

# The Do's and Don'ts of Detox



## DO



### DO: TALK TO YOUR PHYSICIAN

[Detox] can change the physiological environment of the body. For some conditions, that may pose a risk. Therefore, no matter what the cleanse, make sure to talk to your doctor about its potential implications to your health.



### DO: EXERCISE

Exercise stimulates lymphatic flow, blood circulation, respiration and promotes sweating – all of which are essential to the safe movement of toxins in the body. In addition, exercise improves the function of your kidneys, digestive tract, lungs and liver, which are the organ systems responsible for the processing and elimination of toxins released while cleansing.



### DO: HYDRATE

Without proper hydration, toxins cannot be eliminated, and may even re-accumulate, causing more harm than good. While cleansing, make sure to drink half your weight in ounces of filtered water daily to ensure a safe and effective cleanse.



### DO: SUPPLEMENT

The main controllers of detoxifying and removing toxins from the body are dependent on key nutrients in order to function. Without these nutrients, toxins cannot be properly neutralized and expelled and can back up in the body system.

## DON'T



### DON'T: STRESS

It is key to plan your cleanse during a time when stress can be controlled and when stress-reduction techniques can be employed.



### DON'T: STAY UP LATE

In Chinese Medicine, the hours between 9 p.m. and midnight are the most important hours for healing and detoxifying. It is during these hours that the body is most efficient at processing toxins, and regenerating tissue, so it is very important to go to bed early while cleansing.



### DON'T: OVER DO IT

Not all bodies are ready to cleanse equally. While some people may be ready for a 10-day cleanse, other people may only be able to do a 1-day cleanse. This all depends on your state of health, your history of drug, alcohol and medication use, your elimination functions and your degree of toxic exposure.



### DON'T: INDULGE

The times around your cleanse are just as important as the time on your cleanse, because this time period also influences how effectively the body can move toxins. Therefore, eliminate all processed and fried foods, refined flour and sugar, soda and alcohol three days before and after your cleanse.



### DO: RESEARCH

What cleanse are you planning for? Is it effective and safe? Do your research on the juice ingredients, herbs or foods utilized in the cleanse to ensure they are of the highest quality and will meet the kinds of goals you have.



### DON'T: UNDERESTIMATE

It is important not to underestimate the power of a cleanse. Cleansing the body is not just a simple way to lose weight or to make up for weekend binges and bad eating habits over the holidays. A cleanse has very real effects on the functioning of the body, and therefore should not be taken lightly.



### DO: CONSUME 5 SMALL MEALS THROUGHOUT THE DAY

This will increase your metabolism, so you tone up and burn fat.



### DON'T: EAT ARTIFICIAL AND CHEMICALLY ALTERED INGREDIENTS



### DO: ENJOY HERBAL TEAS

to suppress cravings and reduce mindless snacking



### DON'T: EAT PROCESSED FOODS

When a food is processed all the nutrients are damaged and a lot of fiber is also removed.



### DO: EAT FRESH FRUIT AND VEGETABLES

Fruit and vegetables are high in both water and fiber

This is perfect for cleansing your body, flushing fat and eliminating bloat.



### DON'T: EAT DAIRY (COWS MILK, CHEESE, ETC) OR RED MEAT.

These foods interfere with your digestion and tend to sit in your tummy.

Eating these foods stalls your Detox and makes you feel tired and lethargic- your digestion has to work overtime to break them down.