

INTRODUCTION TO

DETOX DIETS





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TABLE OF CONTENTS

- Introduction.....
- Chapter 1.....
 - Getting Started.....
 - What are Detox Diets?.....
 - Benefits of Detox Diets
 - Types of Detox Diets.....
 - Total Body Cleanse.....
 - Liver Flush.....
 - Kidney and Bladder Cleanse.....
 - Colon Cleansing.....
 - Foot Detox
 - Factors to Consider.....
 - Detox Diet Side Effects.....
 - Frequency of Detox Diets
 - What do you Eat on a Detox Diet?.....
 - Fruits
 - Vegetables
 - Grains.....
 - Seeds and Nuts.....
 - Teas
 - Beverages.....
 - Foods to Avoid.....
 - Dairy Products
 - Sugar
 - Gluten.....
 - Wheat.....
 - Coffee.....
 - Elimination.....
 - The Importance of Vitamins, Nutrients and Supplements.....
 - Sample Detox Menu.....
 - Breakfast
 - Morning Snack.....
 - Lunch
 - Afternoon Snack
 - Dinner
- Chapter 2.....
 - Liver Detox Diet.....
 - Functions of the Liver.....
 - Nutrient Processing.....
 - Bile Production
 - Protein Building.....
 - Toxin Removal from the Blood
 - How to Follow a Liver Detox Diet.....
 - Getting Started.....
 - Liver Cleansing Herbs





- Milk Thistle.....
- Artichoke.....
- Dandelion Root.....
- Summary.....
- Chapter 3.....
- Kidney Detox Diet.....
- Kidney Function.....
- Types of Liver Detox Plans.....
- The Watermelon Kidney Cleanse.....
- Herbal Kidney Cleanse.....
- Other Kidney Cleansing Herbs.....
- Couch Grass.....
- Uva Ursi.....
- Parsley.....
- Horsetail.....
- Nettle.....
- Corn Silk.....
- Summary.....
- Chapter 4.....
- Colon Cleanse Detox.....
- The Role of the Colon.....
- Common Colon Problems.....
- Colon Cleansing Methods.....
- Colon Cleansing Soup Recipe.....
- Colon Cleansing Tips.....
- Summary.....
- Chapter 5.....
- Lymphatic System Detox.....
- The Lymphatic System.....
- Bone Marrow.....
- Thymus.....
- Lymphatic Vessels.....
- Spleen and Lymph Nodes.....
- Lymphatic System Cleansing.....
- Barberry Root Bark.....
- Buckthorn Bark.....
- Boldo Leaves.....
- Burdock Root.....
- Chickweed.....
- Cascara Sagrada.....
- Dandelion Root.....
- Licorice Root.....
- Sarsaparilla.....
- Parsley.....
- Lymphatic System Cleansing Tips.....
- Chapter 6.....
- Juice Fasting Diet.....





- Types of Fruits and Vegetables
- Fruit and Vegetable Juice Recipes.....
 - Combination Vegetable Juice
 - Combination Veggie Juice #2
 - Apple Carrot Juice
 - Veggie Carrot Juice
 - Watermelon Apple Juice
 - Green Vegetable Fruit Juice
 - Orange Kiwi Juice.....
- Breaking Your Juice Fast Diet
- Chapter 7.....
 - Skin Detox.....
 - Dry Skin Brushing.....
- Chapter 9.....
 - Detox Diet for Weight Loss
 - The Lemon Detox Diet
 - Side Effects
- Chapter 10.....
 - Other Types of Detox Methods
 - Foot Detox Pads.....
 - How to Use Foot Detox Pads.....
 - Detox Bath.....
 - Senna Tea.....
 - Detox Recipe for Soup
 - Cabbage Soup Detox Recipe
 - Broccoli Detox Soup Recipe
 - Carrot Detox Soup
 - Parsley and Spinach Detox Soup
- Conclusion.....





INTRODUCTION

Do you feel tired all of the time? Do you feel as though you just never have any energy? Does it feel as though you are sick all of the time and catch every little thing that comes along? Perhaps you have problems with digestion or you have noticed that you are having a difficult time losing weight. It could even be that your skin and hair are not as lustrous as they once were.

All of these are indications that your body may be weighed down by harmful toxins. These toxins can not only be an inconvenience but they can actually hurt your health and impact how you feel on a day to day basis.

In this book we are going to explore the many different ways that toxins can impact your body and how you can cleanse them from your body for improved health. We will look at a variety of different detox diets and the ways in which they can specifically target certain body systems.

In addition, we are going to examine a variety of different detox diets so that you will be able to choose the diet that will work best for your situation and provide you with improved health. We're even going to pass on some meal plans and recipes that you can follow quickly and easily.

So, let's get started and get you ready to detox your body and enjoy improved health!

CHAPTER 1

Getting Started

What are Detox Diets?

While there are many different types of diets in existence today, detoxification diets are becoming quite popular. Herbal detox diets have become particularly popular among individuals who are looking for a way of cleansing their body as well as losing weight.

If you are not familiar with a detox diet, it is important to first understand what is involved in this type of diet. While there are many different types of detox diets, the primary goal behind any type of detoxification is to remove substances from the body that might be toxic or harmful.

The term detox was previously associated with treatments for dependence upon drug and alcohol use, but today the term detox has also now become associated with herbs and particular forms of diets that can be used to clean harmful substances from the body for overall general health.

The process of detoxification itself is actually a natural biological process that removes toxins from the body. Toxins are considered to be anything that could possibly hurt the body. During the process, toxins are transformed into compounds that are not as harmful to the body, such as urine or stools, and then excreted from the body.

There can be many different sources of toxins which might hurt the body. In some cases, toxins can even be produced by the body itself through perfectly normal bodily functions. A good example of this would be the ammonia that is produced when protein is broken down by the body. Other possible toxins include:





- Drugs
- Pollution
- Food additives
- Household cleaners
- Pesticides
- Cigarette smoke
- Heavy metals

There are many different advantages to detoxification diets.

Benefits of Detox Diets

Individuals use detox diets for many different reasons due to the broad range of benefits that these types of diets provide. One of the primary reasons that many people decide to undertake a detox diet is to cleanse their bodies of the chemicals that researchers believe we may ingest on a daily basis through air, water and food. It is believed that these chemicals may become deposited within our fat cells. While it would be hoped that the body would be able to cleanse itself of these toxins on its own, if one's regular diet is lacking in nutrients then it may impair the natural ability of the body to detoxify itself of harmful chemicals. When the chemicals are not removed, they continue to build-up inside the body and may amount to dangerous levels.

This comprehensive load is known as a body burden and researchers now think that it could result in illness and other health problems such as impaired immune function, hormonal imbalances, nutritional deficiencies and an impaired metabolism. Possible symptoms of these health problems include:

- Muscle pain
- Poor skin
- Fatigue
- Bad breath
- Indigestion

There are certainly many benefits that can be brought about by a detoxification diet. These benefits include:

- Improved concentration
- Increased clarity
- Improved digestion





- Clearer skin
- Regular bowel movements
- Increased energy

Increased energy is one of the primary benefits that many people will notice from a detox diet. Even an individual who exercises on a regular basis simply may not feel as though they have enough energy. They may feel drained and tired and yet not understand why they feel that way. A build-up of toxins inside the body very well could be the reason. A detoxifying body cleanse can help to relieve these symptoms as well as many others.

In addition, a detox diet provides other benefits as well. An individual who is prone to coming down with frequent illnesses may find that a detox diet helps them to feel healthier throughout the year. This is particularly important during cold and flu season when the body needs to be able to repel bacteria and germs. When there are too many toxins within the body, they can slow down the body's natural processes. This may make it difficult for the body to fight off germs and can slow down the immune system, making it easier to become ill.

Additionally, a detox diet can make it easier for the body to digest food as well. This can help to relieve symptoms such as indigestion. In addition, symptoms such as stomach pain and headaches may be relieved as well.

Another benefit of a detox diet may be improved clarity. Toxins within the body can work to slow down mental clarity as well. When your body is cleansed of such harmful toxins, it can make it easier to think more clearly and help you to deal with day to day challenges as well.

Specifically, a detox diet does the following:

- Includes foods that provide the vital nutrients, vitamins and antioxidants that the body requires for detoxification
- Provides water and high fiber foods that work to draw out and then eliminate toxins from the body
- Decreases the amount of chemicals that are ingested by the body, such as through organic foods

Types of Detox Diets

There are actually many different types of detoxification diets. While there are some diets that work to cleanse the entire body there are also some detox diets that focus specifically on certain parts of the body.

The primary types of detox diets include:





- Total body cleanse
- Liver flush
- Kidney and bladder cleanse
- Colon cleansing
- Foot detox

In the next several chapters we will go into each type of detox in more detail, but for right now let's review each type of detox diet to give you an idea of what each type is all about.

Total Body Cleanse

The total body cleanse is the most comprehensive type of detox diet that you can use. It works to cleanse the entire body of possible toxins such as food additives, pesticides, pollutants from the environment, industrial chemicals, etc. The total body cleanse includes many different facets because it cleans many different systems within the body, including the following:

- Colon
- Liver
- Kidney and bladder
- Lung
- Lymphatic system
- Skin

Liver Flush

The liver flush is designed to clean out the liver and relieve such problems as low energy, itchy skin, dry tongue, poor digestion and problems with weight gain. It may also help depression in some cases. The liver works to provide the body with essential amino acids, which is imperative to helping the body to repair problems and produce lean muscle mass. A liver flush cleans out toxins so that the liver can work properly and ensure that the production of amino acids is not slowed down.

Kidney and Bladder Cleanse

A kidney and bladder cleanse works to flush out toxins specifically from the bladder and the kidneys. Since the





kidneys are especially sensitive to possible infections, this is an important detox diet to consider in order to ensure that the kidneys are working properly.

Colon Cleansing

As you might have guessed, a colon cleansing specifically targets the colon. The goal of the colon cleanse is to scrub the inside of the colon and remove and residue that may be present. This will help to ensure that the colon is working properly.

Foot Detox

Foot detoxification is a relative new idea in the field of detoxification. Special pouches are used with this form of detoxification. The pouches are filled with a variety of herbs to dilate the small blood vessels and release cellular waste from the body. In many ways, this detox program works much in the same way that sweating does, with the exception that the toxins are drawn out from the feet.

Factors to Consider

There are a variety of factors that should be considered if you are thinking about going on a detox diet. As we have seen, detox diets can certainly provide many different benefits, but you should consider many different facts in order to make sure that you choose the right detox diet for your overall health.

First, you should understand that different types of detox diets include different types of foods and natural supplements, based on the specific part of the body that you want to cleanse. Depending on the type of diet that you choose you will probably need to eliminate certain foods from your diet. With that said; you should not ever discontinue taking medication or even reduce medication during a detox diet without speaking to the physician who prescribed the medication. Doing so could put your health at risk.

You should also know that under certain conditions, a detox diet may not be right for you. For example, detox diets are not recommended for children nor or they recommended for women who are pregnant or nursing. Also, if you suffer from the following health conditions, then you should not try a detox diet:

- Autoimmune disease
- Cancer
- Diabetes
- Kidney disease
- Thyroid disease
- Eating disorder
- Anemia





- Any terminal illness
- Any chronic condition

Remember that before you try any new diet, even a detox diet, it is important to consult your physician. Also keep in mind that detox diets are not intended to work as a treatment for drug and alcohol addiction. If you have a problem with drug and/or alcohol dependence then you should seek treatment from qualified health professionals.

Detox Diet Side Effects

You should also know that there may be certain side effects from a detox diet that should be expected. The most common side effect experienced by most people during the first few days is a headache. The reason for this is generally caffeine withdrawal. This side effect can be helped by gradually decreasing caffeine intake amounts prior to actually beginning the detox diet. Other possible side effects of a detox diet include:

- Diarrhea
- Constipation
- Acne
- Irritability
- Weight loss
- Tiredness
- Hunger

In the event that more severe side effects are experienced, it is important to visit a health care professional promptly.

Frequency of Detox Diets

The frequency by which a detox diet should be used is important to understand. While detox diets can be helpful in improving overall health, they are not intended to serve as a long term solution. At the most, you should not attempt a detox diet more than once or twice per year. If you go on a detox diet more frequently, you run the risk of serious nutritional deficiencies which can harm your overall health.

What do you Eat on a Detox Diet?

One of the most frequent questions that many people have about going on a detox diet is what type of food they





will eat while on the diet. The types of foods that can be eaten while on a detox diet will vary based on the specific type of diet that you are on. There are certain types of foods and natural herbs that are designed to provide specific benefits and affect the body in a certain way. This is why some detox diets focus on certain foods and herbs while others focus on other types of foods and diets. Below we will go through some of the most common foods that are usually included in detox diets.

Fruits

Many detox diets focus on either fresh or frozen fruits. The specific types of fruits will vary based on the diet. For example, a kidney flush might include cranberries.

Vegetables

Most detox diets will also include plenty of fresh vegetables. Vegetables are considered to be a good food when on a detox diet because they help to clean out the digestive system. Good examples include onions, artichokes, garlic, beets, cauliflower, broccoli and lots of green and red vegetables.

Grains

Grains are also commonly included in detox diets, including buckwheat, millet, amaranth and quinoa. Rice may also be included as well, particularly brown rice.

Seeds and Nuts

A variety of different types of seeds and nuts may be included based upon the specific type of detox diet that you are using. Good options for seeds and nuts include pumpkin seeds, flaxseed, sunflower seeds, walnuts, cashews, almonds and sesame seeds.

Teas

Teas can also be quite helpful when on a detox diet, especially green tea and herbal teas.

Beverages

Other types of beverages that may be allowed in a detox diet include rice milk, vegetable and fruit juices, lemon water and plain water.





Foods to Avoid

You should also understand the foods that should generally be avoided when on a detox diet.

Dairy Products

In most detox diets, you will find that dairy products are eliminated or at least reduced. This includes cream cheese, milk, butter and sour cream.

Sugar

Sugar is also commonly avoided in a detox diet. This includes sugar as well as any products that may contain sugar, even forms of sugar that you might not immediately recognize such as corn syrup, dextrose, sucrose and brown sugar. In addition, artificial sweeteners are typically not allowed either.

Gluten

Gluten products are commonly avoided.

Wheat

Products containing wheat, including pasta and bread, are also commonly avoided.

Coffee

In most detox diets you will find that coffee is not recommended. This includes both regular as well as decaffeinated coffee.

Other foods that may be avoided in a detox diet include chocolate, foods that are high in fat, foods that contain a lot of additives and preservatives, alcohol and yeast.

Elimination

Proper elimination is essential to the success of any detox diet. Regardless of which of the body systems you





are trying to cleanse, your body must be able to eliminate the toxins. Elimination typically takes on the form of stool, urine and/or sweat. To help the process along you must make sure that you are getting plenty of fiber and water. Fiber ensures that you have enough proper bowel movements while water ensures that your kidneys work properly to eliminate urine. If you do not get enough of both fiber and water not only will your detox diet not be successful but you may also become dehydrated and experience constipation.

The Importance of Vitamins, Nutrients and Supplements

You will also need to make sure that you are getting plenty of essential vitamins and nutrients when you are detoxing. This is particularly important when doing a liver detox diet. The goal is to make sure that your liver is producing a sufficient amount of bile to get rid of toxins that may be stored inside the body. Vitamins and nutrients can help accomplish this.

Not only should you be taking a good quality multivitamin when you are detoxing, but you also need to make sure that you are taking other supplements as well, such as Vitamin C.

Sample Detox Menu

To give you an idea of the types of foods that you might be eating while on a detox plan, we have provided a sample detox menu below.

Warm lemon water with ground flaxseeds-should be drank when you first rise in the morning, prior to breakfast.

Breakfast

Smoothie made with rice milk, rice protein powder and pears, along with Vitamin C supplements

Morning Snack

- Water
- Apple juice that has been diluted with water
- Celery sticks
- Broth

Lunch

- Vegetable soup
- Steam cauliflower
- Brown rice





- Apple sauce

Afternoon Snack

- Carrot sticks
- Water

Dinner

- Salad made of mixed greens, artichokes and red peppers served with lemon juice or olive oil.
- Vegetable broth

Okay, now that we have covered some of the basics of detox diets, let's take a look at specific detoxification diets in more detail.





CHAPTER 2

Liver Detox Diet

A liver detox or liver cleanse as it is sometimes referred to as, is one of the more popular types of detox plans. The goal of this detox plan is to flush the liver of harmful toxins and to also hopefully prevent liver disease as well. Signs that a liver cleanse may be in order include:

- Itchy skin
- Dry mouth
- Dry tongue
- Sensitivity to food
- Poor digestion
- Unexplained weight gain
- Low energy
- Depression

Before we go into specific details about how to do a liver cleanse, it is important to first understand how the liver functions. The primary function of the liver is to produce all of the body's amino acid needs.

As we previously discussed, amino acids are essential to the body to help it repair itself as well as to build lean muscle mass. The liver is also essential to natural detoxification in the kidneys and the colon. When the body is full of toxins, the production of amino acids may be slowed down and this can harm the overall body.

A liver cleanse will help to ensure the proper production of amino acids, improve the ability of the liver to store vitamins and minerals and release them as the body needs them, maintain healthy cells and provide the body with improved metabolism.

You may not be aware of it, but the heaviest organ in the entire body is the liver. Beyond the skin itself, the liver is also the largest organ. The liver is situated on the right side of the body in the upper portion of the stomach, just under the ribs. When the liver is not functioning properly, it is easy to see how other important functions within the body can be interrupted and lead to overall poor health. Let's take a more in-depth look at some of the functions of the liver.

Functions of the Liver

Nutrient Processing

We all know that we get essential nutrients from the foods that we eat. But, how does the body process the nutrients from that food and put it to use? The liver is responsible for this function. As soon as we eat, our digestive system begins to immediately break down food into progressively smaller pieces. The nutrients from these food





pieces are then sent to the bloodstream where they make their way to the liver through a pathway known as the hepatic portal system. At this point, the liver will then begin to process those nutrients in a variety of different ways depending upon what the body needs.

In most cases, at least some of those nutrients will be stored so that the body can use them for quick sources of energy later. The remainder of the nutrients will then be utilized to produce essential chemicals that the body also needs. In the event that the liver is damaged or is not working properly then it is unable to process the nutrients that are sent its way through the blood system. As a result, the body is unable to receive the essential nutrients that it needs. In very serious cases, serious health issues can arise such as brain damage.

Bile Production

The liver is also responsible for producing bile. Bile is a thick substance that is greenish-yellow. It is produced by the liver for the specific purpose of helping to digest food, particularly fat. Although the liver produces bile, it is actually stored in a sac located near the liver known as the gallbladder.

Protein Building

The liver is also responsible for building proteins, which are essential to the human body. Proteins are important for many important bodily functions, including the clotting of blood. When the liver does not work properly, blood is not able to clot effectively. At worst case scenario, this can be a very serious and life threatening condition.

Toxin Removal from the Blood

In addition, the liver is responsible for removing toxins from the blood as it passes through the liver. All of the blood in the body will eventually make its way through the liver.

How to Follow a Liver Detox Diet

There are many different ways in which the liver can be flushed. Most liver cleanses involve home remedies based upon the consumption of fruits and vegetables and other natural products. One of the most common products that you will see used in many liver flush diets is apple juice. This is because apple juice contains a high amount of malic acid, which is believed to help dissolve solid globules.

Another common ingredient is Epsom salts, which is used to helping relaxing smooth muscle and also dilating the bile duct to make it easier for solid particles such as gallstones to pass through the gallbladder. Many other liver detox plans may also call or the use of unrefined olive oil, which is used for stimulating the gallbladder.

When undertaking a liver cleanse, you should know that you may experience some side effects which may include nausea, diarrhea, vomiting and abdominal cramps.

Getting Started

The first step in the liver detox diet is to make sure that you have consumed a sufficient amount of apple juice.





Generally, most liver detox diets recommend that you consume apple juice during the three days leading up to the time that you plan to cleanse your liver. During this time period you need to make sure that you only eat small amounts of food, such as fruits and vegetables.

It is important to make sure that you drink only high quality apple juice. It should be unfiltered. The best type is home-made, but if you cannot obtain home-made apple juice then do make sure that you have the highest quality juice possible. Apple juice is a good choice during a liver cleanse because of the high amounts of pectin contained in the juice. The pectin works to soften and then flatten any stones that may be present in the liver and the gallbladder. This makes it easier for the stones to make their way through the bile ducts.

Beyond the apple juice, you will also need several other items, so you may wish to make a shopping trip prior to your liver cleanse. These items include:

- Epsom salts
- Olive oil
- Fresh lemons
- Fresh grapefruit
- Vitamin C powder

Most people find that it is easier to do a liver cleanse on a weekend so that they are at home and are completely comfortable.

On the first day of your liver detox, you need to make sure that you eat breakfast, but it should be fat free and should consist of fruit. That same day for lunch, you will also need to make sure that you are prepared for a light lunch that is also fat-free. Consider foods such as oatmeal with fruit. The purpose of this type of liver detox diet is to make it possible for bile to build within the body and then actually place pressure on the liver.

Plan your meals so that you do not drink or eat past 2pm on the day of your liver detox. This is very important. That afternoon you will need to mix four teaspoons of Epsom salts with three cups of water and then add in half of a teaspoon of Vitamin C powder. Pour the mixture into a sturdy jar and mix well. Refrigerate the mixture. If you wish, you may also use an enema that afternoon to make sure that your large intestines are completely clean and to help the detox to work better.

That evening at around 6pm, you will need to drink $\frac{3}{4}$ cup of the chilled mixture. Two hours later you will consume another serving. Next, just before 10pm, mix $\frac{3}{4}$ cup olive oil into a jar and add in $\frac{3}{4}$ cup freshly squeezed lemon juice and grapefruit juice. Mix well. By about 10pm, consume this mixture and then be prepared to turn in for the night.

The next morning, drink another serving of the Epsom salt mixture. You can follow up with several glasses of water. Within two hours, you should consume the final dose of the Epsom salt mixture. Be prepared for the fact that you may have several loose bowel movements during the day. This is one reason why many people choose to do this detox on a weekend.

Within two hours of taking the final dose, you can begin to eat normally again but make sure that you stick with light foods. It is usually best to start with some fruit juice and then gradually work your way up to regular foods by eating fruit and then light foods.





Liver Cleansing Herbs

There are many different herbs that have been used throughout history in order to cleanse the liver and help it to work more effectively.

Milk Thistle

This herb, which is also known as St. Mary's Thistle, is an ingredient that is commonly found in many different supplements that are sold for the specific purpose of liver detoxification. It contains a high amount of flavanoligans which are believed to help protect cells in the liver from damage. They accomplish this by helping the cell wall in the liver to be less permeable so that they are not able to absorb as much chemical toxins. Milk Thistle is also believed to work at lowering blood lipids.

Artichoke

Artichoke is another ingredient that is commonly found in supplements for liver detoxification as well. Artichoke is known to provide several key benefits, including:

- Increasing cholesterol excretion in bile
- Increasing the production of bile
- Inhibiting the creation of cholesterol

Dandelion Root

Dandelion has been used for centuries for various health purposes, including to keep the kidneys and liver functioning well. Keep in mind that if you are trying to treat the liver, you need to use the root. If you are having problems with the kidneys; however, dandelion leaves are an excellent choice.

Dandelion increase the production of bile, which can actually aide in digestion.

Summary

A liver cleanse is an excellent way to clean and detoxify the liver. When the liver is cleaned and working efficiently, it can produce numerous benefits, including improved digestion.





CHAPTER 3

Kidney Detox Diet

Another type of detox diet that you might wish to consider is the kidney detox diet. This type of diet is specially designed to help cleanse the liver. The kidney is particularly susceptible to many different types of toxins due to the function that it serves within the body.

Kidney Function

The kidneys are located above the waistline, just above the bony portion of the hips. They can be easily found on either side of the backbone. One of the most common symptoms of kidney problems is back pain.

When the kidneys are cleansed and free of toxins they will be able to work much more effectively. The primary function of the kidneys is to actually clean the blood and remove toxins. The body must eliminate dangerous toxins from the blood on a daily basis. As a result, the kidneys work much like filters, sifting out waste products and extra water, which are then converted into urine. The urine is then stored inside the bladder until such time as you urinate. In some instances, the kidneys can become too full of toxins and when this happens it may be difficult to discharge the waste from the body. A kidney cleanse can help in this situation.

In addition to removing toxins from the blood, the kidneys also help to regulate blood pressure as well. As we know, this is essential to good health, which is just one more reason why it is important to make sure that the kidneys are healthy.

Another important function of the kidneys is the way in which they help to maintain the fluid and electrolyte balances within the body. The kidney is also responsible for releasing Vitamin D along with expelling alkaline salts, which works to maintain an appropriate acid and alkaline balance.

When waste products build up inside the blood the result can be kidney disease. When metabolic waste builds up to toxic levels it leads to a condition known as uremia. When bacteria are present it can result in infections of the urinary tract and that can cause fever and pain. In addition, someone who has kidney problems may also develop a condition known as gout.

In this condition, uric acid crystals form in the kidneys and the joints. Such crystals can also form elsewhere in the body, leading to a condition known as acidosis. Other problems can include kidney stones, which are mineral deposits that have become crystallized. Kidney stones can be quite painful. When they are too large they can prevent the flow of urine and cause it to back up.

In order to prevent this from happening, it is essential to make sure that you care caring for your health and particularly for your kidneys. A kidney detox on a regular basis will help to clean out toxins that may have built up inside the kidneys and ensure that they are performing optimally. As a result, they will be able to efficiently filter out toxins from the blood.

Types of Liver Detox Plans

There are actually many different ways in which a kidney cleanse can be performed. Some kidney cleanses are herbal in nature, which means using specific types of herbs to clean out the kidneys while other kidney detox diets are based on drinking certain types of juices or liquids.

The Watermelon Kidney Cleanse

One of the most popular types of kidney cleanse plans is based on the watermelon fruit. This is actually a very simple cleanse that can be easily performed. The reason that watermelon is used for this kidney cleanse is the





large amount of water that is contained in watermelon. It is thought that passing high amounts of water through the kidneys will rapidly dissolve any stones that might be present. Of course, drinking a large amount of water can also provide many other health benefits as well.

Keep in mind that this kidney cleanse is not recommended for diabetics. Also, if you have any other serious health complications or issues you should consult your physician before attempting this cleanse.

Basically, this kidney detox involves eating as much watermelon as you can during a single day. Be aware that you should perform this detox only when you can be close to a bathroom so most people choose to perform this detox on the weekend. Due to the fact that watermelon contains so much water you will need to urinate frequently.

Herbal Kidney Cleanse

You can also do an herbal kidney cleanse at home that will help to improve the function of the kidneys and may even be able to dissolve kidney stones so that they can be more easily passed.

To do an herbal kidney cleanse, you will need the following:

- 8 ounces of organic apple juice
- 20 drops of Hydrangea root

Keep in mind that raw or unprocessed organic apple juice is really the best option to use for this kidney cleanse. You can usually find this at a natural food store or sometimes at a health food store. You can also find the Hydrangea root tincture at health stores as well.

You will need to mix the Hydrangea root tincture and the apple juice and drink one cup three or four times per day. You should do this for about three weeks.

Other Kidney Cleansing Herbs

There are also other herbs that can be mixed in with this solution in order to make it more effective.

Couch Grass

Couch grass can be quite effective at cleansing the kidneys. This herb is a diuretic which can help to soothe a urinary tract that is inflamed and infected. You should be aware that this herb will increase the amount of urine that you produce. It is also believed to contain elements that work as an antibiotic.

Uva Ursi

This herb is also known as Bearberry. This herb is an astringent as well as a urinary antiseptic. It is known to produce antibacterial effects and can help in soothing many different problems with the kidneys.

Parsley

Parsley is diuretic that is used to treat problems of the kidney, particularly urinary stones and edema. You should know that it commonly increase waste product elimination. Under no circumstances should a woman who is pregnant use parsley.

Horsetail





Horsetail is also commonly used in many different kidney cleanses. This herb has a high amount of silica and it is commonly used as an astringent as well. Horsetail is also a diuretic. This herb works to produce higher amounts of urine in order to flush out the kidneys.

Nettle

Nettle is another herb that is thought to be very nutritious and well as helpful in treating kidney problems. It is high in vitamins and minerals, including beta carotene, calcium, iron, potassium and Vitamins A, E, C and B2. Nettle works to increase waste production and works as a diuretic. It is also known to have an antibacterial effect.

Corn Silk

Corn silk contains large amounts of potassium and Vitamin K. It is primarily used to treat inflammation of the urinary tract and other kidney problems. Corn Silk works as a diuretic and is known to have antiseptic properties as well.

Keep in mind that when you are doing a kidney cleanse, you need to make sure that you are consuming plenty of water. This will help to flush out the kidneys and help them to work better.

Other herbs which can assist in cleaning out the kidneys include:

- Gravel root
- Goldenrod
- Ginger
- Marshmallow Root

Summary

A kidney cleanse is a great way to clean out the kidney and ensure that it is working at peak efficiency. This type of cleanse can help to remove toxins that may have built up over time in the kidneys as well as soften kidney stones so that they can be passed more easily.





CHAPTER 4

Colon Cleanse Detox

The colon is one of the hardest working systems within the body. When the colon is not working well, it can result in numerous health problems.

The Role of the Colon

The colon is actually responsible for the very last part of digestion. In order for the colon to work effectively, it needs healthy bacteria. The bacteria are responsible for fermenting any carbohydrates that have not been digested yet. Bacteria also convert protein into amino acids and then break the amino acids down even further. Those elements will then either be absorbed back into the body or transported to the liver, where they will be converted into substances that are less toxic and finally excreted in the form of urine or feces.

In order for the colon to work optimally, it requires a number of different vitamins. The most essential vitamins required by the colon are vitamin K as well as several B vitamins. In addition, the colon requires a large amount of water due to the fact that it reabsorbs water. This means that it is critical to ensure that you drink a sufficient amount of water in order for the colon to work properly.

It is also important to understand the way in which the colon forms feces. The process requires water as well as bacteria, inorganic salts and food that is undigested. The colon removes bile products from the body.

The ultimate goal of a colon cleanse is to restore the colon's healthy function. While laxatives are sometimes used to assist in short term constipation problems, a laxative merely makes stool softer so that it can pass more easily. Laxatives do not really help to improve the health of the colon.

Common Colon Problems

There are many different problems that can involve the colon and produce health issues.

Diarrhea is one of the most common problems related to the colon. When there is diarrhea present the colon does not have sufficient time to reabsorb electrolytes, vitamins and water. This can result in electrolyte imbalances as well as dehydration.

Constipation is another common problem. Constipation generally means that feces have been inside the colon for too long. When this happens, excess amounts of water are reabsorbed, which makes stool hard and consequently, hard to pass. There are many different factors that can lead to constipation, including infrequent exercise, poor diet, not drinking enough water, stress, colon spasms and emotional difficulties. Individuals who have IBS, irritable bowel syndrome, may have problems with alternating between constipation and diarrhea. They may also experience symptoms such as cramps, abdominal pain, lack of appetite and gas.

Not only can a colon cleanse possibly help with the problems described above, but it can also help with other health problems as well. Problems that may be improved through a colon cleanse, include:

- Chronic fatigue
- Allergies
- Irritability
- Insomnia
- Gas
- Poor circulation





- Skin problems
- Difficulty concentrating
- Bad breath

Colon Cleansing Methods

A colon cleanse is a wonderful way to clean out the colon so that it can work properly and provide your body with the best health. There are many different ways in which you can do a colon cleanse.

Fruits and vegetables are commonly used during a colon cleanse. This is because the raw material of fruits and vegetables can help to clean out the system as well as provide the vital nutrients that the body needs to repair itself.

Excellent vegetables to consider include celery, spinach, parsley and cucumber. These vegetables can also be juiced to provide a nutritious and healthy juice that will clean out the colon. Try to drink between two and three glasses of juice per day.

Another method that you might like to try is a soup detox diet. Soups made of raw foods provide the body with the nutrients that it needs to fight toxins. Consider such ingredients as green leafy vegetables, garlic and onion. This method requires eating one to two bowls of colon cleansing soup per day.

Below is a recipe for a colon cleansing soup that focuses upon using several different vegetables and can be easily and simply prepared.

Colon Cleansing Soup Recipe

- 1 avocado
- 2 cucumbers, with seeds removed
- 1 yellow onion, diced
- Lemon juice from a fresh lemon
- 1 tablespoon fresh parsley
- 3 cloves of garlic
- 1 jalapeno pepper, seeded
- 2 cups vegetable stock

Combine all ingredients to make soup. Keep in mind that this is a raw soup that is not meant to be cooked.

Colon Cleansing Tips

You also need to make sure that you are drinking plenty of water, regardless of which colon cleansing method that you ultimately decide to use. Keeping the body well hydrated is absolutely essential.

There are also several other elements that are part of cleansing out the colon. For example, you need to make sure that you have added some psyllium to your regular diet. Psyllium is typically taken with water and will expand once it is in the bowel to form a substance that is gel like and bulky. It has a rough texture that will scrape the sides





of the colon to remove toxins.

Psyllium can be easily added to a glass of water, one or two tablespoons at a time and then consumed with your regular meal. You should do this one to two times per day. Psyllium is a completely natural form of fiber that will help to clean out the colon and push out old waste material.

Another supplement that can be helpful in cleaning out the colon is Bentonite clay. This type of clay has been used around the world for centuries, specifically for detox purposes. Bentonite works to actually absorb toxins that may be present inside the intestines. You should mix one teaspoon with a glass of water.

You also do need to make sure that you are paying close attention to the foods that you are eating. In most cases, some of the problems that you are experiencing may be caused by your diet. Consider the types of foods that you commonly eat. If you eat a lot of fast food, you are taking in a lot of additives. Diets that are overloaded with beef result in consumption of growth hormones.

So, the first step in cleansing your colon is to make sure that you are not simply adding back in more toxins. As you prepare for your colon cleanse, make sure that you avoid sodas, alcohol and coffee. You also need to make sure that you are focusing on eating only small servings of fruits and vegetables.

There are also many herbs that have proven to be helpful with colon cleansing as well. They include:

- Ginger
- Senna
- Aloe leaf
- Cascara sagrada
- Cayenne pepper

Be aware that it may take a few days for your colon to become completely cleansed. This is perfectly natural and normal. It could even take up to ten days for your colon cleansing to become completely effective. Once you have completed your colon cleansing you should feel much healthier and have improved levels of energy.

While the fruits and vegetables, as well as the herbs, mentioned in this section are all great to include when you are doing a colon cleanse, they are also excellent to include in your diet on a regular basis to make sure that your colon continues to remain healthy and functioning well.

Summary

When the colon is not working well, it can result in such problems as constipation as well as diarrhea. Cleaning out the colon will help to ensure that it works as it should and that waste material is able to pass out of the body efficiently.





CHAPTER 5

Lymphatic System Detox

The lymphatic system is an extremely important system within the body, although most people do not usually give it much thought. In fact, when performing a detox most people tend to completely forget about the lymphatic system. This system is comprised of the lymphoid organs, which are situated throughout the entire body. This system includes the following:

- Thymus
- Bone marrow
- Lymph nodes
- Spleen
- Lymphatic vessels
- Tonsils
- Adenoids

The entire system works to regulate the growth as well as the development of lymphocytes, which are critical white blood cells. As a result, the lymphatic system is critical to the body's immune response. It helps the body to expel viruses and bacteria while also filtering out foreign substances and cell debris. If toxins are not removed from the blood they can eventually build up and over time this can become dangerous.

The Lymphatic System

As we have just seen, there are many different parts to the lymphatic system. Let's take a more in-depth look at each one so that we will have a clear understanding of what it does and how it is important to our overall health.

Bone Marrow

Bone marrow is the soft type of tissue that fills the center of bones. It produces white blood cells as well as red blood cells. The white blood cells that are produced by marrow can be further categorized into two different types. They are phagocytes and lymphocytes.

Both are crucial to the body's defense system. In addition, the bone marrow also holds other types of lymphocytes which are known as B cells until they are mature. B cells are responsible by hiding antibodies in the body's fluid to fight disease.

Thymus

The thymus can be found at the top of the lungs, just behind the breastbone. The thymus is also important to the immune response. Lymphocytes that are known as T cells are passed along to the thymus after they are produced by the bone marrow. The thymus helps the further development of the T cells. These cells are responsible for regulating the response of the immune system as well as for attacking body cells that may be malignant or infected. The thymus is also responsible for transporting lymphocytes along to the lymphatic system, where they will then be transported to wherever in the body they may be needed.





Lymphatic Vessels

Lymphatic vessels are arteries which transport white blood cells throughout the body. They are specially equipped to carry waste materials that are picked up by white blood cells along the way. These vessels also feed into channels that become progressively larger. For example, they merge and then discharge their contents into the bloodstream at the back of the neck. From there, the waste material is then carried to the kidneys where it is processed and then eventually removed from the body.

Spleen and Lymph Nodes

The lymph nodes are quite small and bean shaped. They are located strategically throughout the entire body. The lymph nodes wait for white blood cells and then hold them until they are needed to fight a foreign substance. The spleen is another holding station where white blood cells congregate and then go to work.

As you might imagine, the entire lymphatic system is quite large and consists of what would amount to hundreds of miles of lymph nodes and lymphatic vessels. This system is crucial to the proper elimination of waste products. Cells that die, one of the primary elements of waste, are first collected by the lymph nodes. From there they are transported to the bloodstream and then carried to the kidneys as well as the colon, lungs and skin to be eliminated from the human body. All of the elements of the lymphatic system, as well as other organs, must work together and at peak efficiency in order for the body to be protected from illness and disease.

As a result, it is imperative to make sure that the lymphatic system remains clean so that it can work well. There are a variety of different ways in which you can clean out the lymphatic system to help it work at its best.

Lymphatic System Cleansing

One way that you can clean out the lymphatic system is to make sure that you are getting plenty of regular exercise. This will help to ensure that the lymphatic system is working properly. This is because the lymphatic system can actually be cleansed through sweating. Since exercise generally promotes sweating, this is a good way to clean out the lymphatic system. Walking is an excellent exercise for this purpose, but you can also undertake a variety of other types of exercise if you find them to be more preferable. The main idea is to make sure that you are working up a good sweat.

Another method that you might find helpful in cleaning out the lymphatic system is a whole body massage. Not only will you feel more relaxed and at ease, but a whole body massage will also prevent the lymphatic system from becoming stagnant.

There are also many different herbs that are believed to help in cleansing out the lymphatic system as well. These herbs can be easily brewed into a tea that can be consumed to cleanse the lymphatic system. These herbs include:

Barberry Root Bark

This herb is known to be affective in treating the digestive tract, spleen and liver. It is also thought to possibly contain antibiotic properties as well.





Buckthorn Bark

This herb is believed to help the gallbladder, liver and intestines. It works to promote the excretion of waste material from the body by acting as a mild laxative.

Boldo Leaves

Thought to help the stomach and liver. It comes from an evergreen shrub that is native to the Andes Mountains.

Burdock Root

This herb is believed to help with the liver, kidneys and blood. It has been used throughout history as a detoxifier.

Chickweed

This herb is believed to help the bladder, kidneys, liver and blood. It has been used historically as a folk remedy for treating blood ailments.

Cascara Sagrada

This herb is thought to help with the pancreas, gallbladder, liver, stomach and colon. It works as a mild laxative.

Dandelion Root

Believed to help the intestines, pancreas, stomach, kidneys, gallbladder and liver. Like many other herbs, it has been used throughout history as a detoxifier.

Licorice Root

Thought to help with the liver, spleen, stomach, intestines and lungs.
Echinacea

Thought to help with the kidneys, lymph nodes and blood. It was used throughout history by Native Americans and is today one of the leading herbs to be used to treat the lymphatic system. It is believed to contain a natural antibiotic.

Sarsaparilla

Thought to help with the intestine, circulation, blood and skin. It is particularly believed to be helpful in excreting endotoxins.





Parsley

Thought to aide the stomach, bladder, kidneys, gallbladder and liver.

Lymphatic System Cleansing Tips

It is important to keep in mind that is generally a good idea to make sure that the colon is clean before you attempt a lymphatic system cleansing. If the colon is not clean then the lymphatic system will remain backed up; so it is always a good idea to get started with a colon cleansing before you attempt a lymphatic system cleansing.

CHAPTER 6

Juice Fasting Diet

A juice fast is another type of detox diet plan that you can use. This is an extremely short-term detox diet that focuses upon the use of fruit juice, raw vegetable juice and water. One of the primary benefits of this detox diet is that it is extremely high in antioxidants and vitamins. It should be noted that no solid food is eaten with this type of detox diet plan. As a result, it is important to understand that there are some people who should not use a juice detox plan. Such individuals include:

- Women who are pregnant or nursing
- People with low blood sugar, diabetes, eating disorders, liver disease, kidney disease, addictions, malnutrition, anemia, underweight, infection, impaired immune function, low blood pressure, terminal illness, cancer, ulcerative colitis, epilepsy or any other serious or chronic health condition
- Any individual who has just had a surgical procedure or who is about to have a surgical procedure

Also, if you are taking prescription medication you should make sure that you consult your health care professional before attempting a juice fasting diet due to the way in which a juice fasting diet can actually change the way in which prescription medications react.

You should also know that there may be possible side effects to using a juice fast diet. Some of the most common side effects related to this detox diet plan include:

- Tiredness
- Headaches
- Acne
- Bad breath
- Hypoglycemia
- Constipation

Other, more serious side effects which may occur include:

- Dizziness
- Fainting
- Low blood pressure
- Rapid weight loss
- Heart arrhythmias
- Diarrhea
- Vomiting





If you should notice any of these symptoms or other serious symptoms, be sure to contact your health care professional immediately.

Keep in mind that you should not follow a juice fast diet for a long period of time as this can result in nutritional deficiencies. This detox diet is only intended for a very short period of time. Typically, a juice fast will only last for one to three days.

Also, while there are a variety of different juices that can be used in this fasting plan, you should not include grapefruit juice. This is particularly true if you are taking prescription medications due to the fact that compounds in grapefruit can actually change the way in which prescription medications metabolize within the body.

As with any detox diet, remember that it is a good idea to begin eliminating certain foods and beverages from your diet about a week before you actually plan to get started with the fast or the detox diet. This includes sugar, caffeine, nicotine and alcohol.

Types of Fruits and Vegetables

Some of the most common fruits and vegetables that can be juiced and sipped while doing the juice fast include:

- Apple
- Cabbage
- Kale
- Carrot
- Celery
- Pineapple
- Beet
- Spinach
- Cranberry

Generally, citrus fruit juices should be avoided with a juice fasting diet.

When possible, it is always best to use organic vegetables and fruits for the best results with the juicing fast. If you are not able to obtain organic produce, try removing the skin from fruits and/or washing produce carefully before juicing. The best results will come from fruits and vegetables that have been freshly juiced, but if that is not possible, consider purchasing juice from a health food store. Ideally, it is best to focus upon using a variety of fruits and vegetables for the juice fast rather than just concentrating on one or two fruits or vegetables.

As you juice fruits and vegetables, make sure that you avoid the pits of fruits such as cherries, apricots and peaches as well as apple seeds.

You should make a point to drink between 32 and 64 ounces of fruit and vegetable juice per day. Space the juice out throughout the day, sipping on it all during the day. Along with the fruit and vegetable juice, you should also





make sure that you are drinking plenty of water as well. At a minimum, you should drink at least six glasses of water per day.

Fruit and Vegetable Juice Recipes

There are certainly many different ways in which you can create vegetable and fruit juices to drink during your fruit juice fasting diet. Below are some recipes that will help to get you started:

Combination Vegetable Juice

- ½ beet root
- 2 Swiss chard leaves
- 3 carrots
- 2 sprigs watercress
- 1 stalk of celery

Wash all vegetables carefully using either distilled or filtered water. Cut up vegetables and then place in juicer.

Combination Veggie Juice #2

- 2 carrots
- 2 tomatoes
- 3 stalks of celery
- Lemon juice

Wash all vegetables carefully using either purified or distilled water. Cut up everything except the lemon and place in juicer. Once juiced, add a dash of lemon juice.

Apple Carrot Juice

- 1 carrot
- 2 green apples
- Fresh basil leaves

Wash all produce carefully using either distilled or filtered water. Cut up and place in juicer.

Veggie Carrot Juice

- Kale leaf
- 4 carrots





- Dandelion leaves
- Fresh mint leaves

Wash all produce carefully using either distilled or filtered water. Cut up and place in juicer.

Watermelon Apple Juice

- 2 cups watermelon
- 3 apples
- 1 lime, with the peel removed

Wash all produce carefully using either distilled or purified water. Cut up everything and place in juicer.

Green Vegetable Fruit Juice

- 5 stalks of kale
- 1 head romaine lettuce
- 2 green apples
- 1 lemon, with the peel removed
- A few sprigs of fresh mint

Wash all produce carefully using either distilled or purified water. Cut up and place in juicer.

Orange Kiwi Juice

- 1 orange, peeled and sectioned
- 1 kiwi, peeled
- ½ mango, peeled and sliced

Wash all carefully using either purified or distilled water and place in a juicer. Serve chilled.

Breaking Your Juice Fast Diet

Once you have completed the juice fast, remember that you should not immediately return to eating solid foods. You should gradually introduce solid foods back into your diet to avoid digestive problems. For example, on the first day after you complete the juice fast, you might begin by adding in some solid pieces of fruit.

On the second day, add in some vegetables that are non-starchy. On the third day, work your way back up to solid food with a salad and brown rice. On the fourth day, you might add in some eggs and yogurt. On the fifth day following your juice fast, include some poultry and/or fish. By day seven you should be able to work your way back up to your pre-fast meal plan.





CHAPTER 7

Skin Detox

If you have noticed that your skin appears to be dull and itchy, you may be in need of a detox diet that will help to restore your skin's vitality. Many people never think about it, but the skin is actually the largest organ in the entire body. Not only does it protect the body on the outside but it also performs several other important health roles as well.

One of the critical roles that the skin plays is temperature control. The skin acts much like a thermostat. If the body is too warm then it causes the body to begin to sweat as a way to cool down. Toxins are also released through perspiration as well.

Historically, many cultures have realized the importance that the skin plays in protecting the health of the body. Many tribes throughout the world have practiced sweat bathing as a way of keeping the body healthy by releasing toxins. Even today saunas continue to be an important part of the modern culture in terms of maintaining health.

One of the reasons that the skin is so important to the release of toxins is the fact that the skin is also permeable. This means that it is capable of absorbing toxins straight from the environment. Once a toxin has made it through the layers of skin, it is able to them reach the blood supply.

Releasing toxins from the skin as well as protecting the skin and ensuring it is healthy is essential to good overall health.

One of the best ways to achieve this level of health is to use a sauna on a regular basis. This is a great way to detoxify the body and release toxins that may be present, including heavy metals.

It is also important to make sure that you drink plenty of water when you detoxify the skin, especially if you are using a sweat or sauna method, in order to make sure that you do not become dehydrated.

Along with the sweat method, there are also many other methods that can be used to detoxify the skin as well.

Dry Skin Brushing

Brushing the skin is another excellent way that you can improve the health of the skin and helps it to be more effective in releasing toxins from the body. A dry skin brush works to remove layers of dead skin that may be present and could actually be blocking pores. Not only does this help the skin, but it also helps other body systems as well, including the lymph system. It may also help to improve circulation as well. Other benefits that may be provided by dry skin brushing include:

- Removing cellulite
- Removing layers of dead skin
- Strengthening the immune system
- Toning muscles
- Tightening skin to prevent premature aging
- Stimulating oil producing glands
- Improving the nervous system
- Aiding in digestion

To get started with dry brushing, you should start with the bottoms of your feet. Make sure you use strokes that are firm and go over each area with several strokes. Work your way up to the tops of the feet, making sure that





you are brushing upward. Using an upward direction, work your way up to the upper leg. Continue to work your way up the entire body, using several strokes for each area and using an upward motion.

Make sure that you do not miss any areas and that you have paid particular attention to the area under the arms. When brushing the neck, abdomen and chest, you may need to use less pressure as these areas tend to be more sensitive.

Make sure that you avoid any areas of the body that may be particularly sensitive or where the skin may be broken. If you have a rash or you have an area that has been affected by poison ivy or poison oak, either postpone the dry brushing until that area has healed or avoid it completely to avoid the risk of spreading the rash.

Once you have finished brushing the body, take a shower to remove any impurities that may remain on the body. Follow this procedure about once per week for the best results.





CHAPTER 9

Detox Diet for Weight Loss

While a detox diet is certainly a good way to clean out the entire body so that it will function in a more healthy fashion, you may also find that you can benefit from using a detox diet to lose weight as well. Many people have discovered that detox diet is a wonderful way to kick off a weight loss diet or to get over a weight loss plateau.

Keep in mind that a detox diet for weight loss is not intended to be followed long term. This type of diet is merely meant to help you lose a few pounds over a relatively short period of time, which can be helpful if you are trying to kick start a diet in order to lose a larger amount of weight.

This type of diet can be helpful in pushing out matter that may have built up in your system, which can result in a weight loss of several pounds in some instances. In addition, a detox diet for weight loss can be helpful because once you have completed the diet you will generally feel better and feel healthier, which means you may feel better about following a healthier diet and not have as many food cravings.

Most detox diets usually contain restrictions to eating certain types of fruits and vegetables. There are certainly many different types of detox diets for weight loss that are available.

The Lemon Detox Diet

As mentioned, there are several different types of detox diets for weight loss that you can follow. The Lemon Detox diet is currently one of the most popular types of diets. It is known to help with losing weight as well as with cleansing the body of toxins. Many people have also found that it helps to relieve cravings for junk food as well.

This diet focuses upon drinking only lemonade. The lemonade must be made from either fresh lime juice or fresh lemon juice, cayenne pepper and maple syrup. No solid food is eaten during this diet. Although similar to a fast, this diet is not a true fast.

The amount of time that you stay on the cleanse plan varies, but keep in mind that while this diet does contain some nutrients, it is not advisable to stay on this diet long term.

The ingredients you will need to make the drink include 2 tablespoons of freshly squeezed lemon juice or lime juice, 2 tablespoons of maple syrup and a dash of cayenne pepper.

Dissolve all of the ingredients into a glass of water.

At a minimum, twelve glasses should be consumed each day. Each glass of lemonade contains approximately 100 calories. Drinking twelve glasses ensure a minimum of 1,200 calories per day.

You should also make sure that you are drinking plenty of water as well to prevent dehydration.

It is important to recognize that when you go off this diet you need to take special precautions regarding adding solid foods back into your diet. Ideally, you should add solid foods back into your diet only on a gradually basis. For example, start by drinking fruit juice and then working your way up to soups and then fruits and vegetable sand then finally your regular diet.





Side Effects

You should also know that there are possible side effects with this diet and you should be prepared for those side effects. One of the most common side effects is abdominal cramps. You may feel the need to visit the bathroom several times per day. This occurs as the body eliminates toxins. This may also result in a feeling of weakness as well as nausea and vomiting. Other possible side effects that may occur with this diet include irritability and headaches.

You should also know that you should not attempt this diet if you have serious health considerations. It is always recommended to consult your doctor before attempting any detox diet.





CHAPTER 10

Other Types of Detox Methods

Foot Detox Pads

One of the newest types of detoxification plans available today involves not following certain dietary guidelines, but instead using detoxification pads on the bottoms of the feet in order to draw toxins out of the body.

These pads are commonly filled with a variety of different herbs which are known for being able to pull toxins out of the body. The pads are attached to the feet using adhesive strips. The purpose of the herbs is to dilate the small blood vessels in the feet and create warmth on the bottoms of the feet to stimulate an effect that is similar to sweating. This helps to release cellular waste from the body.

Most detox food pads contain a variety of herbs and minerals, most commonly tourmaline, and are known for releasing harmful materials from the body such as nicotine, heavy metals, etc.

Detox food pads were originally developed by two scientists from Japan who were interested in learning why precisely specific plants were able to survive even when in soil that contained high toxicity levels. The scientists discovered that certain minerals and extracts in the plants possessed the ability to not only isolate but also identify materials that were toxic.

Over the next two decades, extensive testing and research were conducted, which eventually led to the development of the products that we know today as foot detox pads. After becoming popular throughout Asia, they are now gaining in popularity elsewhere in the world as well.

Foot detox pads are placed on the bottoms of the feet due to ancient Oriental tradition. According to such tradition, the feet actually act as important centers of the entire body and are known to reflect reflexes within the body. Under such ancient tradition, it is believed that the soles of the feet actually reflect and correspond to various parts of the body. This is known as foot reflexology and allows access to practically any bodily system by simply applying pressure to different parts of the feet. When the foot pads are applied to the feet, the corresponding body areas will also be stimulated as well.

Consider for a moment, the way in which a simple foot massage can help the entire body to relax. This is because there are actually thousands of nerve impulses which are accessible through the feet. Consequently, detox foot pads make it possible to stimulate various body parts and release harmful toxins from the body.

How to Use Foot Detox Pads

The foot detox pads are placed on the bottom of the feet at night so that they can work while you are sleeping. In the morning, the pads are removed from the feet and should be discolored as evidence of the toxins that have been removed from the body.

Generally, the foot detox pads will be applied for several nights in a row and will continue to be used as the pads become gradually lighter and lighter in color as the final amounts of toxins are removed from the body.

Detox Bath

Another popular detox method that you may find helpful is the detox bath. This method has been used in many





cultures for centuries. In fact, in many different cultures, it was considered to be not just a bath, but also a ritual for purification as well. Both the Romans as well as the Hebrews historically used this method to improve their physical as well as their spiritual well-being.

The extensive bathing areas that are known to have existed during the Roman Empire often incorporated such detox bathing methods, using a variety of essential oils as well as plant extracts. Many of these same methods are today used in the most exclusive spas and resorts.

The combination of bathing in water along with using specific oils and extracts is known to provide a variety of benefits, such as:

- Relaxing the body
- Cleansing the skin
- Increasing blood circulation
- Dilating pores for the excretion of toxins

One of the most popular and common types of detox baths to be used utilizes clay. Natural clay contains numerous essential minerals that provide a host of benefits to the body.

Natural clay is derived from volcanic ash, minerals and rocks within the Earth's surface when they are exposed to water, pressure and high heat over an extremely long period of time. The continual exposure to water over millions of years provides clay with a negative ion charge which makes it possible for clay to collect toxins and actually draw them out of the body. This works much in the same way that special minerals work in detox foot pads. When used in the bath, clay detox can attract and draw out numerous types of toxins, such as parasites, pathogens and bacteria. These negative ions can also make it possible to draw out other toxins such as heavy metals.

Many different types of clay are commonly used in the special spa treatments that are offered at many resorts and spas. They include Bentonite, montmorillonite and illite. While these types of clay are used frequently at the most exclusive spas in the world, you can also usually purchase them in many health food stores so that you can use them as part of your own detoxification plan at home.

To get started with your clay detox bath, add several cups of clay to your tub of warm bath water. The strength of the detox bath can be increased by adding more clay. The general guideline is to use about ten cups, but if you want a stronger bath you can add up to 12 cups of clay. You can also make the bath lighter and use it on a more frequent basis by lowering the amount of clay to one or two cups.

Step into the warm clay bath and sit back and relax for half an hour. Once you are finished relaxing, rinse off in the shower to remove the clay from your skin. You may scoop the clay out of the tub to keep it from going through your drain and pipes.

Do not be alarmed if you notice that the clay has changed colors. It is not uncommon for it to turn from a greenish grey color to black. This is simply the evidence of the toxins that have been removed from your body. This is a sign that your clay detox bath has worked.

Senna Tea

Senna tea is also commonly used in some parts of the world as a detoxifier as well as a laxative. The pods and the leaves are used from the plant, both of which contain anthraquinones, which work as laxatives.

Senna can typically be found in tablet and capsule form as well as dried root and liquid extract. A bowel movement





will typically occur within six to twelve hours of using senna.

This tea should not be used for more than a week. It should also not be used by children or women who are pregnant or nursing. Senna is not recommended for person's who suffer from congestive heart failure, heart disease, blood vessel disease, ulcerative colitis, diverticular disease, Crohn's disease, severe anemia, severe hemorrhoids or who have had recent surgery. Senna is also known to interact with medications that are calcium channel blockers, so it should be carefully avoided by anyone who takes such medication.

The side effects of senna may include discolored urine, cramping, nausea and loss of body fluids. In the event that it causes blood diarrhea, medical attention should be sought.

Detox Recipe for Soup

Some people have also found that a relatively simple recipe for soup can help to detoxify the body as well. A detox soup is an easy way to detoxify the body because it contains fruits and vegetables and you can eat as much or as little of it as you would like. It can also be used to assist in weight loss by replacing regular meals.

Keep in mind that if you do plan to substitute the soup for a regular meal, you should make sure that your other meals are relatively light and healthy. They should consist of foods such as eggs, fresh fruits and vegetables, unbleached pasta, etc. For the best results, you should stay away from heavy foods, such as fried foods.

Ingredients:

- 4 quarts filtered water
- 1 head of cabbage, sliced
- Half of a pound of green beans
- 2 cans of diced tomatoes
- 3 carrots, chopped
- 2 medium bell peppers, chopped
- 3 stalks of celery, chopped
- 1 large onion, chopped

First, add the cabbage to the filtered water and bring it to a boil. Allow it to simmer for one hour. Next, add in the remaining vegetables, with the exception of the pepper and tomatoes. Simmer for thirty minutes. Finally, add in the pepper and tomato and cook for another half an hour.

Make sure you do not add in any seasonings at all. The soup may not taste as flavorful as other soups but it contains everything you need for a good cleansing. Furthermore, it is a low calorie diet recipe.





Cabbage Soup Detox Recipe

Another soup that is commonly used to help cleanse the body, as well as in weight loss, is the standby cabbage soup recipe. This soup contains a wealth of vegetables and herbs.

Ingredients

- Olive oil spray
- 2 onions, diced
- One head of cabbage, sliced
- 1 can tomatoes, diced
- 2 cups vegetable broth
- 3 stalks of celery, chopped
- 2 cups vegetable juice
- ½ pound of green beans
- 4 carrots, chopped
- Balsamic vinegar
- Salt
- Pepper
- Basil
- Rosemary
- Thyme

To make the soup, spray the pot with the olive oil spray to prevent sticking. Then heat the pot and sauté the onions. Add in the remaining ingredients. Season to taste using the herbs and seasonings. Boil and then simmer until the vegetables are done.

With this plan, individuals are able to eat as much of the soup as they want. No alcoholic beverages, carbonated beverages or breads are allowed while on the detox plan.

You do need to make sure that you are drinking plenty of water while on this diet. Traditionally, according to this diet, on the first day you would also be able to eat as much fruit as you want, with the exception of bananas. On the second day of the diet, you could also have unlimited soup as well as fruit (with the exception of bananas) along with either cooked or raw vegetables.





On the third day of the diet you could have the soup as well as fruits and vegetables. On the fourth day of the diet you can have unlimited amounts of skim milk, along with up to six bananas. The fifth day of the diet calls for unlimited amounts of soup along with ten ounces of some type of low fat protein, such as chicken as well as vegetables. The sixth day of the diet calls for soup and unlimited amounts of low fat protein. The final day of the diet is finished up with soup and brown rice along with vegetables and fruit juice.

Remember that this diet is not intended to be followed long term. It is only intended to act as a short term weight loss kick start and/or a detox plan.

Broccoli Detox Soup Recipe

This recipe is not only delicious but also provides the body with plenty of elements that are good for detoxification.

Ingredients

- 6 heads of broccoli
- ½ avocado
- 1 cup of spinach
- 1 celery stick
- ½ red onion
- Small piece of ginger root
- Pepper to taste
- Garlic to taste

Begin by steaming the broccoli for about five minutes. Add the broccoli, along with the rest of the ingredients to a blender. Add in seasonings. When everything is creamed, the soup will be ready to eat.

Please note that this is a raw soup, which means that it does not need to be cooked prior to eating.

Carrot Detox Soup

- 3 cups carrot juice, preferably fresh juice
- 1 green onion
- 1 avocado, peeled
- Basil, chopped-fresh only
- 1 tomato
- A dash of lemon juice
- A dash of cumin

Begin by chopping the basil and onion. Mix carrot juice and avocado in the food processor. Blend the mixture until it is smooth. Add in lemon juice, tomato and cumin.

Parsley and Spinach Detox Soup

- Several sprigs of fresh parsley
- 8 ounces chopped spinach, fresh only
- 1 teaspoon olive oil





- 1 onion, chopped
- 2 cloves of garlic, chopped
- Dash of lemon juice
- 2 cups vegetable stock
- Salt to taste
- Pepper to taste

Begin by sautéing the onion in the olive oil. Make sure it does not burn. Add in garlic and sauté both until it is soft. Add in spinach and parsley. Cook it down and then add in vegetable stock. Cook for ten minutes.

Add in lemon juice. Remove mixture from the heat. Blend the mixture. Add seasoning and reheat mixture. Sprinkle with parsley for garnish.





CONCLUSION

As you can see, there are many different ways that you can do a detox. A detox diet is helpful for a variety of different purposes, from cleansing different parts of the body as well as for losing weight.

While a detox diet is not intended to be followed long term, it can be a good solution for cleaning out different parts of the body so that you can enjoy improved health as well as possibly lose some weight.

Best of luck to you as you get started cleansing your system through a detox and enjoying better health!

