

A rejuvenating 5-day body detox plan to keep you going

In the present condition, you can no longer survive a single day without encountering pollution. At work, you may not at all be so sure of the cleanliness of the water you drink or of the food you eat. When dealing with people, you can hardly get away from air pollution, be it from smokers, all sorts of sprays or from the exhaust of vehicles. This greatly affects the health in one way or another. Don't be so sure that when your body does not visibly react, it's alright.

For these reasons, detoxification is necessary in order to keep a healthy body which also results to healthy mind and healthy relationship with people.

Our body has its own means of healing and detoxifying. However, when pollutants that enter our body had been accumulated more than the capacity of self cleansing, we are giving our inside mechanisms a hard time. Then the tissues are stressed and therefore lead to malfunction. And because they are weakened, the cleansing process is also affected.

We definitely want a clean body. But we also need to help our system in regulating the body processes. However, you should not wait for your body organs to be stressed out and overworked before doing something. In times when the body lacks the command to keep the systems working, the person must supplement. The 5-day detox plan will do a great help in keeping the body systems at work. The 5-day detox plan will rejuvenate the body as well as the spirit, keeping it clean and toned.

Detoxification diet is a part of the 5-day detox plan. During the period of detoxification, certain foods are avoided. Your meals consist mostly of fresh fruits and green, leafy vegetables. Fats, oil, preservatives and food additives are a big no when undergoing the process of detoxification. Also, meat should be kept off because they are hard to digest. For a day or two, eating meat in any form is dropped off from the diet.

Ideal foods that can be part of your diet are as follow: garlic, broccoli, beets, and beans or nuts. Only fresh fruit extracts can be taken as beverages except for grapefruit. And since water is a universal solvent, six to eight glasses of this should be recommended daily. Water is also a major factor in the detoxification process. It flushes out the toxins in the forms of perspiration, urine, or stool.

Although you seem to eat less when detoxifying, you are assured that you will

not starve, and ironically, you will even boost your stamina. It is because your intake is limited only to foods which are healthy and are good to the digestive system.

Detoxification plan should be done at least quarterly. To ensure that you get an efficient one, it will be best to consult a nutritionist or a professional. You should also seek for a doctor's advice to ensure that what you will do is a detoxification and not addition of toxins to your body.

Through the process of detoxification, the toxins are flushed out in your body and a new set of energy is supplied to the body providing you both physical and mental alertness.

Cleanliness should be maintained not only in the outside, but more so in the inside.