

SIMPLE WAYS TO CLEANSE AND DETOX YOUR BODY

We hear so much about cleansing and may wonder just how beneficial it can be. A proper cleansing or good habits for naturally detoxifying the body can really help you to achieve amazing health benefits. The notion of a simple detox program should be integrated into a healthy lifestyle to give you the best results.

Just as you focus on the foods that you eat and proper exercise, there are many other elements to living your best and healthiest lifestyle. Not only do these things factor into detoxifying your body, but there are other simple and highly effective ways to do so as well. We will take a look at some of the simplest, most natural, and undoubtedly most effective ways of getting the bad toxins out and welcoming in the elements that your body needs. Remember to always consult your physician **BEFORE** making any dietary changes.

1. Replace a meal each day with a detoxifying smoothie.

Though you never want to go to extreme measures where your diet is concerned, there are some ideas that can work wonders. When it comes to naturally cleansing the body a great measure can be to replace one meal a day with a detoxifying smoothie. This isn't extreme and won't cause any harm, but it can be exceptional for getting rid of the substances that your body doesn't need.

It's important not to jump on the bandwagon for the more extreme measures and to opt for a smoothie that uses natural ingredients at the core. Rather than turning to a premade concoction or chemically enhanced smoothie, just turn to natural foods that will get you cleansed properly. This can not only help with weight loss, but also with keeping the digestive system working the way that it should.

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 will incorporate natural and healthy ingredients that will promote digestion, introduce fiber, and help you to perform a cleanse in a regular and natural way.

Green Smoothie

- 1 cup kale or collard greens firmly packed, stems removed, coarsely chopped (4 ounces)
- 1 Granny Smith apple, coarsely chopped
- 1 ripe banana.
- 1/2 cup loosely packed fresh flat-leaf parsley leaves

Combine kale, apple, banana, parsley, and 2 1/4 cups water in a blender; blend until smooth. If the mixture is too thick, add a little more water.

2. Turn to organic foods when possible.

While you don't have to eat only organic, there are certain foods where this is a necessity. The food list known as the "Dirty Dozen" contains a list of foods where pesticides and preservatives can build up and therefore be consumed and ingested by you during digestion.

The rule of thumb generally goes that if you eat the peel or the outside of the fruit or vegetable that you should really opt for organic. Strawberries, apples, and tomatoes are good examples of the types of foods where organic really does matter.

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.

3. Get a good and intense massage.

We tend to think of massage as a relaxing luxury, which of course it can be in some instances. Although a massage can certainly be a nice luxury or way of treating yourself, it also happens to be a good way of detoxifying the body as well. It's all in the type that you get and the way that you use this to better your health and your life.

Suffice it to say that if you are interested in getting rid of toxins in the body, you absolutely have to get a good intense massage that focuses greatly on the pressure points within the body. A typical Swedish massage is good, but something more intense and focused like a Sports massage can work even better.

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.

4. Drink far more water.

Even if you think that you are drinking enough water in a day, take your intake to a whole new level. If there is one thing that can easily and naturally help you to detox your body, it's

definitely water. We tend to think that we're drinking enough when we really need to increase our intake dramatically.

Water can help to flush out your system naturally, and if you drink enough of it then this will happen routinely. Proper water intake can contribute to clearer skin, properly functioning organs, and a more effective circulatory, respiratory, and digestive system. So this one simple substance can offer great help to our entire body and the way that it functions.

Forget all the rules that you have heard through the years about how much water is enough. Eight glasses is the minimum, so it's time to dramatically increase your intake if you want the best health benefits. Water should be your drink of choice and should be your choice with meals, as well as before and after meals. You will see some of the health benefits readily and enjoy some of the longer term ones down the line.

5. Replace the morning coffee with green tea.

A little caffeine is okay, but you do want to be careful about how much you take in throughout a day or week. You also want to be careful about where you get your caffeine from and how much you take in at any one time. Though an occasional cup of coffee is fine, if you are after detoxifying the body, then you want to change things up a bit.

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.

Learning to detox the body doesn't have to be complicated, but it does mean that you will have to make healthy choices that really work for you. This means that you will have to make some adjustments, but they are well worth it.

If you can lean to embrace green tea you are getting a healthy boost of caffeine that naturally helps with detox and gives you some very important antioxidants you need to stay healthy in the short and long term.

6. Get in more exercise and sweat it out.

We all know that exercise is an essential part of a truly healthy lifestyle and that it helps with weight loss—but there is much more to it than that! When it comes to naturally and effectively cleansing the body, exercise can be a great option to turn to. Though many people don't think of exercise in this manner, it can be what helps you with the cleansing process dramatically.

When you are exercising you are not only helping the body to shed fat and excess weight, but you are also helping to get rid of toxins that may build up. As you sweat these toxins can come out and therefore the cleansing is taking place. Not only that but you are also helping with digestion, circulation, and to keep the organs functioning as they should with a challenging fitness regimen.

7. Eat more fiber in its most natural form.

You've probably heard it time and time again that you need to be eating more fiber in your diet. Not only is this part of a healthy diet that will contribute to weight loss, but it's also an essential way of cleansing the body in its most natural form. Fiber can be an excellent supplement for a variety of reasons, and cleansing is just one of them.

Our bodies, particularly our digestive tracts, tend to hold onto substances that enter after time. This may be toxins, preservatives from foods that we eat, or just waste that is not being properly disposed of by the body. Whatever the cause, the end result is that you may feel bloated, weighed down, unusually tired, and therefore health problems may result out of this.

When you introduce a proper serving of fiber into your diet, it helps to keep the digestive tract working properly. This means that all toxins, excessive waste, and anything else that has built up in the digestive tract will move through rapidly. You feel healthier and your digestive process works in the way that it is intended to.

There are some great fiber supplements out there, but you should try to eat it naturally whenever possible. Fresh fruits and vegetables, beans and legumes, and whole grains are all excellent sources of fiber.

Start slowly to avoid adverse effects, but when you become regular with your bowel movements you will know that cleansing is happening and the body is working in the way that it is intended to.

8. Try fasting for a day or two

You don't have to go to extreme measures as so many cleansing programs will tell you to do. Simply fasting for a day or two and replacing foods with natural juices made from fresh fruits and vegetables can really help. You don't have to do this often, but you should make it a priority in your life.

When you give your body a chance to rest in this capacity, then it has time to recuperate and rejuvenate. The organs don't have to be focused on digestion and breaking down food and potential toxins. So as they rest they have a chance to recharge, and that means that you are going to come back from this with natural energy and a more effective digestive system.

Perform a fast like this when you have some time at home and can be away from any food temptations. Try do perform this at a time that is easier for you to fast and to let the body rest and recharge. You will be surprised at how much natural energy you feel and how much better you feel afterwards.

9. Get in more sleep each night.

You may look at sleep as a luxury, but it's an important part of a healthy lifestyle. Without proper sleep you can gain weight, you may have a compromised immune system, and of course you lack natural energy. Sleep deprivation is unfortunately all too common as we put this off in the interest of getting other things done.

The problem is that lack of sleep can catch up on you after a while. The body wears down and this shows through a compromised immune system that means you get sick more easily.

You also have a lack of willpower and lack of energy to make healthy choices for yourself when you feel exhausted. You are ultimately not taking care of yourself in the proper way—and that's not good for your health or your ability to naturally cleanse.

When you try to get seven to eight hours of sleep each night you give your body a chance to rest and recuperate. This is not a luxury but an important way that your body rebuilds and prepares for the activities that you have ahead the next day.

It's imperative to rest and take care of yourself in this manner not only to function properly, but to keep the bad and harmful substances out as well.

10. Learn to incorporate superfoods into each meal.

The great thing about superfoods is that they contain important nutrients and antioxidants which our bodies need to fight off infections. The presence of these antioxidants and nutrients in the body help to fight off harmful toxins and substances that may compromise our immune system and our overall health—so the inclusion of them in our diets is critical.

Superfoods are a delicious and nutritious group of foods including foods rich in Omega 3 fatty acids like:

- *Salmon
- *Tuna
- *Avocado
- *Walnuts
- *Almonds

- *Olive Oil
- *Flax Seeds

You can also turn to fruits and vegetables that are bright in color as that means that their dark hue contains plenty of antioxidants. Options such as these make great choices for this reason:

- *Blueberries
- *Raspberries
- *Spinach
- *Kale
- *Eggplant
- *Tomatoes
- *Carrots
- *Sweet Potatoes
- *Apples
- *Oranges
- *Butternut Squash

Try to incorporate super foods into every meal and enjoy how beneficial they are. They not only make for healthy and low fat food choices, but they also help you to boost your antioxidant intake.

11. Cut out simple carbohydrates, white sugar and flour, and any fried foods.

The white bread that you probably enjoyed as a kid is doing absolutely nothing for your overall health. The starchy sides at dinner like white rice or pasta are as damaging to your waistline and your health as the more extreme donuts, cakes, and cookies that you enjoy.

Many people don't understand just how harmful products made with white sugar or flour can be, but they result in toxins in the body that you don't want. These simple carbohydrates make you feel full and satisfied when you eat them, but behind the scenes you are experiencing a surge and then fall of your blood sugar level. This isn't good for your appetite or your health!

The same dire consequences of simple carbohydrates are a major component of the very toxins that build up in your digestive system. These are not the types of substances or preservatives that you need, and that's why fiber rich whole grains and complex carbohydrates are so vital to your health. They ensure that the digestive system works the way that it is intended to.

So as you move towards complex carbohydrates which are better for digestion, you also want to be sure that you get rid of the simple carbohydrates in the process. The rise and fall of blood

sugar is not good for weight loss, and the deposit of preservatives and harmful substances result in toxins that can slow you down and ultimately make you sick in the process.

12. Learn to properly manage your stress.

What you know is that stress isn't good for you. What you realize is that to properly take care of yourself and practice a truly healthy lifestyle means to properly manage your stress. What you probably don't realize is that if you let stress get the best of you it can mean that your body is not operating at an optimal level.

You are not releasing good hormones when your body feels stress. As a matter of fact your body may experience weight gain, illness, and a complete lack of energy when stress is present. You are more prone to make improper health choices and more likely to feel depressed and ultimately become sick easier.

When you feel stress the body is holding onto the harmful toxins and therefore is slowed down. When you learn to manage stress properly you are taking a good measure at naturally cleansing the body. This is not only a great way to take care of yourself, but to ensure that none of the harmful substances take residence in your body and contribute to improper health in the long run.

13. Promote elimination through proper diet and hydration.

The truth is that most of us don't properly eliminate each and every day. Unless you are very regular with your bowel movements and even your urination, you are holding onto waste in the body that need not be there. So this is where you must really focus some concerted effort on elimination, and put major emphasis on the diet that you keep and how hydrated you are.

Start by taking a long hard look at your diet and then work your way out from there:

- Are you eating enough fiber each day?
- Are you eating the right foods such as fresh fruits and vegetables, lean proteins, beans and legumes, whole grains, and good fats?
- How much water do you realistically drink in a day?
- Do you find yourself feeling unusually thirsty at any point?
- How often do you urinate throughout the day?
- How often do you have bowel movements?

14. Learn to truly take care of yourself and listen to your body when something is or is not working.

The bottom line is that when it comes to cleansing and healthy and natural living, it's all about taking care of yourself in the best way possible. You have seen all of the various methods and tools to do that, but sometimes you also have to listen to your body as well.

Learn to be in touch with what your body is telling you and then react accordingly. This will ensure that you not only keep yourself in the best health, but cleanse as necessary. Sometimes you can just feel it from a general lack of energy or lethargy which is unusual for you.

Symptoms that we tend to take for granted as everyday ailments can often be indicative of the fact that our bodies are holding onto toxins. This ultimately means that cleansing is essential and we must learn to pay close attention to these symptoms and indications. We know our bodies better than anyone, and if something doesn't seem right then it's best to pay close attention to that.

If you are having frequent headaches, stomach upset, diarrhea, constipation, feel exhausted, experience cramping, difficulty focusing, lack of energy, or any other symptoms that don't feel right, then always take the time to listen to your body. This will ensure that you know that something is amiss and can likely pinpoint that cleansing is required.

You will get into these good habits in no time at all. You will learn which methods and tools work best for you to cleanse properly and take the measures to do so. You will also learn to be better at listening to your body and making the best decisions for your overall health. This is a very powerful step, and it comes from awareness and the initiative to act when something doesn't seem right within the body.

8 Homemade Detox Smoothies to Cleanse Your System

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