still getting all the nutrition and calories your body needs to function.
- Potential Side Effects – While you won't have to go hungry, you will likely have side effects. Many people experience headaches around the second or third day of the fast. Just try to rest and drink more juice and water if this happens. Give yourself some down time, take a hot bath, meditate or do something for yourself that makes you feel better.

Juicing for even three days can give your body the break it needs, and break addictions that you want to get rid of. Some of you will find that if you continue beyond three days, you feel really good and think you can go on forever. Others may not enjoy it and feel like it isn't paying off. If that's the case, stop doing it; another type of detox might work better for you.

High Carb Low Fat Whole Food Plant-Based Detox

During this detox, anything you eat should be plant based and void of animal products and processed food. That means you cannot eat anything that is premade. Items like boxed cereal, processed snacks, or anything that you don't make yourself fresh or buy freshly made with minimal processing and preservatives, are off limits. In addition, you should try to buy most things organic to avoid pesticides and contaminants. Better still, grow your own food if you can.

This type of detox can become a complete way of life. It's not necessary to do it only temporarily. You can eat this way long term and experience long-term good health. But, even if you only do it for 30 to 90 days, you'll experience some great effects.

Many people see results in only ten days. Dr. McDougall has a [getaway](#) that is for ten days with full medical care, and he sees all sorts of improvements in the patients that attend these events.

For more information about eating this way, you can watch the movie [Forks Over Knives](#) or read Dr. McDougall's book, [The Starch Solution](#).

This is considered a diet that can make you heart attack proof. If you're currently on medications for high cholesterol, have had a heart condition or any other health issues, or are obese, this is the perfect detox for you to try. Always check with your doctor first, though.

You'll need to be willing to give up animal-derived food products, added oil, and drop any pre-conceived notions about how bad rice and potatoes are for you. But, once you get a load of how good the food is, you'll be hooked for a lot longer than just a few days for a detox. Suddenly eating clean will feel like a pleasure because you're going to feel awesome.

The proponents of this detox diet claim that you don't need more than five to ten percent protein, which you can get totally from plants. They maintain that eating too much protein and fat is the cause of disease, rather than starches. Give it a try.

- **Read Labels** – When you buy anything, it's imperative that you read the labels. Don't buy anything with too many ingredients, especially those that you don't understand. Make sure the ingredients are whole foods. Avoid added sugar, fat, hidden animal ingredients and chemicals.
- **Avoid Overt Fats** – Olive oil, corn oil, and so forth are actually highly processed foods. Do without them if you want to experience the best detox. Even coconut oil is too processed for you to use to enjoy a full and healthy detox.
- **Avoid Added Sugar** – Sugar from natural sources like dates and fruit is okay to enjoy. But don't use any added sugars, no matter what it's called. If you want sweeter food, add fruit instead. Some chopped-up dates or raisins in your oatmeal will be delicious and answer your sweet tooth.
- **Avoid Nuts** – Other than using homemade nut milks in recipes, avoid eating nuts as a snack. When you do use nuts in dishes always buy raw, unsalted and unroasted nuts and soak them overnight before use.
- **Avoid Added Salt** – Instead of cooking with salt, try using salty ingredients such as dried tomato, dried celery, celery juice, Dulse flakes, seaweed and those types of ingredients instead of salt. But, using a little salt on top of your food is okay.
- **Eat One to Two Lbs. of Greens** – Each day try to eat one to two lbs. of green veggies. Women can shoot for one, and men can shoot for two. If you eat your green veggies before eating anything else, you'll be even more healthy and satisfied.
- **Drink Eight Glasses of Water** – Each day drink fresh, filtered tap water or spring water and make sure you drink at least eight glasses a day. If you are thirsty, drink more. Don't drink juice, plant milks or anything other than water for a beverage.

- **Avoid Caffeine** – Don't drink coffee, soft drinks, or anything with caffeine. This may be the hardest part of detoxing with a whole food plant based diet. Because most of it feels pretty normal, you likely will miss caffeine more than you miss meat.
- **Eat Starch** – That's right; you can eat all the potatoes and other starchy vegetables that you want to eat. You can also eat brown rice, but don't eat white rice or flour-based noodles. Today you can buy noodles made from veggies, which are fine.
- **Do Not Eat Animals** – Don't eat any type of animal-derived product, including fish, chicken, beef, pork, cheese, dairy, and so forth. Even items that you'd think are okay to eat sometimes have animal ingredients in them, which is why it's so important to read the labels.
- **Use Fruit Carefully** – While you can eat fruit, limit it to about two to three servings per day. Using fruit as a dessert or accompaniment to oats for breakfast is the best way. The high sugar content of the fruit can be averse to helping you detox.
- **No Fake Meats** – This includes soy products and any fake meats. You want to eat everything unprocessed. If you can make your own soy products without a lot of preservatives and additives, that's OK.
- **Supplement** – Be sure to find a good vegan vitamin B12, as well as D3 to add to your diet. It really isn't just due to the vegan diet. Most diets today, whether plant based or animal based, are lacking in these vitamins.

Most people do not experience severe detox symptoms going on a "high carb low fat whole food plant-based" detox. Instead, within days they experience lower blood pressure, a lessened need for medications, and a better outlook on life. However, some people do experience peer pressure, as well as an internal pressure to want the flavors of meat and dairy. Thankfully, with long-term experimentation you can create good approximations of these flavors.

High Carb Low Fat Raw Food

One of the best types of detox diets there are that doesn't sacrifice flavor, doesn't have too many rules, and that really works well to rid the body of toxins is the high carb, low fat, raw food diet. Many people the world over have lost weight and even rid themselves of disease with this diet, and all without one single day of hunger.

The main rules for the HCLFRF diet are that you can only eat plants in their raw form, along with a few spices and herbs and cold pressed oils in small quantities. You must avoid added processed sugar, table salt, and cooked food entirely. But, you can eat unlimited plants in their raw state without ever having to worry about how much you're eating. For example, you can eat 10 peaches for breakfast if that's what sounds good to you. The trick with this detox is to get 80 percent of your calories from fruit, 10 percent from veggies and 10 percent from another plant-based alternative.

If you want to learn more about eating this way properly, try reading the book: [The 80/10/10 Diet](#), by Dr. Douglas N. Graham.

Most people are unable to stick to this way of eating long term, but it's great for a break from cooking, from having to plan too much, and for getting well. After all, what can be a faster food than a banana or an apple (or six)?

- No Juicing – On this detox you avoid juices and instead concentrate on eating whole foods that you must chew. Some people add citrus juices freshly squeezed with pulp without a problem.
- No Smoothies – The only blending you'll do is when you want to make datorade (dates blended with water and lemons) or a dressing for your enormous nightly dinner salad.
- No Sugar – You only eat sugar in the form of fruit. That means no added sugar no matter how natural it is, including coconut sugar, agave, and other processed sugars. But you can make date sugar by making date paste and drying it.
- Low Salt – You need salt in your body, but you want to focus on using sea salts and salt that occurs naturally in food such as celery and Dulse flakes. Adding salt on top of your food can cause bloating. Note: If you do this diet long term, consider adding iodine to your diet to avoid thyroid issues.
- Low Fat – Your body needs some fats, but you want to focus on getting that fat with raw food such as chia seeds, flax seeds, avocado and banana. Some people do use cold pressed oils in small amounts in recipes.
- No Limits – Don't count calories or look at your serving sizes. You should be eating a huge salad for dinner every single night that is about the size you'd normally prepare for a family of four. It's very hard to get enough calories in without eating a lot of fruit on this detox. Let go of your fears of fruit.

- **Mono Meals** – Eat mono meals because this is going to help your digestion become smoother. Eating six to ten apples, dipped in date dip (dates blended with water and cinnamon) or six bananas for a meal is completely normal.
- **No Caffeine** – Avoid caffeine in coffee, or even raw chocolate. It's not good for you and will dehydrate you. You want to stay as hydrated as possible at all times. This includes avoiding teas with caffeine too. Read all labels.
- **Drink Water** – Always drink a lot of fresh filtered water. Start your day with 32 ounces of datorade (20 - 40 Dates, 32 oz water, ice blended) before you eat anything. You'll feel better and get off to a good start and help with elimination. Water is the best beverage for anyone's health.

Many people do experience some issues with the raw food diet. But usually it's due to diet mistakes and perhaps a little withdrawal associated with an addiction to chemicals. When you get started, start out slow by adding in veggies and fruit to your day. For example, start with breakfast, and then make lunch raw, then dinner and snacks over about a ten-day period, to get used to the new way of life. Try to stick to this diet for 90 days for the most benefits.

Getting Started

Now that we've talked about a few types of detox diets, you can choose one based on your health issues. It's important to also consult with your health care practitioner before going on any new eating plan - especially a water detox or a juice fast. The other diets are likely safe but if you're taking medication, still check with your doctor before making major changes.

Here are some more things which will help you succeed with your detox diet.

- **Find a Buddy** – You're going to be more successful on any detox if you find a partner to do it with you. There are many Facebook groups, Meetup.com groups, and more to help you find a partner. Maybe you already know someone who lives near you that would love to join in.
- **Share the Work** – When you have someone doing it with you, you can share the work. Many detoxes are work-centric which requires a lot of prep. If two or more of you are doing it together, you'll be able to cut your work down.

- Start Small – Instead of committing to 90 days, why not start with three to 14 days, depending on which detox you choose. When choosing a juice or water fast, three days is a good start. When choosing one of the diets, try two weeks. This will help you avoid failure and test out how something affects you before doing it long term.
- Set Realistic Goals – It's easy to get excited and overset your goals. Instead of setting a goal of losing ten lbs. a week, set a more realistic and safe goal of losing one to two lbs. a week. Instead of curing all your health problems, focus on one thing such as getting your cholesterol down or cutting down your type II diabetes meds. One thing at a time is better and will be less overwhelming.
- Set Up a Reward – Many people forget to reward themselves when they do a good job. Even if you're not perfect, why not set up rewards for yourself that help you want to keep going. Don't give food rewards, though; give experience rewards. For example, if you lose ten lbs., reward yourself with a trip to a spa or going on a helicopter sightseeing tour.
- Keep a Diary – You'd be amazed at how well a journal works to help you stick to your goals. Today, you can start a diary online in the form of a blog. Don't worry; you can make your blog public or private. It's up to you.

Finally, just get started. Day one is always worse than day three or even day 20. The act of moving forward with a plan takes a person willing to fail. You might fail, but you might also succeed. Therefore, think of succeeding more than failing and just get started. Take one day at a time - if necessary one moment at a time.

You can do it. You'll be glad that you did, because the experience and the results you get, even from one good day of detoxing your body, can make a huge difference in your life and health.