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Why you should do a detox cleanse by Luca JENSEN

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Our bodies are put through a lot on a daily basis. The food we take in and all the stress in our lives can take a toll on our bodies, making it vulnerable to various disorders and illnesses. This is why a Detox Cleanse is recommended. Itâ€™s a way to flush out all the toxins from your body and getting all your organs to function efficiently again.

The best way to cleanse your body is to change your diet for a week or two. For the first two or three days, you should on a liquid diet. Plenty of fresh juices and water will flush out all the impurities that are present in your body. For the next four to five days, you should eat brown rice, steamed vegetables and fruits. Itâ€™s important that everything you eat at this time is organic because as you know, theyâ€™re much healthier for you.

Once a week of eating vegetables and fruits has passed, you can slowly reintroduce the foods that you ate before back into your diet. However, you should make sure that red meat, wheat, eggs, sugar and junk food donâ€™t touch your plate again. Caffeine and alcohol should be avoided as well. They donâ€™t do any good for your body, so why not leave them all for good?

The purpose of going through detoxification is to purge and purifying your body from within. Itâ€™s important to go through this process at least twice a year so that the different organs in your body can function smoothly, allowing you to be problem-free. Many people also like to use natural supplements during their detox period. Probiotics can do wonders in resupplying your body with good bacteria thatâ€™s vital for healthy living.

With our fast-paced lives, constant exposure to pollution and diet of junk food, our bodies can deteriorate even when we think weâ€™re strong and healthy. This is why itâ€™s so important that we detc our bodies on a regular basis. It can restore our health and vitality. It not only affects our digestive system but our overall health. Youâ€™ll find yourself a different person once your detoxification period is over and chances are high that youâ€™ll never want to go back to the unhealthy living you practiced before.

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