

Title:

Detox To Clear Body Waste!

Word Count:

363

Summary:

Detox, short for detoxification, in general is the removal of toxic substances from the body.

Diets are very important and are usually the basis for any detox program, whether it is herbs,

Keywords:

detox, detox tea, herbal detox, detoxification, colon, skin, health, cleansing, laxative, colon detox, h

Article Body:

Detox, short for detoxification, in general is the removal of toxic substances from the body.

Diets are very important and are usually the basis for any detox program, whether it is herbs,

Refined white sugar

A lot has been written about the detrimental effects of refined white sugar on the body. It is

Sugar has a stimulating effect. If you consume a product full of sugar you get a kick out of it

One form of the detoxification diet is one made up exclusively of fresh fruits, fresh vegetables

The lymphatic system is used to bring nourishment to cells and to remove wastes. The lymph nodes

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