

Body Detox Made Easy!

BODY DETOX MADE EASY!

SELECTED TIPS - 70 PAGES!

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A 10-Day Body Detox

Are you looking for a full total body detox? If so, then you might want to try a 10 day detox or some refer to it as the 2-week detox. A 10-day detox is a full body detox that usually means taking several different steps to reach your total body transformation. It might involve a change in diet, exercise and more.

A full body detox is more thorough than a 24-hour fast or 72-hour juice diet. You need a full body detox program and you need to be ready to commit the full amount of time that it will take to get the full benefit of your detox.

You need a system that can help you by:

- o Removing heavy metals such as lead and mercury
- o Detoxify your liver, kidneys and other organs – even the brain
- o Replenish the friendly bacteria with a pro-biotic formula
- o Recharge your immune system with a powerful antioxidant support

You might also want to work on your emotional state and detoxing your mind. While your brain is an organ as well and will get the same benefit from detoxing the other organs of your body, detoxing the soul is a bit different.

If you want to cleanse and refresh your body, it is a great idea to cleanse and refresh your mind and spirit at the same time which can be done in a 10-day full body detox. Spend time relaxing, recouping and retraining your mind. Take time to de-stress from all the worries and trouble in the world and in your life while also cleansing your body physically.

You might want to try journaling and breathing and relaxing exercises in addition to the ingested regimen you have for your 10 day detox. You will come out of the process feeling like a new person.

What Is A Body Detox Routine?

Are you planning a body detox to cleanse your body? If you want to try a body detox either for your first time or if you have done it before, you will want to have a detox routine. So what

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exactly is a detox routine? Basically a detox routine is an all-natural method of cleansing your body by giving it the time and conditions it needs to rebuild and heal from the damages of daily life and the foods you eat and other substances you intake.

There are many different types of known detox routines. Some common types include:

- o juice fasting
- o water fasting
- o minimal eating/fasting
- o herbal detoxification
- o detox baths
- o colon cleansing
- o caloric restriction
- o and many more

Your detox routine will be the specific plan that you take to detoxify and rejuvenate your body. It might be a pre-purchased plan that you get which contains all the steps needed for a healthy detox or it might be a plan that you helped formulate yourself.

You might want to try different detox routines or different combinations of different detoxification routines until you find one that works well for you. Once you find something that works well for you, you can continue to use it every time your body needs a detox.

How often you detox will also depend on your routine, the type of routine you use and how often you plan to use it. It will vary according to what your regular lifestyle is as well. After your detox, do you continue to eat healthy and avoid things that create a lot of toxins? If so, then you will not need your detox routine very often.

If you detox and then go back to a poor diet, caffeine and sugar and even nicotine, then you will need another detox sooner as your body will have more build up of toxins faster.

Keep A Body Detox Journal

If you are going to perform a body detox, you should keep a detox journal along the way to help you. You can get any kind of notebook, binder, paper, etc to write on and something comfortable to write with and begin making notes from day one. Your journal can look anyway you want or be any type of book that you want and you feel comfortable with. The point is just to keep notes on your life and your experiences during the detox.

You might write down the steps that you take in your detox, what you consume, what you restrict, etc. You might also write down your feelings and emotions along the way as well. Write anything and everything that you want while you are going through the detox program even if it does not directly apply to your detox. Just your emotions and state of mind at this point can be very insightful to read later.

Benefits of A Body Detox Journal

There are actually many different benefits to keeping your detox journal. For one, you can write down all of the steps you take and what you experience along the way. This will help you remember how to do things the next time you detox and if something does not work well for you, you will know how to change it next time. You can compare your detox experiences over the years and see how they change and how you grow as a person.

Another reason why it is a good idea is because many people experience mood swings and other moodiness while going through a detoxification. This lets you write down how you feel and helps you sort through your moods and emotions. It also helps you grow emotionally and you can look back on your journals later.

Body Detox For Your Mind

You hear all of this talk about body detox and what it can do for your health. You probably understand what it can do for your body but do you know what it can do for your mind?

If you want to detox your mind, you will want to create a “cleansing day”. Because life brings

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many stresses and worries from day to day, you will want to have a regular cleansing day not just one time and then never again. You might want to detox your mind once a week or once every two weeks. If you are really pushed for time, you might go longer than that but the more often, the better so your mind doesn't get clogged down again.

One way you can release many of your past stresses, worries and fears is to keep a journal to write daily about how you feel. Or maybe if you don't have time to write daily you can write only on your cleansing day. You might also want to write letters (that you don't send) to yourself or friends or family members writing about your emotions, events that happened and other things to help you release stress that clogs up the mind.

You need to be careful not to try to just push away negative feelings. They never truly disappear and they just get clogged in your system and come back later bigger to make you feel worse of they lie there quietly but nag at you little by little with each passing day. Instead, take these feeling and embrace them but move on as a smarter person and don't hold to past pains and regrets.

These are great steps to take to detoxify the mind and start living a new fresh life with less worries and fears. A detox of the mind will also help you feel better and healthier as a person.

Body Detox For Better Skin

You might have heard about body detox and all the great things it can do for you. You probably have also heard that it can help cleanse your colon, remove toxins and waste from the body and help prevent disease and illness. You probably also know that it can give you more energy and boost your immune system.

Did you know that a body detox can also give you great skin? If you want to have younger, smoother, healthier looking skin, then a detoxification of your body might be the way to go. It can make your skin look and feel refreshed. By cleaning out the toxins in your body, the result is that you look and feel healthier all over. Our skin is often a sign of our inner health. People that are unhealthy may have dry, brittle skin, more wrinkles and more signs of age than a healthier person.

Toxins in the body can cause your skin to be pale and dry and look unhealthy. It can contribute to signs of aging earlier as well. When you clean your body deeply from the inside out, you remove these toxins that weigh down on your body and skin and refresh yourself. In the days that follow your detoxification, you should notice your skin becoming healthier and more alive. Over time, this will continue. Drinking a lot of water- whether it was specified in your detox program or not- will also be very helpful.

There are also special skin detox formulas you can purchase that are specifically for people with problem skin, acne or other skin conditions. There are many specially formulated detox systems that are designed for people that have skin problems or for those that might be experiencing aging and fine lines or wrinkles and just want to rejuvenate their skin.

Body Detox Products – An Easy Way To Detoxify Your Self

No one is a 100 percent free of toxins inside. I mean that the detoxification process is not always a hundred percent successful and the body needs some external help with the detoxification process. This can be achieved in many ways including dieting, use of detox kits and other medication especially herbal detoxification tonics and pills.

People are of the belief that they are free of toxins because they are in total control of the cleanliness. Nothing can be further from the truth. There are toxins in everything we consume, and when we are not consuming it is entering our system through the pores of our skin and the air we breathe. The vegetables we eat are sprayed with pesticides which are not completely washed off before cooking. These chemicals turn up in our system as toxins.

The air we breathe is polluted with smoke and petroleum fumes, in addition to this there are chemicals in the house that come from the toiletries we use. These sprays and shampoos and soaps are loaded with toxins that will enter our system through our eyes, nose and skin and later build up to such an extent that it will be almost impossible for the natural process of the body to rid itself of them. Toxins in the body will eventually lead to health problems and so must be purged from the body at regular intervals to prevent a build up of toxin levels.

Medical science has come a long way and with it comes many discoveries in the detoxification process of the human body. Humans have developed ways to increase their life span and treat symptoms of dreaded diseases and alleviate a lot of pain through proper medical procedures. However, it is these same medications that leave behind a residue that builds up as toxins in the system. These toxins have their own side effects. In fact any kind of medication adds to the build up of toxins in the system. It is imperative that these toxins should be purged from the system to prevent any health problems in time.

Our kidney and liver are able to rid the system of toxins to a great extent, however, when the toxins build up to such an extent it is important for us to find the right detox product to help the process along. There are detox kits that can be used in the home and they do a very good job too. These kits contain detox herbal products that can be used along with a diet plan that comes with the detox kit. In about 5 days you will be relatively free from toxins in your body with proper

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use of these detox products. It is equally important to find the right detox product that works well for you. This could mean a bit of trial and error but before long you will definitely find it.

Detox- Cleansing The Body Inside Out

It is important to cleanse the body of the toxins that have accumulated through the months. These toxins play havoc with the vital organs of the body and leave a trail of destruction. They need to be removed from the system without trace – if that were possible.

In order to cleanse the system of toxins one must clean the colon. It is said that death begins with the malfunction of the colon. Though the kidneys and the liver are primarily responsible for the cleansing of toxins from the system the colon is a vital player in assisting the process of detoxification. So where do these toxins come from? There are many sources for toxins that enter the body through every possible opening, including the tiny pores in the skin.

The air we breathe is a rich source of toxins that make their way into our blood stream. Toxins are deposited into the air through car fumes and pollution from industries. The vegetables we eat are polluted with toxins through the insecticides we spray to kill the pests that destroy the plants. The chemical fertilizer we use for the plants is another source of toxins that make their way into the vegetables and fruit we eat. The water we drink is treated with cleansing and purification agents, again chemicals. These make their way into our system and finally add to the toxic levels in our body.

Another great source of toxins is the medications that we take to heal ourselves. In fact, any form of chemical intake leads to the build up of toxins in our system. Then again here are the chemical toiletries such as deodorants and sprays; these are a big source of toxins.

So, how do toxins affect our system?

Toxins affect all the organs of our body. They mainly attack the kidneys, liver and the colon. Toxins hamper the functioning of the immune system and leave the body open to attacks from diseases leading to ill health. Some of the main symptoms are aging, skin rashes and many other skin disorders, indigestion, nausea, and most of all behavioral changes including depression, a rising disorder linked to toxin levels in the system.

The best way to rid the system of toxins is to go on a detox diet. This is a program that consists on vegetables and fruits. A 5 day diet of leafy vegetables and fresh fruit along with at least 4 liters of water every day will rid the system of over 80% toxins. There are other ways that

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include home detox kits complete with herbal detox pills and tonics that work independently on each organ to detoxify the system.

Whatever the process you choose to detoxify your body it is important to do so on a regular basis such as twice a year. A detoxified body is a healthy body and a happier individual.

Detox Home Kit: Easier Way Of Improving Your Body

The market is agog with detox products. These products come in the form of kits that consist of written detox diet plans and accompanied by herbal pills and tonics that are used to cleanse the system of toxins. There are different herbs that must be taken together to cleanse or detoxify the different organs of the body simultaneously to achieve complete detoxification of the system.

However, one should bear in mind that these herbal detox products have no scientific testing procedure or evidence to prove that they actually detoxify the system of harmful chemicals and toxins. This is proven by the fact that the manufacturers of the herbal detox products do not publish any evidence of the efficiency of the system, they just rely on the testimonials of the people who have used the herbal products and are satisfied with the results.

According to the testimonials the detox kits are very effective in cleaning the system of toxins that have accumulated over the years. The cleansing process rejuvenates the mind and body allowing it to function more effectively leaving the person with a feeling of well being. Many people are of the view that fasting is a good way to cleanse the system of toxins; detoxification is a much more effective way to achieve better results. Herbal detox kits flush out the toxins from the body and keep them out to a great extent.

The build up of the toxin levels in the system may cause many diseases including degenerative diseases the main ones being accelerated aging of a person with high levels of toxins. Toxins may bring out any emotional trauma that has been suppressed for many years causing complications and ill health. Some of the symptoms of toxification are indigestion, nausea and liver disease. If you are aware of any of these symptoms you should be on the look out for changes in your behavior as well. A high level of toxins in the body will lead to mood swings and depression in extreme cases. If you ignore these symptoms you will be inviting nothing but trouble.

Though it is impossible to prevent exposure to toxins in today's day and age it is important to learn how to control the toxification of the system. This will help us to lead a healthier life style. By preventing ourselves to unnecessary exposure of toxins the body has to face difficulty in purging them. These toxins can ultimately accumulate and cause problems for us. Detox kits are a great way to detoxify our systems and prevent any unnecessary health problems.

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These home kits effectively remove toxins over a period of 5 days without any side effects and can be used at least twice a year to maintain a healthy system.

Body Detox Herbs Can Do Wonder In Your Lives

It is a well known fact that the atmosphere and the food we eat and drink are crammed with harmful chemicals that enter the body and add to the build up of toxins that hamper the proper functioning of the body. Add to this the pesticides and fumes we breathe in unknowingly adding to the build up of toxins. Before long the body will begin to reel under the effects of these harmful toxins and will need to be cleansed. This cleansing process is called detoxification.

Our body does have a natural cleansing mechanism and this works through the kidney and liver at times the system can become over burdened and may need some external help from us to clean out the circulatory and excretory systems of the body. Some of the processes practiced for detoxification is prolonged fasting. This is an unhealthy process as the body needs nutrients to sustain itself. The best way is to resort to a detox diet assisted with detox body herbs as well.

Since the immune system is the mechanism that defends the body from disease, toxins cause the person to fall ill as the immune system is the first to be affected by harmful levels of toxins in the system. This is why it is necessary to remove the toxins from the body through a detox process. The benefits of detox herbs is not unknown to the medical fraternity as a potent way to detoxify the system. These are the best and the most natural way to detoxify the system and instill a feeling of well being.

Some of the detoxifying herbs used to cleanse the system are:

1. **Psyllium seeds.** These herbs induce bowel movements and clean the bowels of toxins very effectively. The herb itself acts like a sponge absorbing the toxins and passing out with the excreta.
2. **Cascara Sagrada** is another very effective laxative that is used to flush out the toxins from the system and is used along with the psyllium seeds.
3. **Milk Thistle** simulates the protein synthesis in the liver the cleansing organ of the blood.
4. **Nettles** are used in combination with other detox herbs for cleaning the urinary system of toxins.

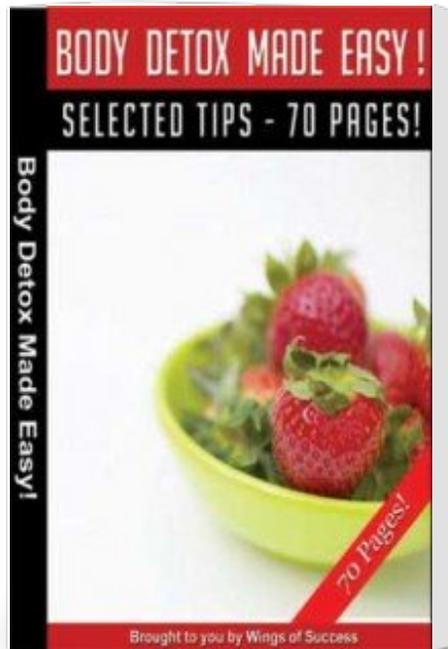
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5. **Burdock roots** are used when the need to cleanse the system is very urgent. This herb reduces the build up of metals causing problems within the system.

6. **Dandelion roots** are herbs with the strongest detoxifying properties. These herbs are used to clean the gall bladder of waste as also the kidneys. The Dandelion root is used in conjunction with other detox herbs as other organs need to be cleansed simultaneously.

The main source of toxins for humans is the pollution in the air and the toxins present in the processed food we eat. Due to a lack of time people are turning more and more to processed foods not realizing the health hazard they are exposing themselves to. Toxins need to be purged from the system and many people are doing this twice a year. Doctors emphasize that the need to detoxify our system is indeed necessary, however, the more natural the process the better it will be.

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