

Healthy Lifestyle Suggestions During Your Detox

Along with a detox program, all of the suggestions below will aid the body's natural detoxification processes and also boost your mood and energy levels. Try some of the below during your cleanse; you will feel so good you will want to incorporate them into your daily life.

1. Go for a brisk 60 minute walk at a place you feel most pleasant, such as the beach or a nice park.
2. Go for a swim for 30 minutes.
3. Use the sauna or steam room after exercising to increase circulation and to assist the elimination of toxins through the skin.
4. Before your main meal of the day, do a half to 1 hour yoga session and a couple of sun salutations, followed by a shoulder stand, which stimulates the thyroid gland (and regulates metabolism), or at least a few simple stretches.
5. Take 10 deep breaths 3 times a day to the following ratio: Inhale for a count of 4, hold for 8 and exhale for 16 (using your diaphragm so your stomach sticks out as you inhale). As you exhale, visualize the exhale to be a detoxifying breath.
6. Before you hop in the shower, do 5 minutes of dry skin brushing for your whole body. Use small strokes from your feet up. This increases circulation and helps break down fatty deposits. Use a dry soft bristled skin brush.
7. Get a massage: any type is good to get the blood flowing, however, a lymph-draining massage is ideal during a detox.
8. Take a steamy bath and exfoliate your body with a loofah and natural clay.
9. Begin the day with 5 minutes of meditation. Sit quietly and focus on your breathing.
10. Visualize your body detoxifying itself, with every breath in, visualize healthy oxygen entering your lungs and bloodstream, and with every breath out visualize toxins leaving the body
11. Avoid coffee, black teas, alcohol, smoking and sweets. Sip on green teas and lemon juice instead to help fire up the liver's waste elimination process.
12. Eliminate your consumption of meat and dairy for the cleanse period and reduce consumption thereafter.
13. Drink at least 2 liters of water, or half your body weight in ounces (preferably with wheatgrass or barley grass powder) each day to help flush the system. It is important not to drink water with meals, as it dilutes the digestive enzymes, slowing the process of assimilation of nutrients. Drink water 30 minutes before eating and then allow an hour or more afterward before drinking again.
14. Use all-natural body care products including natural toothpaste, body lotion and deodorant (no sodium laurel/laureth sulfate, phthalates, parabens, aluminum or fluoride). One good rule is that if you can't eat it, then you shouldn't be putting it on or in your body.
15. Eliminate foods that contain these harmful food additives: aspartame, high fructose corn syrup (corn sugar), MSG (monosodium glutamate or E621), trans fats (partially-hydrogenated oils), food dyes (especially blue #1 and #2, Red #3 and #40, Yellow #6 and yellow tartrazine, sodium sulfite (E221 - found in most wines and many processed foods), sodium nitrite or nitrate (most processed meats and cold cuts), BHA/BHT (preservatives found in cereals, chips some candy, jello, enriched rice, frozen sausage), sulfur dioxide and potassium bromate.