



7 Signs Your Body Needs Detox

1. Low Energy/Fatigued

With the meteoric rise of energy drinks and the steady popularity of caffeinated beverages you'd think there was a low energy epidemic in full swing.

Trying to make up for a lack of energy with stimulants like caffeine and taurine only worsen the problem in the long run. After the pick-me-up there is often an energy crash that leaves you feeling worse than when you started. Not only that but these beverages usually act to burden the liver, further exacerbating the problem and sending you into a low-energy spiral.



2. 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. Frequent Indigestion is also a common sign.

If you've accumulated years of waste in your bowels and colon, including impacted fecal matter and more, constipation could be just one symptom of a larger, more pressing problem.



3. Brain Fog/Unable to Focus

There's one energy drink on the market that keeps promising to improve your focus. Perhaps that's because there's a serious need for many Americans to go on a detox program because of all the toxins they're exposed to on a daily basis.

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. Don't misread it as a sign to use a stimulating drink or prescription drug.



4. Feeling Depressed

The way you feel is largely dependent on your ability to feed your body with nourishing foods. 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.

The problem is that when you start to make changes to feel better and change your diet to include more life-giving foods, the toxins will block the nutrients from finding their way to your brain. Toxins have a way of nestling into the body and can remain there unless acted upon by another force. In this case a detox program can help to get your mind back in the right place.



5. 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.

Turning over a new leaf and introducing the body to healthy foods it does if there is waste in the body that is preventing the absorption of the vitamins and minerals these foods contain.



6. Body Odor

If you just smell all over, and you do not know why, it may be time for a detox, this is especially true if you live a healthy lifestyle. 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.



7. Mental Fog

When your body can't function properly, your brain can't function properly, this causes mental fog or the inability to focus on tasks. A detox can fix this. Use high chlorophyll drinks (green juices) and super green foods such as spirulina, marine phytoplankton, and chlorella to detox your brain. Flush out your bowels with enemas and colonics. Drink more water.

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