SIGNS YOUR BODY NEEDS DETOX

Low Energy/Fatigued

If you wake up in the morning feeling sluggish, and pretty much stay that way throughout the day with varying degrees of lethargy, you should definitely consider doing a detox.

Constipated

Chronic constipation is a sign that something isn't right in your digestive system. If you've tried increasing your fiber intake and adjusting your diet with limited results, it could be your body telling you that it needs a cleansing.

Brain Fog/Unable to Focus

If you consistently find that in your natural state you lack the ability to focus and find yourself adrift in a mental fog, your body could be screaming at you to detoxify it, and this is its cry for help.

Feeling Depressed

Your mood can change with the right or wrong meal, and eating foods that are low-quality or even toxic to the body over long periods of time can put you in a depressed state.

Overweight/Trouble Losing Weight

If you're not at your ideal weight even after several earnest attempts at weight loss, it could be that you were fighting an uphill battle thanks to all of the toxins in your body.

Insomnia

Toxin build up (especially estrogen build up) is a common cause of insomnia. If you find it difficult to sleep at night, it is time to look into a liver cleanse.

Body Odor

Bad smell equals detox time! Cleanse your bowels, remove animal products from your diet for a period. Add probiotics and medicinal mushrooms to your regime as well.

Sexual Dysfunction

It's funny to think that many of the prescriptions filled and products sold in relation to sexual problems could be solved with a detox program.

Unexplained Headaches

A headache is a pretty reliable way for your body to tell you that something isn't right. It gets your attention and can bring your world to standstill if it's bad enough. Rather than treat the symptom of pain, it's best to see if your headaches are being caused by a toxic state.

Unexplained Soreness/Stiffness

When you have toxins in the body that need to come out you are more likely to suffer from inflammation, because many of the foods and beverages that cause toxicity also lead to inflammation.

Presented By:

PURE DETOX™
WORKS IN ONE HOUR

Source:

http://bembu.com/body-detox
https://www.davidwolfe.com/8-obvious-signs-you-seriously-need-to-detox-asap/
https://pixabay.com