

Top Reasons You Need to



DETOX YOUR BODY

01 You have FLC Syndrome: Feel Like Crap.

You wake up feeling less than vital, vibrant, alive, joyful and full of energy. Even if you are thin but have symptoms of being toxic like fatigue, brain fog, aches, digestive issues, allergies, headaches—really any symptoms at all—the detox can help heal you quickly. Most of us don't connect what we're eating to how we feel.



02 You never have detoxed.

Most of us have never in our life taken 10 days to put nothing in our bodies but delicious, whole clean food. Just 10 days. Even if you think you are healthy and feel good, you may not realize that your normal state is not your optimal state. Think of it as a tune-up, a super-quick, super-easy way to supercharge your health.



03 You need a STAYCATION

All of us stray from living in a way that supports our health: too little sleep, too little exercise, too much bad food, too much stress, not enough time for ourselves. The best way to reset your life is a 10-day detox. Simple, delicious foods. No toxins or drugs, by which I mean sugar, flour, processed foods, caffeine or alcohol. Self-nurturing practices: deep breathing, sleeping 7-8 hours a night, a little exercise, self-love. All this works to get your body and mind back to their original factory settings—and quickly!



04 Boosts your energy.

By flushing the toxins out from your body, detoxification leaves you feeling more energetic and lively. While you detox, you also stop the influx of sugar, caffeine, trans fat and saturated fat and replace them with natural foods, such as fruits and vegetables. You get a natural energy boost, one that comes without a resultant crash.

It's vital to stay well-hydrated while on any detox program. This can also be a source of increased energy if you typically don't get enough water throughout the day.



05 Rids the body of any excess waste.

The main purpose of detoxing is to allow your body to get rid of any excess waste it's been storing. Detox programs are aimed at stimulating the body to purge itself, including the liver, kidneys and colons. Most modern diseases are caused by the storing of waste in the body, which is why detoxifying is very important.

For example, cleansing the colon is an important part of the detoxing process because toxins need to exit the body, and a backed up colon can cause them to be reintroduced into the body, rather than exiting as planned. Even after the detox program, it is recommended to continue a diet rich in soluble fibers to keep your body healthy.



06 Helps with weight loss.

A criticism of detox diets is that they only help you lose weight in the short term. It helps, instead, if you look at detox programs as a way to establish long-term eating habits, and rid yourself of unhealthy habits. It all depends on what you focus on.

If you only care about the drastic reduction in calories and rapid weight loss, you are more likely to gain all that weight back as soon as you stop. These short-term results won't last if you don't make it a point to replace bad foods with good, and use your newfound energy to exercise more and be more active overall.



07 Stronger immune system.

Detoxifying your body also strengthens your immune system. Your organs are clean, and free to function as they should. Your body is able to absorb nutrients better, including Vitamin C.

Good detox programs have a recommended intake of herbs which help the lymphatic system. This system is an important player in keeping you healthy long term. Many detox programs also focus on light exercises which help to circulate lymph fluid through the body and helps it to drain, strengthening your immune system in the process.



08 Remove toxins from the body.

Long-term exposure to toxins (environmental pollutants, cancer-causing chemicals, preservatives, pesticides, heavy metals, and industrial waste) affects our metabolism, behavior, immune system, and leads to disease. They are stored in tissues and cells throughout the body, including the brain, often for years – yikes!



09 Prevent chronic disease.

Environmental toxins are responsible for many cancers, neurological diseases, heart disease, strokes... you name it. Our bodies do have a built-in detox function to deal with these dangers, but those systems are constantly overloaded! Detoxing assists and improves what our bodies are trying to do naturally.



10 Restore balance to our body's systems.

Our digestive, nervous, and hormonal systems were designed to work together to achieve optimum health. This is what our bodies want to do! When we overload them with toxins and unhealthy foods, these systems don't work as well as they should and we get sick.



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