



DETOXIFICATION





Detoxification

Detoxification (detox for short) is the physiological or medicinal removal of toxic substances from a living organism, including the human body, which is mainly carried out by the liver. Additionally, it can refer to the period of withdrawal during which an organism returns to homeostasis after long-term use of an addictive substance (Eg: Alcohol , smoking, and drugs)

Process

When we stop our Digestion for more than 12 hours, our digestive system Automatically switches its mode to detoxing, to attain this level you should not chew anything (means no solid food (not even fruits)

Why Juices?

As we are doing this detox for a short period, we are going to speed up the process by including some naturally detoxing ingredients which mentioned below





Do's and Don't:

Do's

- You can drink water as much as you can, minimum focus for 2 ltr water and 2 ltr juice for a day
- You can drink green tea, black coffee, lemon tea, ginger tea

Don't

Shouldn't take milk, sugar, chocolate, or any dairy products and chewable Items.

Duration

You should maintain your digestive system in detox mode for 72 hours for Optimum result.

Items Quantity

- Apple - 1Kg
- Beetroot - 1Kg
- Carrot - 1Kg





- Ginger - 100g
 - Garlic - 5 Cloves
 - Lemon - 2 to 3
 - Mint - Handful
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- Juice all this together, and drink whole day, whenever you are feeling hungry keep drinking the juice and drink more water.
 - This Juice should be your primary drink as breakfast, lunch, Dinner.
 - Apart from this juice you can take pomegranate juice, grape juice and 2 tender coconut Water

These are additional juiced which you can start taking post after noon. –

- Tender coconut (no meat)
- grape juice
- pomegranate juice





Finishing the Detox

End of third day you can finish this detox by taking some low dense fruits like watermelon, muskmelon, Kiwi, Papaya, grapes, Berries,

After Detox

After 3 days of detox it is most recommended to start your diet from fourth day onwards to give the maximum result.



All the best on
your Detoxification...

**"Nothing is impossible if you have a strong
desire to reach your goal"**