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Toxins accumulated in our body can cause severe problems like continued fatigue, headache, indigestion and skin irritation. Go for detoxification to eliminate the toxins from your body. A detox cleanse requires serious commitment to be effective. Do not stop midway as that can be quite dangerous. Be diligent and complete the detox process and you will feel the level of difference it makes.

The toxins take time to get into your system. Similarly, you need to be patient when trying to drive these away from your system. detox cleanse is a slow process requiring at least seven days time. Moreover, you need to follow a pre-detox and post-detox period each requiring about three to four days. These two phases are very crucial for a successful detoxification toxins as they prepare your body for the changes.

If you are a non-vegetarian, it is advisable to follow a pre detox period of at least 15 days. Avoid animal products and dairy, processed foods like cheese and alcohol along with refined sugars and polished grains. Eat mainly fresh fruits and vegetables. Make sure you drink plenty of water to keep your body hydrated. Start free hand exercising and feel the change in your energy level.

Stop eating solid foods during the detox cleanse and diet entirely on liquids. It is important that your body gets the nourishment and the essential minerals during this period. So take different kind of broths and coconut water daily. You can also use the Detox cleanse solutions which are easily available online. You will get balanced herbal nutrients which you can add in your diet and get the benefit. Regular exercising and meditation are essential at this stage to keep your stress level lower, as stress can induce the toxin production. You may feel some bodily discomfort during this period. Do not worry. It is natural. In fact it ensures that your detox program is working.

The post detox stage will slowly prepare your body for your normal diet. This is the phase where you slowly move from a liquid diet to a solid one. Start with simple, easy to digest foods like fresh fruits and smoothies. Slowly start eating more complex foods. You may suffer from little indigestion, but slowly your digestive system will pick up.

It is advisable to detox cleanse at least once a year. For maximum benefit avoid toxic substances like alcohol and tobacco and exercise daily. Detoxification not only helps cleaning your system of the impurities but also revitalizes your spirit.

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