

Title:
Cleansing Diets

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528

Summary:

One of the most common cleansing diets is a detox diet. This is a diet that will release the toxins from the body.

Why use a cleansing diet? This is used to eliminate toxins and other contaminants from the body.

Improve health
Feel more energetic
Improve immunity
Improve your mental condition
Aid in digestion
Help with weight loss...

Keywords:

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Article Body:

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There are various ways to do this.

You can do a complete fast. This would entail not eating or drinking at all.

Just drink water. This would be not eating or drinking anything but water.

Just drink water and juice-the same as above except you would be adding juice.

Eat certain foods-some diets will consist of just vegetables and fruits others will be just liquids.

Use herbs: Herbal cleansing has been used since ancient times. Certain herbs are used as cleansers.

Reduce calories: Some cleansing diets are used to reduce calories and aid in weight loss.

The most common diet is one composed mainly of fruits and vegetables. Preferably these should be organic.

However cleansing diets are not without side effects. If done rapidly the toxins can be released too quickly.

This can result in:

- Headaches
- Muscle pain
- Weakness

- Insomnia
- Irritability

Herxheimer reaction: this is the name given to the body's condition when detoxification is occurring.

Here are some ways that people have tried to lessen the symptoms of Herxheimer reaction:

- Drinking as much pure water as they can-this in effect will help the body flush out any toxins.
- Taking more exercise-this will improve circulation and help the body work more efficiently.
- Getting more sunlight
- Detox baths
- Excessive sweating-with saunas, baths and use of herbs
- Avoiding refined processed foods and toxic environmental chemicals
- Aromatherapy oils are used to help aches and pains brought on by rapid detoxification

Cleansing diets have been used from ancient times and can often help you to improve your health.

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