

The Ultimate Guide on How to Detoxify Your Body and Home (+ Recipes)



Let's talk about detox, shall we? Now, before we begin, it's only fair I warn you that this is one super long article. Why? Because we wanted to offer the most complete guide to body and home detoxification possible. To make it easier on you, use the table of contents just below. If you think we forgot something, [please let us know](#)! Now... let's dive into the wonderful world of detox!

Detoxification is a process that occurs within our bodies on a natural and continuous basis. Detoxifying is the process of releasing accumulated toxins and waste products that build up throughout our system.

From birth, we are [bombarded by toxins, externally from environmental sources](#) and internally, our organs give off waste products that accumulate in our body.

Imbalanced emotions also play a part in polluting our system with excess chemicals such as free radicals, homocysteine and cortisol.

Detoxifying is, in many ways, an easy process. Our body does much of the detoxification process through urination, defecation and perspiration. As our bodies age and our immune systems weaken from illness, poor diet and/or addictive substances, we sometimes need to give our system an extra helping hand. That is why conscious detoxing is a great way back to optimum health.

For some, counting on a few cups of coffee, having a cigarette, drinking excessive alcohol or doing recreational drugs has become a familiar habit. Between all the medications, refined foods, additives, alcohol, pesticides and other chemicals we are exposed to in the environment, the ability of our systems to adapt and detoxify can become challenged.

How to Know if You Need to Detox

Table of Contents

The Ultimate Guide on How to Detoxify Your Body and Home (+ Recipes)	1
How to Know if You Need to Detox	2
Physical Signs	4
Depression	4
Insomnia	4
Other Signs of Needing a Detox	5
The Benefits of a Detox	5
Your Stress is Improved	5
You Feel Better	5
Your Hair and Skin Glows	5
It Helps with Your Digestion	6
Body Detoxification Methods	6
Herbs for Detoxification	6
Using Baths to Detox	9
How to Use Tea to Detox (+ Recipes!)	12
How to (Easily) Detox with Food	13
Traditional Chinese Medicine and Detoxing	22
Detox Different Areas of Your Body	23

Liver and Kidneys.....	23
Blood.....	24
Pancreas and Gallbladder	24
Lymph Nodes	24
Living in a Toxic World – Ways to Avoid Environmental Toxins.....	24
Multiple Chemical Sensitivity is suspected when the individual:	25
Diseases and Conditions Linked to Environmental Toxicity	25
Ways to Avoid Environmental Toxins.....	25
How to Detox Your Home	26
How to Do a Full Beauty Detox.....	30
Beautify Your Skin with these Natural Foods.....	30
How Drinking More Water Can Help Your Skin and Hair.....	31
3 Recommended DIY Products for a Beauty Detox.....	32
Why You Should Consider a Bathtub Detox	33
How to Detox Your Hair	34
Detoxing for Weight Loss	35
Eliminate Processed Foods.....	35
Reduce Your Sugar Intake	35
Cook More Whole Foods.....	36
Reduce the Meat in Your Diet.....	36
What is a Foot Detox?	36
Choose a Method For the Foot Detox	36
Sea Salt is Very Cleansing.....	36
Try Bentonite Clay	37
Using Reflexology to Detox.....	37
Top Tips for Detoxing	38
The Yogi Detox Plan	38
Day 1	38
Day 2	39
Day 3	39
Day 4	39
Day 5	40

Day 6	40
Day 7	40
Detoxification is an Important Part of Staying Healthy	41

Symptoms such as frequent or reoccurring colds, feeling heavy, sluggish or tired, poor skin, acne or other related skin problems, allergies, a thick, coated tongue, bad breath, headache, and feelings of gas and being bloated after meals may indicate problems in the body's functionality and it's ability to process, digest and excrete properly. These vague symptoms that are often overlooked tend to be the results of a congested and sluggish body system.

Exposure or toxicity to food additives, solvents, pesticides, herbicides and other toxic chemicals can cause a number of psychological and neurological symptoms. Toxins produced by bacteria in the gut can be absorbed, causing significant disruption of body functions. Toxins that the body are unable to eliminate build up in the tissues, typically in our fat stores.

Physical Signs

First of all, there are quite a few physical signs that can point toward needing a detox. When you have a lot of chemicals and toxins in your body, such as in your kidneys and liver, your body reacts with a number of different issues. These can often be linked to those toxins, which means you will feel better after detoxifying with healthier options.

Some **unmistakable physical signs of needing a detox** include having frequent headaches, bloating or digestion problems, persistent sinus problems, skin irritation, muscle aches, and even menstrual cycle issues.

Depression

Some mental health disorders can also be signs of needing a detox. If you have been experiencing worsening episodes of depression, or you suddenly feel depressed even though it is quite rare for you, it may be due to the health of your body, not just your mind. It is a good idea to not ignore these signs, since cleaning your body with a detox can actually help clear your brain of negative toxins as well. You should also consult a doctor if you have worsening symptoms of depression.

Insomnia

Have you been [having trouble sleeping](#) – either with falling asleep or staying asleep? If so, it might not be completely due to your mattress or not having a good bedtime ritual. Another possibility is that there are a lot of built up toxins in your body, which is keeping your body from resting probably for sleep. Insomnia is not something to take lightly, or just to take medication to help solve. You should also try doing a healthy detox and see if it helps you get better sleep.

Other Signs of Needing a Detox

There are also lots of other symptoms that could point to needing a detox. For example, you might be having [mood swings and extreme irritability](#), which is related to the toxins in your body. You may have [more cravings, especially to sugar](#), or have increased blood sugar. More belly fat, fluid retention, and stomach bloating are also common signs of needing a detox.

One of the best ways to start your detoxification is with the body's biggest organ, the SKIN. A detox diet strengthens the organs involved in detoxification and releases stored toxins, expelling them through the organs of elimination: the skin, as well as the intestines, liver, lungs, kidneys, and lymphatic system.

The Benefits of a Detox

Doing a detox means you are getting rid of all the toxins that are built up in your main organs, such as your stomach, kidneys, and liver. It is important to do if you have been following an unhealthy diet or simply to reset your body and get a healthy start. Consider some of these different benefits of doing a detox.

Your Stress is Improved

Something many people don't realize is that the foods you eat and the health of your body can negatively impact your emotions. If you are constantly feeding your emotions with food, particularly bad food, then you are adding in lots of extra toxins and starting a bad emotional eating habit at the same time. You can kill two birds with one stone by switching to a healthier diet through detoxing. This cleanses the system and makes you feel better, which in turn can help reduce your stress and impact your mental health as a whole.

You Feel Better

In general, you feel better when you do a detox. Whether you are just replacing some bad foods with less processed ones, are on a strict 3-day juicing detox, or try a longer detox diet, it can really help you feel better. It helps with insomnia, gives you more energy, and makes it to where you don't constantly feel ill or drained of energy. Detoxing actually makes a very positive impact on your body, which in turn makes you happier and healthier.

Your Hair and Skin Glows

While many people go on a detox for physical issues, they often forget about their hair and skin! Detoxing is wonderful for your skin and hair health. It can make you feel more youthful when you stop with all the processed foods and start eating more organically. You can also do a bath or beauty detox that further helps with your hair, skin, nails, and even your teeth. This is

another great reason to try a detox every once in a while, giving your entire body a fresh start from head to toe.

It Helps with Your Digestion

If you have problems with your digestion, where you experience frequent bloating of the abdomen, passing gas, or constipation, then you will benefit from a detox. Digestion issues are actually a common sign of needing a detox, so it makes sense that this would be a top benefit as well. Stop taking Tums and Rolaids to help with digestion, and go on a detox instead.

Body Detoxification Methods

Herbs for Detoxification

Alfalfa

Alfalfa alkalizes and detoxes the body. Can act as a diuretic, balances hormones, eases inflammation, may lower cholesterol. Must be used in fresh raw form to provide vitamins. Contains an antifungal agent.

Its high protein and vitamin content make it a good nutritional source. Medicinal uses of alfalfa include treatment of stomach upset, arthritis, bladder and kidney problems, boils, and irregular menstruation.

Cilantro

Cilantro is the great metal detoxer! Leaves of the coriander plant (cilantro) can accelerate the excretion of mercury, lead, and aluminum from the body. Cilantro is considered the “poor man’s chelation treatment.” Simply add cilantro to your diet daily, for two or three weeks. Consider adding a handful of fresh cilantro to a salad, mix a couple of teaspoons of cilantro pesto with whole wheat pasta or have it with your favorite fish or soups.

Basil

Basil has been shown to kill bacteria on the skin surface. Apply this tincture directly to the skin surface on a compress. This works to kill the bacteria that forms as the detox process happens. It is also possible to steep two to three teaspoons of dried basil in a cup of boiling water. Allow the herb to steep 5-10 minutes or more in order to extract the healing oils from the plant. Then soak a washcloth or compress in the tea and apply to the areas where pimples, acne or skin eruptions are most present.

Burdock

Burdock is a tonic herb and has been used in the treatment of skin conditions. Burdock is an herb that boosts immunity and purifies the blood. It's a traditional liver tonic and a mild, natural diuretic. Burdock's laxative and diuretic properties help remove toxins from the system. The Chinese utilize it against tumors, inflammation, fungal and bacterial infections.

It is often recommended for dry, scaly skin. You can take burdock in capsule form (follow the directions) or make a acne fighting tea. Burdock root tincture may be taken in 2–4 ml amounts per day. Dried root preparations in a capsule or tablet can be used at 1–2 grams three times per day.

Dandelion

Dandelion is a leading remedy for detoxing the liver. It stimulates the flow of bile, a fluid that aids fat digestion, which is why it's used for liver and gallbladder disorders. Dandelion has scientifically documented potent diuretic properties. It relieves constipation and eases bloating and swelling. Dandelion should be used for 4 to 6 weeks at a time. For it's liver benefits, dandelion is helpful for detoxing.

Garlic

Garlic controls free radicals, counters the tendency of the blood to clot, and possibly reduces blood pressure and cholesterol levels. Preliminary evidence suggests that regular use of garlic may help prevent cancer. Garlic may be an effective antibiotic when it contacts the tissue directly, but there is no evidence that it works like a standard antibiotic, spreading throughout the body and killing organisms everywhere.

Garlic has known antifungal properties, and there is preliminary evidence suggesting that "Ajoene", a compound derived from garlic, might help treat athlete's foot. Garlic has also been proposed as a treatment for asthma, candida, colds, diabetes, and vaginal infections.

Ginger

Ginger is used for the prevention and treatment of various forms of nausea. These include motion sickness, the nausea and vomiting of pregnancy (morning sickness), and post-surgical nausea. Ginger has been suggested as a treatment for numerous other conditions, including atherosclerosis, migraine headaches, rheumatoid arthritis, high cholesterol, burns, ulcers, depression, impotence, and liver toxicity.

Stops cough and stops vomiting. In traditional Chinese medicine, hot ginger tea taken at the first sign of a cold is believed to offer the possibility of averting the infection.

Gotu Kola

Gotu Kola is the blood purifier. Commonly used to help protect and repair or heal the skin, blood and nervous system. It combats stress and improves reflexes. Antidepressant, improves memory and reduces mental fatigue. The nuts, roots, and seeds of this herb are used in cardiovascular and circulatory disorders, fatigue, kidney stones, poor appetite and sleep disorders.

Hawthorne Berry

Hawthorne Berry may help strengthen the heart, help increase blood flow, encourage healthy blood pressure levels and maintain healthy arteries. Useful for anemia, and circulatory disorders, high cholesterol and lowered immunity. High in Vitamins B & C, it is also used as a kidney tonic. Often used as a digestive aid.

Milk Thistle

Milk Thistle is the great liver detoxer! The importance of milk thistle in cleansing your liver, may decrease your chances of developing cirrhosis, chronic fatigue, PMS, and cancer. The fruits, leaves, and seeds in any form, contain some of the most potent liver protecting substances known. Protects the kidneys and is good for adrenal disorders, bowel disorders, and weakened immune systems.

Red Clover

Red Clover is an herb suggested for chronic conditions affecting the skin. It is a diuretic, but it's unknown exactly how it works for skin conditions. Use non-fermented red clover which is safe.

Triphala

Triphala is a traditional Ayurvedic Indian herbal compound used for constipation and poor bowel tone and is designed to support the body's natural cleansing process. It is one of Ayurveda's most important herbal formulas for thousands of years.

Triphala is a balanced blend of three Indian Herbal Fruits: Harada, Amla, Behada. This combination of fruits is unique because the astringent qualities of the fruits serve to tonify the colon therefore promoting internal cleansing naturally. This is highly recommended for anyone doing a detox program.

Yellow Dock

Yellow Dock is another herb that purifies the blood. It has compounds called anthraquinone glycosides that stimulate bile production, aiding digestion and cleansing the liver. Some herbalists believe that chronic skin problems like acne improve with long-term use of yellow dock. Warning: Don't take yellow dock if you have kidney stones.

Using Baths to Detox

For centuries, humans have recognized the relaxing, rejuvenating affects of a bath. From the Roman Baths popular in 300 AD to modern day spas, baths have been more than just a way to get clean.

They have also been both a social and medical fixture. While a regular tub bath can get you clean on the outside, did you know there are ingredients you can add to your water that will cleanse your insides as well?

While there are places you can buy pre-packaged bath additives to make a detox bath, you can easily prepare these additives yourself. After a trip to your local grocery or health food store, you'll be ready to start cleaning toxins out of your body just by relaxing in the tub.

How to Make Your Own Detox Bath

Actually, the ingredients for a detox bath aren't as complicated as they might sound. In fact, you may already have some of the ingredient in your home. The most common detox bath recipes call for one cup of sea salts, two cups of baking soda and one cup of Epsom salts.

After mixing these ingredients well, you can store them in a glass jar with a screw-on lid. You only need about ¼ cup of the mix per bath so this recipe makes enough mix for about 16 baths.

Detox Benefits of a Hydrogen Peroxide Bath

Hydrogen peroxide destroys toxins, organisms, and even pulls out the residues left by soap. In other words, it makes one of our major eliminators of toxins – our skin – more effective. (Read more about the [Health Benefits of Hydrogen Peroxide](#))

Hydrogen peroxide does all this and is environmentally friendly too, leaving its only by-products: water and oxygen.

The first time you bathe with hydrogen peroxide, be sure to notice the residue left behind after the bath. You just might be amazed!

Supplies

- 2 quarts hydrogen peroxide
- Bath tub

Directions

Pour 1 quart hydrogen peroxide into a hot bath making sure to mix it well to avoid burning your skin. Be careful not to get any bath water in your eyes. Immerse yourself into the water and wait 5 minutes.

If there is no reaction to your skin, add the second quart and stir well. Relax and soak for 20 to 25 minutes.

Cautions

If irritation occurs, rinse yourself off with clear water immediately. You may want to try again using 1 pint hydrogen peroxide. Women with vaginitis often experience temporary irritation and should begin with the lower dose. Always use caution when exiting a tub. Lightheadedness may occur.

Other Uses

Hydrogen peroxide (3%) is excellent as a facial toner and as a mouthwash.

If you suffer from athlete's foot, try a nightly foot soak in 3% hydrogen peroxide until the condition clears.

Additional Healing Detox Bath Recipes

Simple Salt Detox Bath

This first recipe is for a basic detox bath using salt. It is going to make you feel clean and refreshed, as well as helping with a lot of various skin problems. If you have any type of skin irritation, this can definitely help. However, be careful if you have open cuts or sores.

All you need to do is fill your bathtub with water as hot as you can handle it, then while that is filling up, boil a pot of water. To the pot, add in some Epsom salt, sea salt, apple cider vinegar, and baking soda. Let it all dissolve, then pour into the bath.

Eucalyptus Detox Bath

A detox bath that uses eucalyptus and essential oils is great when you have skin that is overly dry or itchy. For this, you can add some pure eucalyptus extract in small amounts, or just add some drops of eucalyptus essential oil drops. Also add in some Epsom salts to the bath, along with scented oils to complement it, such as lavender or vanilla. Soak in the bath for 20-30 minutes.

Bentonite Clay Detox Bath

If you have not heard about bentonite clay before, now is the time to become familiar with it! [Bentonite clay is a type of organic clay](#) that can be used to help with your skin and overall health. It is the perfect combination when also adding in the Epsom salts, which are an integral part of most detox bath recipes.

For this type of bath, try adding some Epsom salts and the same amount of bentonite clay to a hot bath. You can then also add some drops of essential oils for the aromatherapy (or just because you like certain scents).

Ginger Detox Bath

Finally, a ginger detox bath is a fantastic option if you are [suffering from indigestion or nausea](#). Having stomach problems is a common reason to try a detox in the first place. In addition to switching your diet, you can also detox your body with a bath. For this one, go ahead and start with your Epsom salts, then add some fresh ginger and lemon to the bath. You can also add in essential oils if you like.

Detox Bath Tips

If you have dry skin, you may want to add glycerin as well as another essential oil of your choice to the water to help keep your skin from being too dry, but make sure is 100% natural oil not a brand name product filled with chemicals.

Another tip for dry skin is to use Aloe gel after the detox bath. As I mentioned above make sure you use 100% pure aloe, not a lotion that has aloe and host of other chemicals and artificial color and scents.

How a Detox Bath Works

You may wonder how these simple ingredients can draw toxins out of your body. According to Naturopath Dr. Hazel Parcells, it is actually the combination of the hot water and ingredients working together that give you the detoxifying action.

First, the hot water in the bath pulls toxins out of the body to the surface of the skin. The Epsom salts aid this detoxifying process by making you sweat, which is body's natural way of releasing toxins. Poisons are also drawn out of the body as the water in the bath naturally cools.

The other two ingredients – sea salts and baking soda – also help to cleanse and purify the body of toxins. Sea salt is widely known for its powers of purification. Since baking soda is highly alkaline, it also helps encourage poisons to leach from your system.

As a few final words of instruction, you should pour the detox bath mix into the water as the bath is filling. Draw your water as hot as you can comfortably stand. The hotter the water you use, the better, more thorough detox you will have.

How Long Should You Stay in a Detox Bath?

Twenty to 30 minutes is usually an adequate amount of time to soak in the bath. It is usually a good idea to drink plenty of water during or after your bath to replace the water you have sweated out. You might also want to scrub or rub your skin after you finish soaking to encourage all the toxins brought to the surface of the skin to clear out.

As a word of caution, however, if you have heart disease, high blood pressure or are diabetic, check with your doctor before trying a detox bath.

Next time you decide to relax in a hot bath, consider mixing up these simple ingredients and making it a detox bath. Your body will relish the internal and external cleansing it will get.

How to Use Tea to Detox (+ Recipes!)

ks. This isn't about the packaged detox teas that are filled with useless chemicals, but brewing up a pot of organic, fresh, homemade detox tea.

Green Tea Detox

One of the best types of teas you can have for a detox is green tea. It is extremely good for you, has a mild flavor so it is easy to flavor how you like, and it sits well with the stomach. Green Tea also happens to be great for weight loss, if that is something you are interested in along with your detox. You can drink regular green tea or turn it into your own detox recipe by adding herbs or fruit juice like lime or lemon.

Fresh Tea Detox

This type of tea detox doesn't actually use tea leaves, but incorporates hot water with a variety of fresh ingredients that are good for drink detoxes. For example, you want to heat up a cup of water, then add in some lemon juice and [cayenne pepper](#).

You can also add in a bit of raw honey or maple syrup to make it sweeter and more flavorful, or even some fresh ground ginger. Try to drink this 2-3 times a day during a detox, and you will begin feeling much better.

Dandelion and Ginger Tea Detox

One of the superfoods that many people don't use nearly often enough is dandelion root. [Dandelion is a very powerful root](#) that can be used to make some delicious and healthy tea. As

as superfood, it is packed full of nutrients that you often don't get from other foods, plus it helps to remove the toxins from your body, particularly your liver. You can use some dried dandelion root along with fresh ginger and dried milk thistle for this powerful detox tea.

Remember that you can also try store-bought teas for a detox, but you want to be careful about which kind you choose. Try to go for the more organic ones or loose leaf teas, as they tend to go through less of a chemical process to be made, which is really your goal.

How to (Easily) Detox with Food

Here are some easy tips to follow when you start detoxing with food.

Look for Superfoods

It can be difficult knowing which types of foods help detox certain areas of the body. If this is the case, don't worry so much about individual foods that help the liver or kidneys, but instead [just look at a list of superfoods](#) and use those to [incorporate into your diet](#).

Many [superfoods are great for your health](#) and are usually on the list of detox foods, so it is a safe bet that these are good ones to start with. They often include fruits like grapefruit, cherries, and blueberries, veggies like kale and cauliflower, and other foods and herbs like ginger, dandelion greens, and turmeric.

Try to Remove the Bad Stuff

Making small changes in your diet can still have a big impact on your detoxing abilities. In addition to just changing small parts of your diet at a time, such as drinking more water, adding superfoods, and eating healthier in general, there are some things you want to stop eating.

Processed and packaged foods are usually the first to go, since they often include extra ingredients and preservatives you don't need. The general recommendation is to eat as many fresh, clean, and whole foods as you can. You should also [try to reduce the refined sugars](#) you eat, going for natural sources of sugar like fruit, [organic honey](#), and real maple syrup.

Drink More Water

This is going to be the recommendation just about everywhere you look, and not just [for weight loss](#) or general health. It is also really important when you are trying to detox your body. Regardless of what your other options are, you aren't going to be able to cleanse your system fully until you are drinking plenty of water.

Make sure you really focus on [drinking more water](#) and less of other drinks, including sugary or caffeinated drinks. [Detox infused water](#) is even better for you.

Don't worry too much about following the 'right' detox diet and instead focus on being the healthiest person you can be.

3 Delicious Smoothies that will Detox Your Body

Fruits, vegetables, and herbs are the cornerstone for a food detox, which allows you to cleanse your system while feeding it a lot of nutrients at the same time. This is really easy to do when you make smoothies that contain these and other healthy ingredients. Try to make some of the following detox smoothies.

Green Smoothie

The first smoothie is more of a standard health smoothie, which is something many people choose to make when they are on a detox diet. This is a green smoothie, which is essentially one that has both fruits and veggies. The fruits make it taste sweeter and less like you are drinking liquid lettuce, while [all the veggies build up the superfoods and nutrients](#).

Together, they make a killer detox smoothie. You can choose any combination you like, but try to have some greens in each one, such as spinach or kale. With a smoothie, the general rule of thumb is to add just enough liquid to help it blend up. If it isn't blending, add a little more liquid to get it going.

Berry Smoothie

If you aren't interested in having veggies in your smoothie, that is totally fine. You can still make a delicious and healthy detox smoothie by using your favorite combination of berries. [Most berries, including strawberries, blueberries, and raspberries, are filled with antioxidants and a lot of other nutrients](#).

This makes them a superfood, and perfect for a detox smoothie. Using frozen berries keeps you from needing a lot of ice. You can add in some orange juice as the liquid as well, which keeps it dairy-free. This is often good for a detox option.

Cherry Smoothie

This doesn't just have cherries, but cherries are a really good base. This happens to be a wonderful superfood fruit that has tons of nutrition, including vitamins, minerals, and [those beloved antioxidants](#).

[Freeze a generous amount of cherries](#), then add them to the blender along with another frozen fruit, such as kiwi or mango. You can then add in a little bit of water, but just as much as you think you need. Some people prefer blending the cherries first, then adding in the mango and some more water or juice to get it going.

Try these as a base for your smoothies, then add in some of your own ingredients. Just remember to keep them fresh, whole, and preferably organic.

Juicing Detox 101

If you want to detox your body of impurities, drinking fruit juice is a good way to start. You don't necessarily need to be on a juicing fast where that is all you drink, but adding more natural juices you make yourself with no sugar or additives can still help to cleanse your body, particularly your kidneys and liver. Here is more information about doing a juicing detox.

Use Whole, Fresh Produce

To start with, a juicing detox is one where you are making your own juice at home. There are some all-natural bottled juices that can be used for a detox if you are in a pinch, but it is typically better to make the juice yourself. That way, you save money and can control all of the ingredients in your juice. You want to use whole, fresh fruit and veggies as much as possible. You can save on buying your produce by finding it at health food stores and farmer's markets. This also makes it easier to find locally-grown, organic produce instead of what you find in the regular supermarket.

Add in Herbs as Desired

You can also go one step further by adding herbs to your juicer. You can also just add in the herbs later on by putting them in your glass. Herbs are also frequently used with infused water because they add more flavor, as well as letting you get some of their nutrients. Some good herbs for juicing detoxes are rosemary, basil, oregano, and thyme. But you can definitely add any herbs that you like. Try to also get the herbs fresh instead of in a container or jar. If you can grow your own herbs, even better!

Don't Have Only Juice

While this is a personal decision, you need to keep in mind that a regular juicing detox is not necessarily a cleanse. A cleanse is typically something where you have only that type of juice for a number of days, with absolutely nothing else. However, a detox doesn't have to be this strict. You can still clean the toxins from your different organs with fresh juice made from fruits, veggies, and herbs.

Take Supplements

Finally, since you might be eating less of other foods (even if you are not strictly having only juice), you may be missing some key nutrients during the detox. To ensure you are not suffering from malnutrition, take additional supplements like a multi-vitamin. Also talk to your doctor about what supplements you might need.

Breakfast Bowls that are Perfect for a Detox Diet

Breakfast bowls are a great option when you are on a detox in order to start living a healthier lifestyle. They contain lots of healthy nutrient-rich foods and superfoods, and make it easy to have a well-balanced meal in the morning.

Smoothie Bowls

The first type of breakfast bowl you can do when you want to try a food detox is a smoothie bowl. The reason this is such a good place to start is because like regular smoothies, it allows you to really pack in all the superfoods. Everything is blended up, so it isn't like you're trying to eat an entire salad with these same superfoods. Plus, as long as you have enough sweet fruits in there, you won't really taste the veggies much. A smoothie bowl is similar to a smoothie you drink, but it is made a little thicker. It is also perfect for topping with superfoods like acai berries and chia seeds.

Quinoa Bowls

Many people are also trying the quinoa breakfast bowls, which allow you to have quinoa, a natural grain that contains a lot of protein and other nutrients. The quinoa acts as the base of the bowl, followed by some other healthy ingredients. You can make it a sweet quinoa bowl by adding lots of fruit and raw honey, plus some cacao nibs, or you can go savory with your choice of veggies and some crumbled cheese on top. There is really no right or wrong way to do it, but make sure all foods are natural and fresh for the purpose of the detox.

Yogurt Bowls

This is a really simple breakfast bowl you can put together that has lots of healthy ingredients for your detox, nothing processed, and will be easy to make. You can really control the fat and calories of the bowl if that is important to you by using low-fat versions of the yogurt, or you can skip that and just go for all organic ingredients. The yogurt bowl naturally starts with some yogurt, but Greek yogurt is highly preferred since it contains more nutrients. Add to it anything you like with yogurt, such as fresh fruit, oats or homemade granola, chia seeds, and raw honey. You can even add quinoa on the bottom of the yogurt to make it more filling.

Remember to add in as many superfoods as you can, as these will help you with your detox efforts.

4 Simple Lemon Detox Recipes

Lemon has long been known as one of the best food ingredients for detoxing your body. It really helps to cleanse your system, primarily with your liver, kidneys, and gallbladder, not to mention helping to restart your entire body.

Take a look at some of these delicious and simple lemon-based detox recipes.

Detox Salad with Lemon

The first recipe you can try out that incorporates a detox with lemon is making a detox salad. This salad uses as many different detox foods as you want, then naturally has plenty of lemon flavor. Think of fruits and veggies you believe taste good with lemon, such as carrots, kale or spinach, strawberries, beets, avocado, and bell peppers.

You can also add in some nuts such as walnuts or almonds for more protein and [extra superfood goodness](#). Add in some lemon juice, or even make your own dressing with lemon juice, your choice of oil, and garlic.

Lemon Detox Drink

If you don't want to have something to eat, there are also lots of drink recipes out there. One is a simple lemon detox drink that includes just a few ingredients. You might recognize this type of recipe as something that you do with a "Master Cleanse", but this is not necessary to benefit from the detox drink.

You can also enjoy it as a way to detox your body by replacing other drinks in your regular diet. A good lemon detox drink includes lemon juice, cayenne pepper, cinnamon, pepper, and apple cider vinegar. It should be mostly water, and also have a sweetener such as honey, maple syrup or guava.

Tea with Lemon

You can also have just about any kind of healthy tea, add some lemon, and turn it into a [detox tea](#). However, in terms of tea, you want to try to use homemade tea or at least tea bags that contain loose tea leaves in them. A good detox tea could include tea leaves, lemon juice, ginger, and turmeric.

You are [adding in lots of superfoods](#) to add to the health of this detox tea. If you like adding lemon, remember to add in raw lemon, not the processed, bottled variety.

Lemon Ice Cubes

Don't want to worry about a complicated lemon detox recipe? You don't have to. All you need to do is **make some detox lemon ice cubes**, add them to your water, and you're good to go. You want to use spring water or distilled water, and the juice of organic lemons when making the ice cubes.

Detox with these Diets

When people hear the word 'detox', they often associate it with something scary, like the Master Cleanse. However, you don't need to do such a harsh detox diet where all you have is lemon water for a week straight. There are some diets out there that are actually really great

for cleansing your system because they help you stop eating a lot of processed foods and artificial ingredients. Here are some different diets to consider doing for a detox.

Clean Eating

A great diet to start with when you want to detox your body is a clean eating diet. This tends to be a little easier to follow and less strict than some of the other diets on the list, but it is still good for reducing processed foods, sugars, and additives in your food. With a clean eating diet, you are trying to eat mostly whole foods and lean protein, avoiding overly processed foods and refined carbs. Start eating more produce, healthy fats, lean protein, and whole grains.

Paleo

One of the most popular diets right now is the Paleo diet, which also happens to be good for detoxing your body. The reason is that you are also going to start skipping all those refined carbs, excess sugar, and processed foods. These foods often have chemicals and additives you don't want in your body. With the Paleo diet, you are restricted to the foods you could either grow, forage, or hunt. This means most types of meat, leafy greens, nuts and seeds, and fish. However, in terms of meat, avoid processed cuts like bacon and hot dogs.

Keto

The keto diet is similar to Paleo, but don't be confused; it is not exactly the same. With the keto diet, you are actually trying to reach ketosis. This is when you reach a point where the ketones in your body are being converted to energy thanks to your liver. If you find that you are constantly fatigued, you could probably use a detox diet with the keto diet. It is typically a low-carb diet that is higher in fat. The keto diet is similar to Atkins, but there are more specific guidelines you need to follow with your macros.

Whole Foods

You can also give the whole foods diet a try. The whole foods diet, such as Whole30 and other variations, requires you to eat all whole foods and absolutely nothing processed. Not only are you not eating food in packages or frozen foods, but you are also not eating much dairy either. This includes reducing your intake of dairy like milk and sour cream. You will eat mainly plant-based foods, nuts, seeds, as well as some lean protein and eggs.

The No-Sugar Detox Diet

Not all detox diets are the same; some involve drinking infused water or juice, while others actually detox your skin or home. There are also detox diets that simply help you get rid of certain ingredients in your typical diet that are not the healthiest option for you, like sugar. The following tips will help you to reduce your sugar intake by starting a no-sugar detox diet.

Get Rid of Artificial Sweeteners

One of the first ways to go on a no-sugar detox diet is by reducing or eliminating artificial sugars. This is easy to do when you stop eating all processed foods. If you want fruit juice, get a juicer and make it yourself. When you want cereal, go for a natural option that is unsweetened or a shredded wheat type of cereal. Also stop having dairy products that are low-fat or fat-free, as these are full of artificial sweeteners. Instead, you want to go for natural forms of sweetness and sugar, such as fruit and vegetables.

Focus More on Veggies and Protein

It can be difficult in the beginning when you first start getting rid of all that excess sugar from your diet. As you start logging what you eat, it becomes apparent just how much you relied on foods with sugar previously. A good tip is to begin creating meals that pack in lots of veggies and lean protein. This makes a healthy meal that is also filling, so it helps with those sugar cravings you might get in the beginning. For example, some meals to try out include grilled salmon with a homemade mango salsa and brown rice on the side, or having some baked chicken with broccoli, cauliflower, and carrots.

Start Eating Healthier Snacks

For some people, main meals aren't the problem, but snacks and desserts are where more of their sugar is consumed. This is a common problem, but something you can overcome. Begin by thinking of your snacks as just mini-meals. Still eat the same types of foods as you would eat at lunch or dinner (or even breakfast) but in smaller quantities. Have a little side salad with oil and vinegar instead of a sugary bottled dressing, or have some chopped veggies dipped in hummus. There are a lot of ways to handle snacks and desserts while still being on a no-sugar detox.

With these simple tips, you are on your way to starting a detox where you eliminate sugar from your diet.

Use this Helpful Detox Diet Shopping List

If you plan to do a detox diet that revolves around having only healthy, whole, and fresh foods, this shopping list is for you!

Fresh Produce

To start with, gathering your fresh produce and herbs is always a must. The reason is because these apply to just about every detox diet plan out there. You will need lots of fruits and herbs if you are planning on making infused water, as well as fruits and veggies for your juice if you go that direction.

Diets like clean eating, whole foods, keto, and even Paleo allow some fresh produce. You can also go for frozen produce, but pay attention to the ingredients and make sure it doesn't

contain additives. Avoid canned fruits and veggies if you can. Here is some produce to add to your list:

- Lots of greens
- Apples
- Pears
- Oranges
- Lemons and Limes
- Watermelon
- Carrots
- Celery
- Cauliflower
- Broccoli
- Onions
- Bell peppers
- Grapes
- Strawberries, blueberries, and raspberries
- Dill
- Basil
- Parsley
- Rosemary
- Oregano

Healthy Fats

Next on your list should be the healthy fats. Go ahead and grab those avocados you love, as they are definitely approved with most detox diets. You can also grab some nuts and seeds, and oils. Here is a list of some approved healthy fats to add to your shopping list:

- Avocados
- Cashews
- Hemp seeds
- Macadamia nuts
- Almonds
- Brazil nuts
- Walnuts
- Sesame seeds
- Sunflower seeds
- Chia seeds
- Coconut
- Pumpkin seeds
- Pine nuts
- Nut butter
- Walnut oil

- Almond oil
- Olive oil
- Hemp oil
- Flax oil
- Coconut oil

Whole Grains, Legumes, Beans

This category of food is going to help you get all the protein you need from your detox diet, especially if you are choosing a plant-based diet during the detox. While you can still have animal products during a detox, this is an option many people decide to go with. Here are some good options to add to your shopping list:

- Quinoa
- Whole grain rice
- Brown rice
- Millet
- Tapioca
- Buckwheat
- Oats
- Kidney beans
- Black beans
- Legumes
- Chickpeas
- Lentils
- Peas

Other Items to Add

Here are some more foods you can add to your detox shopping list as needed:

- Coconut milk and water
- Unsweetened nut milk
- Rice milk
- Filtered water
- Herbal tea
- Raw honey
- Coconut nectar

Give this list a try and add other foods you are interested in having during your detox.

Traditional Chinese Medicine and Detoxing

Traditional Chinese Medicine (TCM) is the oldest, continually practiced, and professionally administered health care system in the world. It is a documented medical system spanning over 2,500 years based on comprehensive philosophies, rational theories, clinically tested and empirically verified by over 100 generations of highly educated practitioners.

Chinese Medicine is a total system of internal medicine which is comprised of a diagnostic procedure based on signs, symptoms and treatment styles including acupuncture, herbal medicine, exercise, diet and meditation. It's foundation is based on the principles of balance; the interdependent relationship of Yin and Yang. Through this balance, health is achieved and maintained.

Traditional Chinese Medicine detoxifies the body system through the organs, primarily:

The Lung and Large Intestine

In TCM, the lungs are an organ system that opens directly to the exterior. It's function is to regulate and control the breath through inhalation and exhalation. Because of its opening through the nose, the lungs are easily susceptible to cold, heat, dryness, dampness, and most of all, heat and wind. This can effect the biggest organ of the body; the skin. The lung is closely related to the large intestine.

The large intestine controls the transformation of digestive wastes from liquid to solid state and transports the solids onwards and outwards. It plays a major role in the balance and purity of bodily fluids and assists the lungs in controlling the skin's pores and perspiration. It depends on the lungs for movement via the expansion and contraction of the diaphragm, which works like a pump to give impetus to peristalsis by regulating abdominal pressure. The lungs expel toxins through breathing, especially deep breathing.

Deep breathing stimulates lymphatic flow, which eliminates toxins. The skin eliminates waste and toxins through perspiration. The colon eliminates toxins from the liver and digestive tract. The lungs are our attachment to the breath of life and the large intestines is it's buddy. Incorporate deep breathing and exercise along with a tall glass of psyllium husk to get things moving.

The Liver and Gallbladder

In TCM, the liver is the "farmer who cultivates". It stores blood, governs and regulates the blood, organizes the "free flow" of Qi energy to promote circulation which cultivates our emotions, soothes digestion, regulates menstruation and bile secretion.

The liver changes harmful toxins into substances, which can be eliminated safely the colon or kidneys. The liver is our master cleansing organ and the gall bladder is its mate. Enjoy a tall glass of water with a 1/2 lemon squeezed into it.

The Spleen and Stomach

In TCM, the spleen transports and transforms food and body fluids for transporting, for absorption, raises the body energy and controls the blood by keeping it in the vessels. When improper function occurs with the Spleen there is weight gain, high cholesterol, hypertension, bleeding disorders, dampness and a heavy sensation, muscle weakness and atrophy.

The blood and lymphatic system transport waste and toxins to other areas for elimination, including cellular waste. The stomach is the center of our 'gut feelings' our immune system center and the spleen (pancreas) is it's associate. Eat the cleanest, purest foods, that are the least processed. Enjoy health probiotics found in yogurt and acidophilus. Avoid greasy, fried foods.

The Kidneys and Bladder

In TCM, the kidneys store our essence or the basic materials that make up our constitution and the reproductive fluids that create life. All organs are dependent on the Kidneys for proper growth, reproduction, water flow and control and the balance of "fire and water".

The liver sends water soluble waste to the kidneys, where they are further filtered and passed through the bladder for elimination. The kidneys filter nutrients and waste from the blood. The kidneys are our major filter and the bladder is it's friend. Boil 4 cups of water and a handful of corn silk. Drink this tea for amazing results.

Detox Different Areas of Your Body

If you are interested in doing a detox, you don't have to choose just one detox, but customize it according to your needs. Perhaps you have a reason to detox your liver, or you really want to have healthier lymph nodes. There are certain natural ways to detox each main part of your body.

Liver and Kidneys

Two popular areas of the body to detoxify are the liver and kidneys. There are certain foods that are really great for these areas of the body in particular. To detox the liver, focus on fruits and veggies like barley grass, spinach and kale, apples, avocado, and dandelion greens. Some other things to add to your diet for cleaning the liver include walnuts, arugula, garlic, and grapefruit. With the kidneys, try tomatoes, turmeric, onion, cauliflower, cabbage, and raspberries.

Blood

Similar produce and herbs can help with your blood, if you want to detox that part of your body. A healthy diet might already consist of many of these foods, but others are good to add if you don't already consume them on a regular basis. Try fruits like red grapes and berries, then add vegetables such as kale, leafy greens, and beans. Garlic, coconut, wheatgrass, and oregano is also said to help with having healthy blood.

Pancreas and Gallbladder

Now let's talk about the pancreas and gallbladder. With your gallbladder, there are quite a few options that are probably part of your normal diet, such as whole grains, cucumber, tomatoes, lentils, and beans. Legumes, avocado, beets, and sweet potato are also included. Also try to add more garlic and onion to your meals, and give okra a try. For your pancreas, fruits like cherries and blueberries are great, along with veggies like sweet potatoes, mushrooms, spinach, broccoli, and cabbage.

Lymph Nodes

Your lymph nodes are not something many people think about when detoxing their body, but cleansing them of toxins is just as important as the other areas of your body. For the lymph nodes, fresh and whole juices are great, both with fruits and vegetables. Drinking lemon water regularly is good for you, along with trying fruits like strawberries and guava. As far as veggies, go for asparagus, lettuce, and carrots.

As you can see, most of these are typical fruits, vegetables, and herbs you already consume. By eating a healthy diet, you are naturally detoxing the different areas of your body.

Living in a Toxic World – Ways to Avoid Environmental Toxins

The world we live in today is full of environmental toxins and pollution. Every day new toxins are pumped into the air we breathe from an ever-growing string of factories. It seems that nothing is safe. The soil that we grow our food in is full of chemicals that should not be there. To add to this, artificial preservatives keep our food from spoiling.

Even the water we drink is chemically treated before it arrives at our homes. Cigarette smoke and fumes from cars fill the air that we breathe. There is really no good way to avoid all of the pollutants that surround us. MCS (Multiple Chemical Sensitivity), or toxic injury, can cause many problems in our bodies. These include asthma, hives, chest pain and many other symptoms.

Multiple Chemical Sensitivity is suspected when the individual:

- Exhibits problems – often similar to an allergy-like reaction – often to extremely low levels of toxicants or triggers
- Has ongoing problems (it is not a “one-off” event)
- Experiences the same symptoms with repeated exposure to the same triggers
- Is affected by many different triggers
- Improves when triggers are removed

Our bodies are very good at dealing with all of these toxins but sometimes they fall behind because of overload. As the toxins build up in our bodies tissue is destroyed, organs damaged and the immune system becomes compromised. This opens a very dangerous door that allows serious illnesses to take root in our bodies.

There are many problems that can result from environmental toxicity.

Diseases and Conditions Linked to Environmental Toxicity

- Certain cancers (especially breast cancer and various childhood cancers)
- Immune deficiency and Auto-immune diseases
- Neurological disorders such as Parkinson’s Disease
- Hormonal imbalances
- Chemical imbalances in the brain
- Alterations of systemic enzymes
- Changes in metabolism
- Sleep disturbances
- Thyroid problems
- Fertility problems
- Arthritis
- Asthma
- Eczema
- Depression
- Chronic Fatigue

There are many things that you can do to try and separate yourself from some of the pollutants.

Ways to Avoid Environmental Toxins

- **Diet and water are very important.** Make sure that you eat plenty of vegetables, fruits, whole grains and bran. This will keep your digestive system working efficiently to eliminate the toxins from your body systems.
- **Make sure that you read the labels** on your food packages. There should not be artificial preservatives, flavors or colorants in them. Drink 8 glasses of water every day.

- **The importance of water** cannot be overstated. Detox your body on a regular basis to get rid of all the unwanted toxins.
- **Make sure the cleaning products** you use in your home are as natural as possible. Read the labels and make sure there are not too many harsh chemicals in them.
- **Make sure that your home is always well ventilated.** Random chemicals, natural gas, and cigarette smoke tend to become trapped in our homes.
- **Don't use bug bombs or other insect sprays in your house.** If you are having an issue with bugs then hire a licensed exterminator to do the job or look into natural pest repellent methods.
- **When your doctor prescribes you a medication,** make sure that you read the insert that comes with it. Drug companies add preservatives, colorants, and flavorings that are meant to help them maximize their profits. These additives are terrible for your body and should be avoided.
- **Try to use herbal or natural remedies** whenever you can safely do so.

How to Detox Your Home

Have Indoor House Plants

We spend 65 percent of our time in our home, which means biologic, chemical and even electrical pollutants fatigue, asthma, skin conditions, learning disabilities, ADHD, digestive issues, infertility, obesity, and cancer. And if you're home bound, inactive or live in an area where the weather keeps you inside a lot, you're more susceptible.

Plants don't just add a decorative element, but can actually cleanse the air and provide natural oxygen in your home. Many live plants not only cleanse the air of impurities, but have soil bacteria that helps to get rid of formaldehyde and other volatile organic compounds that might be in the air.

If you run your air conditioner or heater regularly, you might have some traces of dust and other impurities in the air, which plants can help to cleanse in your home. It is good to have at least one house plant in the living room, kitchen, and other common areas.

How to Use House Plants to Clear Your Indoor Air

Plants are natural air filters and are quite successful at eliminating harmful household pollutants including formaldehyde, benzene, trichloroethylene, and xylene and toluene. NASA has actually conducted studies and lists the following plants as excellent natural air filters:

- English Ivy
- Peace Lily
- Aloe Vera
- Chinese Evergreen
- Bamboo Palm

- Green Spider Plant
- Chrysanthemum
- Gerbera Daisy/African daisy
- English Ivy/Common Ivy
- Philodendron
- Mother in law's tongue
- Golden Pothos
- Weeping fig
- Boston Fern

The general rule of thumb, when using plants to filter your air, is to position them so there are two plants per 100 square feet. So for example, if you have a home that is 1000 square feet, then you'd want ten twenty plants around your home. If you have multiple levels in your home, you will want to divide the plants between the two floors. However, NASA's guideline is to use 15-18 plants in a home of approximately 1800 square feet.

Don't worry if you don't have a "green thumb," spider plants and ferns are easy because they're easy to care for and they don't take up too much space. And because many of the plants listed are tropical plants, they're easy to find at your local nursery or even your local home and hardware store.

Using plants to keep you're the air in your home clean is a fantastic way to protect your health and the health of your family. And plants have a knack for making us feel better, more connected to nature and more positive.

Use Herbs

Simply light a bit of these herbs and waft the smoke around an area you wish to clear of unwanted scents, negative energy or to simply start a new day with. Using a natural receptor such as a sea shell, abalone shell or crystal bowl can be a place to place your herbs after you are done using them.

Cedar and Juniper

There are several different types of these sacred herbs. They are found all over this great land. To some tribes, Cedar is considered the "tree of life" because it withstands the four elements year round no matter how harsh the seasons are.

These herbs are used extensively in all sacred ceremonies, healing, and doctoring methods. It makes an [excellent tea for the purpose of flushing out the system](#).

Sweet Grass

Sweet Grass has the most sacred usages of all the purification herbs. It is a seasonal plant and grows only in certain places. Sweet grass is used primarily for the blessing of one's self. It is

placed in a shell or a bowl and burned, similar to incense. The smoke gives forth a very pleasant smell.

When people engage in the ceremony of blessing oneself, he/she holds the bowl of burning herb and slowly moves it around in a continuous circle surrounding the body from head to foot with swirling smoke. Sweet Grass is often used for purification during sweat lodge ceremonies.

It is used for smudging “(blessing-down)” our homes, protecting them from evil spirits. It is also used to purify all of our sacred prayer instruments.

Medicinally, it is used as a portion of a combination of other herbs in a special formulated “medicine tea” which flushes the impurities out of the body. Sweet grass is very calming and relaxing to the user who is taught to use it in a traditional and respectful manner. The sacred herb, sweet grass, is used in all phases of healing by the doctoring healer.

Get your dried, organic herbs, organic essential oils, bulk spices, loose leaf organic teas and aromatherapy supplies at the place where we shop – [StarWest Botanicals!](#)

Sage

Sage has a variety of uses. When burned, it has a pungent odor. Sage is used principally for smudging but can also be used in the blessing down of our homes and vehicles. It is commonly used in medicine tea to [flush ones system of all impurities](#). Along with tobacco and other substances, sage is part of a mixture used in the sacred smoking of the pipe.

There are many varieties of sage. However, in many places, the natural supply of sage is dwindling. This is due, in part, to people harvesting sage in order to sell it to the general public. In recent years, there seems to be an increase in the fascination with the use of sage burning.

In sweat lodge ceremonies, sage is used to sit on and represents part of the plant world. It is also burned in smudge pots. The herb is widely used in many of our sacred ceremonies including but not limited to lodges, drum circles, healing and doctoring.

Use Natural Candles

If you [like to use candles in your home](#), whether for the ambiance, scent, or heat they provide, you need to re-think the types of candles you use. When trying to detox your home, it is best that you avoid anything artificial or heavy chemicals. Unfortunately, many of your regular-scented candles have additives that you probably don't want to be in the air of your home where your family and pets live. Instead, try to use some natural candles like those made of soy or beeswax.

Use More Natural Cleaning Products

Another thing you want to start changing is [what you choose to clean your home with](#). Naturally, having a clean home is part of detoxing it, but [if you are using bleach](#) and a lot of harsh chemicals, you are only adding more toxins into the air. Instead of doing this, start switching to natural and organic cleaning products.

You can use apple cider vinegar, plain distilled vinegar, baking soda, and many other [natural items to clean most areas of your home](#). Baking soda is great for pet stains and deodorizing, while lemon and vinegar are perfect for disinfecting. You should also ditch the dryer sheets, as they really are not necessary.

Taking the Toxins out of Your Kitchen

A lot of parents put locks on cabinets that contain chemicals when they have kids in the home, but is that enough?

Regrettably, using these products may harm you or your child, too. Learn to identify your household toxins and discover new ways to do what you do without them.

Your house has to be clean – that is a given. But, several of the products that we use may have side effects. Let's take another look at that cabinet below the sink.

Are those household cleaners below your sink?

Have a look at the label. There are products that are termed “organic” and phosphate free. This brings down the possible irritation to your skin, eyes and lungs. They're likewise safer for the environment.

Do you have sponges down there?

Most sponges harbor bacterium from cleaning up food around the sink and the kitchen range. Reusing them is really spreading out bacterium and not getting rid of it. Try utilizing dishcloths that can be bleached and laundered to get rid of germs.

With children around, it's also more safe and sound to keep these household maintenance products on a top shelf. That way, children will not accidentally get into them and harm themselves.

Do you use Styrofoam plates and cups?

One thing that you should not do with them is use the microwave. Chemicals from the plate may leech into your food. This likewise goes for containers that aren't microwave safe or are not made to be used for the microwave oven.

Are you one who likes to store foods in their original packaging?

This might be alright for some things, only not for cans. Cans are constructed of metal and that alloy may also leech into the food that you leave in the can in the fridge. Always store food in approved containers and seal off tightly.

Do you have bugs in your kitchen?

Once the weather becomes warm it seems as if they come out of the woodwork – literally. Rather than spraying bug killers or activating bombs that will render your entire house a toxic dump, do a little extra cleaning in places where they hide out. Utilize natural bug deterrents such as mint leaves or boric acid to keep the unrelenting ones outside.

Water from the tap is not all it is cracked up to be.

You are able to filter your water and dispatch many of the metals and additional impurities that are permitted in. You will likely notice a change in the taste immediately.

Have a look at your dishes. Once the covering begins to peel, it's time to eliminate them. These particles may peel off into your food and make you ill. Besides, once dishes begin to acquire rust stains they may likewise be hazardous to your health.

How is your kitchen looking? If there are concealed toxins, work to eliminate them.

Clean the HVAC Unit

If you have a central air conditioner and heater in your home, that might be causing a lot of debris and dander in your home. You need to keep the air filter cleaned regularly and have the ducts cleaned by a professional about once a year.

How to Do a Full Beauty Detox

When it comes to detoxing, it is not just about losing weight or working on cleansing your system. You can also detox your skin and hair for a **nice beauty detox**. Here are some different ways to do a beauty detox.

Beautify Your Skin with these Natural Foods

Natural health and holistic nutrition tend to bring to mind the ideas of diet and detox. What they may not bring to mind are [ways to help your skin](#). In fact, most people think that the only benefits of eating natural foods as far as skin goes is to help with acne. The truth is, you can use natural foods as both a dietary method of beautifying your skin and a external or topical method of helping your skin. If you aren't sure how to achieve this goal, consider these methods and natural foods that will put you at the top of your skin beautifying game.

Avocado

Avocado seems to be on every list for natural benefits. The reason is because it is truly a superfood. Avocado is rich in fatty acids as well as antioxidants. This can [help clear skin and keep skin clear](#). It can be eaten or it can be used directly on the skin. If you don't like the taste of avocado or the texture, then you may want to go with it as a skin treatment. You can do this by mixing the avocado with olive oil or [another appropriate butter or oil](#). Blend until smooth and use as a facial cream. You can also use it a few times a week as a mask. Leave on for at least thirty minutes and rinse with warm water.

Natural Raw Honey

[Natural raw honey is used in a number of skin care routines](#) for a variety of reasons. It works as a natural cleanser which makes it ideal as a daily skin cleansing base or treatment. If you have skin scars that are becoming darker or more prominent, avoid the chemical based scar removal creams on the market. Use natural raw honey instead. It will help fade the scar and keep it from darkening over time. If nails are your issue, consider using it as a cuticle softener instead of a nail grinder that can damage your nail beds.

Sardines

You may be surprised to see sardines on this list. Though you can't use them directly on the skin as a topical option, you can use them in your diet routine. If you are trying to build your fish oil intake and Omega intake, then this is the way to go. You can eat sardines directly from the can and you can add them to salads easily. You can even add them to pizza, which some people do.

There are other natural foods that lead to skin beautification. These are the most common, easy to find, and most affordable for most people. In fact, if you are on a budget, these foods may be the ideal alternative to high cost beauty treatments and routines that you otherwise would not be able to afford.

How Drinking More Water Can Help Your Skin and Hair

Drinking water is something that people try and do, and most just don't meet their daily goal. This is for a variety of reasons. In fact, if you look online and in social media areas you will find goal charts and hundreds of methods to help you drink more water in your daily routine. If you aren't sure what benefit you can gain from drinking more water, outside of hydration, then there are some health factors you should consider specifically with your skin and hair.

Cleansing Toxins

One of the key reasons that you should increase the intake of water in your diet for your skin and hair is to [cleanse toxins from your body](#). Toxins can cause a number of hair issues, including oily hair and damaged hair. It can also cause problems with the skin that include blotchy skin

areas, dry skin areas, and rashes. By [removing these toxins from the body](#) you can reduce these issues and cleanse the skin and hair making your skin clearer and hair more manageable.

Reduced Skin Illnesses

[Skin illnesses and issues ranging from severe dry skin to psoriasis](#) can be greatly improved by increasing your water intake in your daily diet. While you are hydrating your body, you are also hydrating your skin. Your skin needs moisture in order to remain clear and to work properly. If it has a lack of moisture, both inside and out, the skin can break down and start to wrinkle or become dry and brittle. This can lead to pain and skin illness.

Inflammation Reduction

[Inflammation is a huge issue for most people](#) and can be directly related to a lack of water in the daily diet. For example, if certain areas of the skin and body as a whole do not have enough hydration they may start to swell. This can lead to swelling of the skin and painful reactions. You can take medications, but one of the easiest ways to help reduce inflammation, especially after exercise or injury, is by drinking more water.

These are only a few of the considerations to keep in mind when it comes to increased water in your diet and your skin and hair health. Though you will see other benefits of increased water consumption, you will also see a distinct improvement in your skin and hair that can lead to less products in your life and less chemicals on your skin.

3 Recommended DIY Products for a Beauty Detox

A beauty detox usually brings to mind a boxed kit or set of products that you buy from the store. The detox usually consists of chemicals and different methods that don't really detox your system, but instead keep you on a treatment plan that lasts for months or even years. In some cases, these detox kits actually lead to more kits that are more costly and have even more chemicals in them. That being said, you may be wondering if there are any natural options or DIY products for a beauty detox. Here are a few to consider that may work for you.

Epsom Salts

[Epsom salts are one of the key elements](#) for DIY products when you are doing a beauty detox. Here are a few reasons why. Epsom salt can be placed in a bath and is absorbed through the skin. It can [relieve muscle tension and help with inflammation](#). When used in DIY recipes like skin scrubs, it can help with exfoliation. It can also be used to help with abdominal pain caused by menstrual cycles or stomach upset.

Apple Cider Vinegar

[Apple cider vinegar has a number of uses](#) in DIY products for beauty detox. It can be used in hair detox as a way to condition and moisturize the hair. In addition to this topical application, you can ingest apple cider vinegar as an inner beauty detox. It can help with cholesterol levels. It can also [help with acid reflux](#) which can come up when you are changing your diet and detoxing from a diet standpoint. Drinking apple cider vinegar can also help with metabolism and weight loss which attributes to beauty routines.

Peppermint Essential Oil

[Peppermint essential oil is something that can help](#) with a variety of beauty routines and can be added to many DIY products. For example, part of a beauty routine deals with oral hygiene. You may want whiter teeth and fresh breath. You can [make your own toothpaste](#) with peppermint oil and coconut oil mixed with baking soda. This adds a flavor and helps freshen breath while whitening your teeth. You can also use the peppermint essential oil in DIY mouthwash. In addition, it can be used in DIY shampoo and hair routines to help with scalp health and dry and flaky related issues.

These DIY products can be used separately or as part of a daily routine. In fact, you can add more natural DIY products to create what is known as a Korean 10 step face program. This can be very beneficial and give you the exfoliating and moisturizing you need, in some cases with natural food as the base.

Why You Should Consider a Bathtub Detox

If you are looking at detox options, you may have already run the gamut of what is available as a store bought option. These options are usually in kits or in expensive pouches that are supposed to be used for a certain number of hours or days. These detox options can be costly and they may not do what you need. Before you move on from a detox option, you may want to [consider doing a bathtub detox](#). Here are some benefits of bathtub detox, methods of creating a bathtub detox, and what you should do following one to help your body and mind relax.

Benefits of a Bathtub Detox

One of the [key benefits of a bathtub detox](#) is the ease of absorption the bath can have to your skin. If you need a method to help with skin issues, inflammation, or toxin removal then this may be the easiest and quickest method available to you. Remember, the warm or hot water will help open your pores to the ingredients so they will soak directly into the area you need assistance with the most.

Making Your Own Bathtub Detox Base

You can make an easy bathtub detox base by just using epsom salt and baking soda. Simply mix one part of baking soda to two parts of epsom salt. Depending on what you need the bathtub detox for, you can adjust the base with essential oils. For example, you may want a [soothing and relaxing bathtub detox](#) following a very emotional event like the death of a loved one. You can add lavender or chamomile to the mix for that purpose. If you want assistance with a skin allergy, you can add organic rolled oats to the mix. Adding honey can help with impurities and pulling out toxins.

What to Do After a Bathtub Detox

After a bathtub detox you should [use an organic or DIY lotion](#) to help seal in the moisture to your skin. You may also want to try to sleep shortly after the bath. This will help keep your body calm and help your skin absorb the nutrients you just gave it in the bath. If you can't sleep, you may want to simply meditate or lay quietly wrapped in a warm blanket, towel, or robe for about half an hour to help calm your mind and spirit.

Though you can purchase a manufactured detox, they may not do what you need them to do. For example, you may want one that helps calm your body from an allergy or you may want one that helps you detox your mind and body after an emotional experience. Keep that in mind when you look at store bought options and weigh them against DIY versions.

How to Detox Your Hair

Detoxing your body, mind, and spirit is an increasingly popular aspect of mindfulness and health routine changes. You can find store bought detox options for all aspects of your body including your skin, body, and spirit. What you may not know is that you can detox your hair. Here are some reasons you should detox your hair, methods for DIY hair detox, and tips for detoxing your hair.

Strip Your Hair

The first step to detoxing your hair is to strip it. This may seem like you need chemicals to do this, but you don't. In fact, stripping your hair simply means doing an [apple cider vinegar rinse or baking soda rinse](#) on your hair and massaging it. If you have oily hair, you can use a rye flour paste as well. As long as it is organic rye flour. Another way to strip your hair and add condition is to do a henna coloring on it. This will strip it, condition it, and help remove chemicals. Just make sure that anything you use is organic labeled and labeled non-GMO as well as vegan.

Use a No Poo Method

The no poo method is simply to avoid shampoo and conditioners. You ideally want to use nothing on your hair that is shampoo related. After you complete your hair detox you can start

using a castile soap base for cleansing, but overall you want to stay away from commercial shampoos. These items strip your hair of their vitality, oils, and natural radiance. They also breakdown the hair follicles causing damage to the hair as well as the scalp.

You can use just a baking soda rinse for your shampoo, massaging the mix from the scalp to the tips of the hair, and rinsing completely. You can then use a spray in of apple cider vinegar for your conditioner. Let it sit during your shower, and then rinse out. The smell will die out as your hair dries.

Rinse with Cool Clean Water

Another part of the process is to rinse with cool water. Hot water damages the hair even further. Cool water rinses help remove debris from the hair while giving your hair and scalp a break from heat damage. Think of hot water as a liquid form of sunlight. If the heat and sun damages it, so will a liquid form of that.

Keep in mind that detox for your hair will take time and it is a process. You will go through several stages including dry hair or hair that feels a bit oily. This may last several days to two weeks, but after your detox is finished you will have stronger hair and more manageable hair [along with increased hair growth](#).

Detoxing for Weight Loss

Losing weight is something many people want to do, but not many know how to do. The basic recommendation is to eat better and workout more, but this often makes it even more complicated. What workouts do you do? How much should you workout? What diet do you go on? There are so many questions. To simplify it, start with a simple detox diet that gets you ready for a healthy diet.

Eliminate Processed Foods

An easy way to start with detoxing for weight loss purposes is to start cutting out processed foods. These often contain a lot of additives, sugar, and preservatives that is damaging to your body and organs. Many detox diets will have a strict rule about all clean foods, which means nothing processed. If you are confused about foods that are processed, consider what they go through before reaching the grocery store. If they are packaged or in a can, they are probably processed. Also cut out processed meats and cheese, as opposed to these items found at the deli counter.

Reduce Your Sugar Intake

Sugar isn't necessarily bad for you overall, but if you want a fresh restart of your body, cutting it out is a good idea. Having extra sugar in your body can be damaging to various organs, and can

also increase your risk for diabetes. You want to try to stick to natural sugars and sweeteners, such as what you find in fruit and raw honey. Avoid sugar in pastries, baked goods, and processed foods. Reduce your desserts and increase your fruit intake, and you will already be well on your way to consuming less sugar.

Cook More Whole Foods

If you are detoxing in order to lose weight, then cooking more at home is crucial. Not only is it good for detoxing purposes since you control all of the ingredients that go in your food, but you are able to control the overall fat, calories, and carbs of each meal. There is no more guessing what your fast food or restaurant meal contains, since you are in complete control of every single ingredient. Start getting into the habit of cooking more, and you might find that you enjoy it.

Reduce the Meat in Your Diet

While there is nothing that says you can't consume meat if you are detoxing or lose weight, it is good to at least reduce how much of it you have. Red meat is going to have higher amounts of fat and calories, especially saturated fat, so try to reduce it as much as you can. If you want to eat meat, stick to chicken and turkey.

What is a Foot Detox?

People often think about detoxing including a juice cleanse or other detox with food, but there are also detoxes of the body. One popular type of detox is called a foot detox. Here are some things to know about this type of detox.

Choose a Method For the Foot Detox

Generally, you will want to use a special foot bath for your foot detox. However, if you can't get your hands on one, you can fill up your tub, sit on the edge (carefully), and put just your feet in. A better option would be to get some type of container large enough to fill up and rest your feet in comfortably. You don't want to be constricted, or it isn't going to be a relaxing or beneficial experience for you. There are a lot of simple plastic foot tubs, or special ones with bubbles and jets.

Sea Salt is Very Cleansing

You will find that many foot soaks, particularly with foot detox, will use some type of salt. Sea salt is often chosen, though some recipes ask for rock salt. Sea salt can be cleansing to the feet and the skin, which makes it a perfect addition to a detox bath. If you are using sea salt, you can also add in some baking soda to the water. Use about an equal amount of each, typically about ½ cup to a cup of each added to a foot bath with warm water.

Try Bentonite Clay

An ingredient that is actually great for natural health and detoxing, but is not as well known as others, is bentonite clay. This is perfect for your skin and body, getting rid of all those toxins and helping to deliver a powerful mineral to your body. You can try doing a relaxing and rejuvenating foot detox soak by using bentonite clay. However, it is extremely important that you know where the clay comes from, since the less quality bentonite clay may have some lead in it. Make sure you do your research and get it from a natural, reputable source.

To go the simple method, you could always do a simple foot soak detox with nothing more than warm water and some Epsom salt. This is easy to find just about anywhere, and it is very cleansing so it works great for a foot detox. It also happens to be used in regular detox baths for the entire body.

Using Reflexology to Detox

Far Eastern cultures have been using alternative treatments for thousands of years and still do so today. Even the most technically advanced countries such as China and Japan, appreciate the effectiveness and simplicity of natural medicine. So why not try a form of therapy that is effective, yet has no side effects? However, with so many products on the market begging for a sale, where do you begin? Maybe it is time to introduce you to reflexology.

[Reflexology is the practice of strategically applying pressure to areas of the feet and hands](#) as they correspond with specific body organs. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding organs and systems of the body.

Reflexology is not only effective for self-healing, but has made its mark as an effective detoxification procedure as well. And maybe most importantly in today's society, it is free, depending on which therapy you use and very convenient. Yes, unlike our current healthcare system, reflexology therapy is available to everyone!

If you want to go the free route, learning the simple massage techniques is all you will have to do, outside of applying it. Each part of your feet and hands relates to a body system. By applying pressure and massage to those areas, you will increase blood flow and help push toxins out of the body. One of the major benefits here is that it is relaxing and therapeutic at the same time. I use reflexology to relieve tension headaches all of the time and it works!

If you are really serious about detoxification, and you should be, I would recommend that you not only [learn the reflexology techniques](#), but you use them on a regular basis. Use it as a first line of defense. After all, you only have one body in this lifetime, treat it with care.

Top Tips for Detoxing

- Eating a diet that focuses on fresh vegetables and fruits, legumes, nuts and seeds and whole grains are extremely important.
- Regular exercise, which gets your body moving and sweating.
- Quality sleep, where you do not have trouble falling asleep, staying asleep and wake feeling rested.
- Avoiding drugs and excessive alcohol. The problem is not only illegal substances like cocaine, heroin and marijuana, but we are solicited constantly by legal substances that pollute the body such as habit forming sleeping pills, excessive antibiotics that destroy not only the bad bacteria, but the healthy bacterial flora and the constant ads for alcohol.
- Nutritional and herbal supplements to protect and enhance liver function, the kidneys ability to process and the digestive system's regularity,(discussed below).
- Improving our mental/emotional process by stopping the mental chatter, approving and accepting ourselves and loosing the emotional baggage that drags us down.
- Taking a spiritual approach by looking beyond the little things that get in the way and accepting and trusting the "Universal Power" or energy to guide you. Take a look at the big picture!
- Decluttering the toxic waste around you including the clutter in your home/office, the friends or loved ones that poison your thoughts and actions and the environment that is making you sick.
- Knowing that YOU are in control of your life. That you have the power to do something about that will make a change.

The Yogi Detox Plan

Day 1

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will not judge today".
- Morning devotion on your mat: do your pranayamas and asanas.
- Off your mat: dry brushing and a bath.
- Breakfast: detox juice recipe.
- Midmorning: carrot sticks with hummus or plain yogurt.
- Lunch: vegetable soup.
- Midday: handful of unsalted nuts.
- Dinner: steamed fish, half a plate of green vegetables.
- Evening devotion on your mat: deep centering meditation.
- Daily tip: no newspaper or TV today.

Day 2

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will honor my choices today".
- Morning devotion on your mat: do your pranayamas, asanas and include standing poses.
- Off your mat: epsom salts bath.
- Breakfast: smoothie with yogurt, protein powder, fresh fruit.
- Midmorning: apple.
- Lunch: chicken, celery, tomato and bean salad.
- Midday: protein bar.
- Dinner: bean and sweet potatoes casserole with parsnips.
- Evening devotion on your mat: mindfulness meditation
- Daily tip: Do not take any phone calls today.

Day 3

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will love myself for who I am today".
- Morning devotion on your mat: do your pranayamas, asanas and include twists today.
- Off your mat: hot shower, followed by a cold shower.
- Breakfast: choose foods that are sattvic today. Detox juice recipe.
- Midmorning: yogurt with semi-sweet fruits.
- Lunch: fresh green salad with light dressing.
- Midday: a handful of almonds.
- Dinner: rice, mung beans and fresh seasonal vegetables.
- Evening devotion on your mat: use a color healing meditation.
- Daily tip: Stay in silences today. No music or tv.

Day 4

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will live with high self esteem today".
- Morning devotion on your mat: do your pranayamas, asanas and include bending poses today.
- Off your mat: take a steam bath.
- Breakfast: fruit smoothie with yogurt or soy milk and wheat grass.
- Midmorning: an orange.
- Lunch: baked sweet potato with tuna.
- Midday: a protein bar.
- Dinner: stuffed peppers with brown rice, onion, celery and pinenuts.

- Evening devotion on your mat: breathing meditation.
- Daily tip: take a midday nap.

Day 5

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will count every blessing today".
- Morning devotion on your mat: do your pranayamas, asanas and include inverted poses today.
- Off your mat: take an essential oil bath.
- Breakfast: yogurt with muesli.
- Midmorning: a handful of cashews.
- Lunch: spinach salad with shredded vegetables.
- Midday: rice cakes with an apple.
- Dinner: chicken breast with sweet potatoes.
- Evening devotion on your mat: connecting meditation.
- Daily tip: keep your energy up with a daily vitamin, B complex and ginger.

Day 6

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will give unconditionally today".
- Morning devotion on your mat: do your pranayamas, asanas and include stretches today.
- Off your mat: use a salt scrub in the bath.
- Breakfast: detox juice recipe.
- Midmorning: watermelon slices.
- Lunch: vegetable stir fry.
- Midday: celery sticks and hummus.
- Dinner: mixed bean salad with tuna.
- Evening devotion on your mat: instant calming meditation.
- Daily tip: honor the process you are going through.

Day 7

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- Daily mantra: "I will remain humble throughout the day".
- Morning devotion on your mat: do your pranayamas, asanas and include back bends today.
- Off your mat: take a soothing candlelight bath.
- Breakfast: rice cakes, mixed fruit.

- Midmorning: yogurt with berries.
- Lunch: vegetable stir fry.
- Midday: handful of nuts and seeds.
- Dinner: egg plant with brown rice, onion, celery and walnuts.
- Evening devotion on your mat: mudra meditation.
- Daily tip: be grateful for all the good in your life.

Detoxification is an Important Part of Staying Healthy

[Detox Drops](#) is a natural, safe and effective liquid herbal formula that is especially formulated to cleanse and detoxify the system, rejuvenate liver functioning, eliminate bloating and kick-start your body back to life!

[Detox Drops](#) assist in the elimination of toxins in the body; improve liver functioning; stimulate bile production and the breakdown of dietary fat; boost the effectiveness of Weight Management Programs; increase energy and stamina; reduce feelings of fatigue and listlessness; improve skin condition and improve the body's ability to fight disease by facilitating immune functioning.

Formulated by our team of experts in natural medicine, [Detox Drops](#) is pharmaceutically manufactured to the highest standards.

Learn more about [Detox Drops](#) now.

[Why do we promote this?](#)