

# DETOX MISTAKES TO AVOID

There are three huge mistakes people making when cleansing. It's sad but true and it doesn't have to be this way.

01

## Detox Mistake: Depriving Your Body Instead of Nourishing It

Unfortunately, many of the side effects that people think of when they hear the word "detox" actually come from deprivation. Headaches, irritability, nausea, low energy, muscle and joint aches, and acute emotional distress are all side effects of depriving your body, which happens during fasting or a time when your body doesn't have sufficient nutrients to function.

When you strip your body of the essential vitamins, minerals, and nutrients that it needs in order to perform the millions of tasks it performs on a daily basis, you're actually hampering its natural ability to detoxify and heal.



02

## Detox Mistake: Detoxing Too Quickly



You've spent a lifetime being exposed to toxic environments. Years upon years worth of toxins are lodged into your body and now you're supposed to detox and rid yourself of these toxins in a weekend? Not only is that wishful thinking, but it's also dangerous thinking.

Quick detoxing can lead to weight gain rather than weight loss. Your body can only eliminate so many toxins at once. When you do a hard and fast, 7 day detox, you're essentially stirring up all the muck at the bottom of the lake (in this case your body) and your body becomes overwhelmed.

03

## Detox Mistake: Not Taking a Holistic Approach to Detoxing

Detoxing your mind is key to your overall health. Changing the way you think and feel about yourself is a huge step to getting on the right track to a healthier body and life. This change in ridding your mind of toxic thoughts can only happen within. Some ways to do this include meeting with a life coach, meditating, or reconnecting with nature. These things may sound simple yet are so powerful.

Additionally, making key dietary and lifestyle changes over time can really help eliminate the majority of toxins from our bodies and our lives. A great place to start is with USDA certified organic food. Certified organic food is truly a better option for you than non-organic. The issue is the pesticides, herbicides, and other toxic chemicals used to grow non-organic foods. Who wants to eat toxic food when you're trying to detox? Sort of defeats the purpose, doesn't it?



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