

The Body Detox Diet: **A Program for Greater Energy,** **Health, and Vitality**

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Detox Basics and Understanding the Body

From the moment you are born, your body begins the detoxification process. As an infant, you obtain nourishment from breast milk or baby formula. As you develop, you obtain nourishment from both food and beverages. Your body utilizes what it needs from these forms of nourishment and begins the process of elimination.

The body actually begins the digestion process long before you actually consume food. It kicks into gear the moment you think about, see, or smell food. Chances are good you have smelled your favorite food and noticed an increase in saliva production. Saliva contains chemicals that help to break down the food, making it easier to swallow.

The food that has been broken down by chewing and mixed with saliva is called a bolus. The tongue is used to push the bolus toward the back of your throat. It then travels down the esophagus.

The esophagus is a stretchy muscular tube that extends to your stomach. It is lined with mucous membrane, which aids in the absorption and secretion of food. The esophagus muscle uses a rhythmic contraction to push swallowed food into the stomach.

The stomach is shaped like a bean and produces gastric acid to further break down food. In a sense, the stomach is your body's natural food processor. It takes food and mixes it with the gastric acids, which turns it into liquid. Additionally, gastric acids help to destroy any bacteria that might be in the food.

The liquid food is emptied from the stomach into the small intestine. Oddly enough, the small intestine is anything but small. When stretched out, the average adult's small intestine is about 22 feet long.

The pancreas, liver, and gallbladder join forces to assist the small intestine by sending juices that help the body absorb nutrients from the food. The pancreas helps the body digest fats and protein. The liver creates bile which absorbs the fats into the bloodstream. The gallbladder stores these fats until needed by the body.

Typically, food stays in the small intestine for up to four hours. During this time it becomes a very thin, watery mixture. During this process, the body absorbs the nutrients it requires and passes the rest on to the large intestine.

The large intestine is about three to four inches in diameter and about five feet in length. It is attached to the appendix. The appendix contains lymphoid cells which are beneficial in fighting infection.

The last stage of digestion involves passing the remaining food through the colon. In a sense, the colon is similar to a clothes dryer. It absorbs the remaining water and minerals, turning the waste into a solid product referred to as stool, bowel movement, or the more popular term - poop.

Once the waste turns into poop, the large intestine pushes it into the rectum, where it is eliminated through the anus.

Why the Need to Detox Your Body?

From the food you eat, the water you drink, and the air you breathe, your body is bombarded by toxins on a daily basis. Left unchecked, these toxins can accumulate within your body and oftentimes lead to chronic health problems, including heart disease and cancer.

There's nothing new about detoxing the body. It has been part of health practices throughout the world for thousands of years. Nearly every religion uses fasting in some form to increase spiritual awareness.

Over the last decade, more and more Americans have become aware of the health benefits associated with detoxification diets. While many celebrities engage in detoxification diets, the vast majority of Americans are still reluctant to try them.

There are different types of detoxification diets. Some involve fasting for 24 to 48 hours. Others involve a 3-day fast, followed by a week of consuming specific foods. There are 14-day fasts and 30-day fasts, which are used by people with chronic health problems.

Stress and fatigue are two of the most common reasons people visit their doctor. The fact of the matter is a detoxification diet is a much better option than popping a pill. Poor eating habits and the enormous stress that is piled on in this hectic world, place a great strain on your body's energy resources. More often than not, this type of lifestyle results in chronic fatigue and can cause serious damage to your immune system.

Michael Van Straten, author of *Super Detox*, recommends embarking on a 24-hour water or juice fast once a week. This is one of the fastest and easiest ways to maintain radiant health.

If fasting on a regular basis doesn't appeal to you, consider embarking on a 48-hour water or juice fast on a monthly basis. It's important to note that at the end of a 48-hour fast, chances are good that you will feel a bit lightheaded and weak. It's best to embark on this type of fast over the weekend.

Michael Van Straten also recommends embarking on a seasonal detoxification diet. Seasonal detoxification diets require a three-day regime consisting of water, juices, clear soups, and some fresh fruits and vegetables. The majority of people who use a three-day fast usually require an additional day to recuperate. This type of fasting should never been done when you are working or required to drive a car or other heavy machinery.

The most common side effect of 24-hour fasting is a headache. This is particularly true for people who consume caffeine. The more caffeine you drink, the worse the headache is likely to be. A good cure for this is to drink plenty of filtered water.

Many people who embark on 48- or 72-hour detoxification diets oftentimes experience what is referred to as a "healing crisis." Symptoms are similar to what you would experience with the flu and may include an increased temperature, sweating, tremors, and body aches and pains.

The reason this occurs is because the natural bacteria in the gut begins to die and releases chemicals which are then absorbed by the gut wall. While you may not feel all that great during the process, know that it will pass when you end the detox diet.

In order to be radiant on the outside, you need to be radiant on the inside. Detoxification diets can result in lustrous skin, hair and nails; improved digestion and circulation; stronger bones and pain-free joints. Additionally, you will be able to think more clearly and have more energy.

Foods to Eat and Foods to Avoid on a Detox Diet

While it might be hard to believe, our natural state of being is intended to be vibrantly healthy and energetic. Your body is designed to function and maintain itself for optimal health. Every second of the day, it performs multiple complex processes to ensure that you are able to get out of bed and function at full capacity.

The problem is the amount of food recommended in the Standard American Diet (SAD) is deficient in crucial vitamins and minerals to sustain vibrant health. To make matters worse, very few people adhere to the guidelines of SAD.

Instead of eating fresh fruits and vegetables, grains, nuts and seeds, the majority of Americans consume large amounts of processed foods that offer little, if any, nutritional value. Add to this, the amount of environmental toxins and stress we are exposed to on a daily basis and you've got a recipe for disaster.

One of the best ways to tune up your engine and restore your body to its natural state of being is to embark on a detox diet. Typically, detox diets consist of a 24- to 48-hour fast of nothing more than filtered water or certain juices.

Many holistic practitioners recommend embarking on a 3-day seasonal fast. This type of detox diet should only be done when you do not have to work or care for others. Oftentimes, 3-day detox diets can cause what is referred to as a "healing crisis." While this is usually not harmful and basically feels as if you have the flu, it's best not to embark on this type of fast unless you are under the supervision of a qualified practitioner.

The purpose of detox diets is to aide in the elimination of toxins and waste from the body. Whether you realize it or not, if you are eating commercially grown food instead of organically grown food, you're getting a lot more than food. You're also consuming pesticides, herbicides, fungicides and fertilizers. Add to that the tremendous amounts of environmental toxins that are in the water you drink and the air you breath, and you can easily see how your body becomes a toxic wasteland.

One of the easiest detox diets to adhere to is to eliminate eating any meat for at least two days. While many people are still addicted to the meat and potatoes diet, a large percentage of meat contains harmful chemicals that can wreak havoc on your body.

Instead of eating meat, poultry or seafood, consume fresh fruits and vegetables. Experts recommend eating broccoli, cauliflower, artichokes, beets, garlic, and red

and green vegetables. Rice is also acceptable on a detox diet; however, its best to eat brown rice and avoid white rice when embarking on a detox diet.

Beans, nuts and seeds are good choices for a detox diet. They contain protein and essential fatty acids. Most nuts and seeds are high in calories, so consumption should be limited to one-ounce per day. This equates to approximately a handful of nuts or about twelve whole almonds.

Foods to avoid while using a detox diet include: meat, dairy products, corn, wheat, foods that contain gluten such as barley and rye, sugar, anything with caffeine, alcohol, chocolate, and foods that contain yeast, such as bread and donuts. Additionally, you should avoid eating grapefruit when embarking on a detox diet. Grapefruit contains enzymes which interfere with the proper functioning of enzymes in the liver.

Be sure to drink plenty of filtered water when embarking on a detox diet. Experts recommend consuming a minimum of six to eight 8-ounce glasses of water per day. Filtered water aides in flushing toxins from the body, while helping to keep your body hydrated.

Embarking on a detox diet offers many health benefits. It can help you feel more energetic and assist you in getting a restful night of sleep. Detox diets can help you lose weight and improve bowel function.

If you've never tried a detox diet before, start off slowly with a one-day fast. Drink plenty of water, green tea, or sugar-free fruit juices. Chances are you will be amazed at how great you feel!

Simple Steps to Kick-Start Your Detox Diet

You've made the decision to embark on a detox diet. You've done your homework and know which foods to eat and which foods to avoid. You understand that you might feel a little lightheaded, agitated, and weak. You also understand that a detox diet offers numerous health benefits and you're ready to start feeling healthy and energetic.

Embarking on a detox diet will help flush toxins out of your system and revitalize your body and mind. A 24-hour detox diet can easily be incorporated into even the most hectic of lifestyles. If you've never embarked on a detox diet, it's best to try it out on a day when you don't have any obligations. While most people are unaffected by a 24-hour detox diet, some people feel shaky, weak, lightheaded, slightly agitated, and may even suffer from a headache.

The first thing you should do is determine a day that allows you to rest. Once you have determined the day you will start your detox diet, follow these simple steps:

Upon waking, drink a large glass of hot filtered water. Squeeze the juice of a thick slice of organic lemon into the water.

For breakfast, drink a large glass of hot filtered water. Squeeze the juice of a thick slice of organic lemon into the water. Next, consume a cup of ginger tea. Ginger tea can be purchased at most health food stores or you can make your own. It's super simple to make and only requires two ingredients: water and fresh ginger root. Add a one-inch slice of freshly grated ginger root to a mug of boiling water. Cover and let stand for five minutes. Strain, add one teaspoon of organic honey, if desired, and sip slowly.

For a mid-morning snack, drink another glass of hot filtered water with freshly squeezed lemon juice.

Lunch should consist of organic tomato juice with celery. You can purchase organic tomato juice or make your own. All that is required is to add six large plum tomatoes, two stalks of celery with the leaves, the juice of one lemon, and a dash of hot sauce, if desired. Mix all ingredients in a blender or food processor and blend until smooth. This is so addicting, you'll probably want to drink it every day!

For a mid-afternoon snack, drink another glass of hot filtered water with freshly squeezed lemon juice.

Dinner should consist of one 8-ounce glass of Kiwi and Pineapple juice. If you own a juicer, you can make this delicious juice at home. Remove the top and core of one whole pineapple. Peel the skin from four ripe kiwi fruits. Cut into pieces, juice, and drink. If you don't own a juicer, you can purchase organic pineapple juice and squeeze the juice from the kiwi fruit into it.

For an after-dinner snack, drink one 8-ounce glass of organic orange juice with almonds. Juice four large oranges and add four teaspoons of ground almonds. Mix together and whisk with a fork for a frothy, tasty drink.

Before you head to bed, drink a mug of chamomile tea with one teaspoon of organic honey, if desired. Chamomile tea is an excellent muscle relaxant. It has been used to combat stress and depression by relaxing the muscles of the brain.

Once you drink your chamomile tea, chances are good you will experience a night of restful and restorative sleep.

There are many other detox diets you can follow. To learn more about the various types of detoxification diets, type in "detox diets" at your favorite search engine.

If detoxing and natural colon cleansing is of serious interest to you, you may want to check out [Bowtrol](#).

[Bowtrol](#) is the easy way to detoxify and revitalize your body.

