

Myths & Tips About Detox

1. Get ruthless with your kitchen.

Once you've committed to living a healthy lifestyle, overhaul your food stores. "Nothing says 'eat well' like an organized and healthy refrigerator," says Metz. She recommends throwing away processed junk and instead stocking up on fresh fruit and vegetables along with healthy fats like nuts, nut butters, and seeds. In terms of protein, aim for lean sources like chicken breast, salmon, and grass-fed beef in addition to beans and legumes. Add in some organic dairy products like Greek yogurt and whole milk (the fat is filling!). When it comes to carbs, try to get them from whole-grain sources. Their complex carbohydrates make them more satisfying than their refined counterparts.

2. Become a pro at meal prep.

Letting all those supermarket dollars go to waste will just make both your heart and wallet sad. To ensure you make use of the healthy items instead of defaulting to takeout because it's more convenient, do meal prep on weekends. Here are a few meal prep hacks to help make it easier.

3. Figure out simple swaps you can make daily.

After identifying the weakness, you're better able to stop it in its tracks in a way that makes sense, whether that's whipping up a protein-packed breakfast or substituting black coffee with a few splashes of skim for sugary lattes. Once you've got that down, you can move onto the next one instead of trying to tackle the too many at once.

4. And drink a ton of water.

"Your body needs water to stay hydrated, flush out toxins, maintain skin health, and a myriad of other reasons," says Metz. She recommends adding in lemon because it puts you in "spa mode," which will help you feel fancy as all get-out. Here are other easy ways to drink more water, aka nature's natural detoxifier, and start feeling like the best possible version of yourself.

5. Detoxes are the fastest way to lose weight.

Fact: While detoxes do help you lose weight quickly, the pounds pack on quite rapidly the moment you end the diet. Also, you can only lose so much weight from a cleanse.

6. Detox diets are better for you than simply beginning a regular diet and exercise routine.

Fact: Though detox diets can eliminate some toxins from the body, don't go running to pack cleanse products in your meal management system. Regular diet and exercise are healthier and safer ways to lose weight.

7. Detox diets don't require exercise.

Fact: This is a set of detox myths and facts that has truth in both areas. You can lose weight on a detox diet without exercise, but, when you reduce your calories by a vast amount and skip your gym sessions, you're losing muscle as well as weight.

8. Detox diets include strange juices and minimal food intake.

Fact: There are healthy detox foods that don't require expensive juices or so little food that you can leave your meal management system behind. Create meals based off basic ingredients like lemons, green leafy vegetables, and sesame seeds.

9. Excessive water consumption detoxes the body.

Fact: This is another set of detox myths and facts that can be tricky. While water does help to clean out and enhance the function of the liver and kidneys, excessive water consumption is not healthy for the body. Overdoing water can cause a number of side effects including headaches, nausea and disorientation.

10. You can use the sauna as a detox.

Fact: Though saunas are a great way to release toxins from the skin post-workout, these are not a detox. Long periods of time in the sauna can cause issues such as dehydration. Even worse, trying to sweat out toxins can inhibit your body's ability to detoxify over time.

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