



Cleansing the body

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▶ 5. Eat foods rich in antioxidants
Antioxidants protect your cells from damage caused by molecules called free radicals. Oxidative stress is a condition caused by the overproduction of free radicals. Examples of antioxidants include vitamin A, vitamin C, vitamin E, selenium, lycopene, lutein, and zeaxanthin.

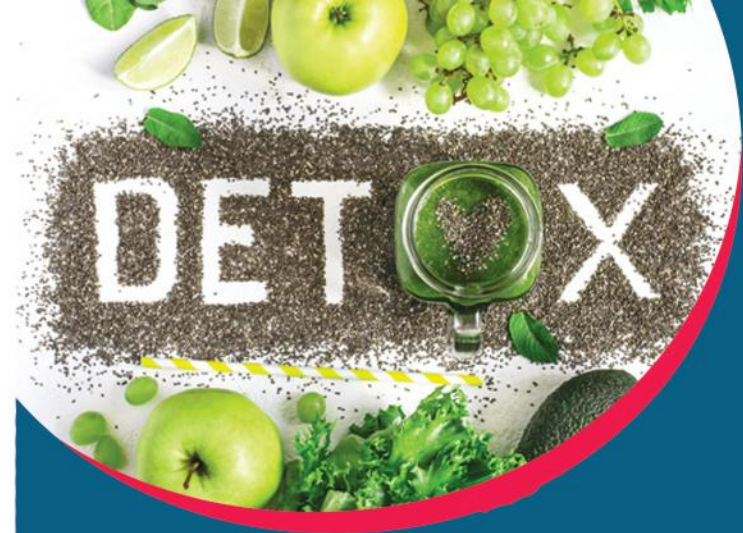
▶ 6. Consume foods rich in prebiotics
Intestinal health begins with probiotics. A type of fiber that feeds the good bacteria in your gut is called a probiotic.

Eating foods rich in probiotics can keep your immune system and detoxification healthy. Suitable food sources for prebiotics include tomatoes, artichokes, bananas, asparagus, onions, garlic, and oats.

▶ 7. Reduce your salt intake.
For some people, detoxification is a way to get rid of excess water.

Excessive salt intake can keep your body in excess fluid when your disease affects your kidneys or liver or if you do not drink enough water.

Increasing your intake of potassium-rich foods that balance some of the effects of sodium can also help.



▶ 8. Activate.
Regardless of weight, regular exercise is associated with longer life and a low chance of many diseases like diabetes type 2, heart disease, high blood pressure, and some cancers.

▶ 9. Other noticeable detox tips.
Eat foods that contain sulfur.
Support glutathione.

Choosing natural cleaning products such as vinegar and baking soda instead of commercial cleaners can expose you to potentially toxic chemicals.



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► Detoxification of the whole body: 9 ways to rejuvenate the body

- 2. Focus on getting enough sleep. Lack of sleep is associated with short-term and long-term health consequences such as stress, anxiety, high blood pressure, heart disease, type 2 diabetes, and obesity.

Detoxification is usually following a special diet that gets rid of your body of toxins, thereby improving health and weight loss.

Common Misconceptions About Detoxification

Detox diets define the toxin term easily. It usually contains contaminants, synthetic chemicals, heavy metals, and processed foods, all of which harm health.

However, well-known detox diets seldom identify the specific toxins they intend to remove or the mechanism by which they seem to kill them.

► Detoxification methods ◀

- 1. Limit alcohol.

Liver enzymes metabolize alcohol to acetaldehyde, a known cancer-causing chemical. Drinking too much can cause countless health problems.



- 3. Drink more water.

Water is much more than quenching your thirst. It regulates your body temperature,

lubricates the joints, helps digest and absorb nutrients. Detoxifies your body by removing waste products.

- 4. Reduce your intake of sugar and processed foods.

Excessive consumption of sugary and highly processed foods is associated with chronic diseases such as obesity, heart disease, cancer, and diabetes.

Chronic diseases damage organs such as the liver and kidneys, which play a vital role in body health and prevent it from detoxifying naturally.