

Effective Ways to Detoxify Your Body

1



Replace a meal each day with a detoxifying smoothie:

Turning to a smoothie for one of your meals is a great way to jumpstart your metabolism and to kick your digestive system into overdrive. You will notice that natural energy that you feel and you will also enjoy that some of the symptoms that you suffer with daily are gone with this natural boost.

A good recipe follows that incorporates natural and healthy ingredients that will promote digestion, introduce fiber, and help you to perform a cleanse in a regular and natural way.

Turn to organic foods when possible:

When you choose the right organic foods then you avoid the toxins that can be harmful to your health. This is a simple way of detoxifying the body and all it takes is making good choices at the grocery store.

Be diligent about knowing which organic foods really count, reading labels, and staying away from foods that could harm you. Making healthy choices like this will really help you to get rid of toxins that you were previously ingesting, and get your body to a much cleaner and healthier point.



2

Get a good and intense massage:

You want to get deep into the muscle tissue to make this work for you. When you push on these pressure points or spots where toxins tend to build up, then you give them a chance to release. This helps you to naturally detox the body and get rid of the things that may have been making you sick.

Be sure that this comes from a registered massage therapist and that they know what they are doing in terms of ridding the body of toxins. To make it work effectively you want to drink a lot of water afterwards to flush out the system and be sure that the toxins leave the body immediately. Get into this as a regular habit and you will feel a very positive effect from it, above and beyond relaxation at the core.



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4 Replace the morning coffee with green tea:

Green tea offers important antioxidants that our body needs in the most natural form. It offers a slight caffeine boost that can help to get you jump started in the morning, just as coffee does. So if you choose to replace your morning cup of coffee with a cup of green tea you still get a caffeine boost and some actual health benefits as well.



5 Try acupuncture for a truly balanced body:

It works by helping to release zones in the body that may be blocked due to toxins or other harmful substances that can contribute to health problems. This is a holistic practice and highly effective. You will feel better almost instantly and when it comes to a natural cleanse, this can be one of the best tools out there.

Take the time to find somebody that you trust and then welcome acupuncture into your life for an excellent way of cleansing, purifying, and getting rid of what ails you in your health and your life.



6 Breathe

If you're interested in detoxing, here's why breathing matters: Oxygen is pivotal to the body's process of absorbing vitamins and nutrients. Deep breathing allows you to absorb these good things more efficiently. Deep breathing also super-charges your lymphatic system by increasing oxygen levels, and this naturally leads to detoxification of the body.

Even though breathing is an automatic process, most of us are under-utilizing this amazing built-in "detox your body naturally" system. Taking a few minutes throughout the day to focus on deep breathing is essential to good health.



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Exercise

Not only does exercise make you feel better, but it's an easy way to help your body in its natural detoxification process.

Exercise promotes the detoxification process giving all systems of the body a boost. As you exercise, the blood circulates throughout the body, bringing nutrients to all the organs and muscles. As you do aerobic exercise you build up a sweat and toxins are released through the pores of the skin. It's important to rinse off after heavy sweating to help rid the body of those toxins.

Cut Your Sugar Intake

If you eat more sugar, you ask your pancreas for more insulin, straining your body. In the long term, this kind of habit can cause you to become chronically fatigued, diabetic, develop cancer, and pack on excess weight.



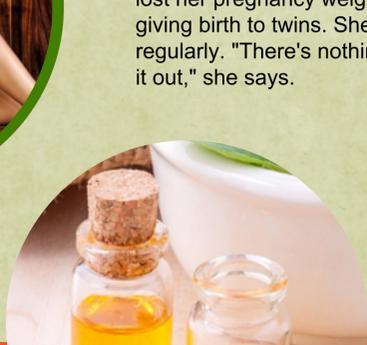
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Sweat It Out in a Sauna

Forbes Riley, creator of fitness product SpinGym who you may also remember co-hosting Jack LaLanne's juicer infomercial, is a big fan of detoxing. It's how she lost her pregnancy weight gain at the age of 42 after giving birth to twins. She suggests you use a sauna regularly. "There's nothing more detoxing than sweating it out," she says.



10 Exfoliate

"Skin brushing and oil massages will help exfoliate the toxins from your skin and refresh circulation," says Christina Chodos, a certified health counselor and educator from Chicago, IL.

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