

Body Detox the Easy Way: A Natural Diet

You may wonder sometimes why your body seems to be heavy and you feel lazy to move, yet you are not sick. You are more than willing to be energetic but your body is not just up to it. To address the problem, you resort to eating a lot, gulp up cups of coffee and smoke, thinking that you will be lively after. For a while, you feel good and going. Unknowingly though, you are accumulating toxins in your body. With this scenario happening more and more, you might need to detoxify.

With our ever-dynamic world today, we want our bodies to be constantly active so we can move along with the fast paced lifestyles. Hence, we resort to body stimulants such as coffee, cigarettes, diet pills, drugs and a lot more thinking that they will help the body to stay up all the time, but they do otherwise. These stimulants cause immediate loss of energy and emotional symptoms such as headaches, sickness and depression. They are also considered as toxins in the body.

What are toxins? Toxins are agents that are able to cause body harm. There are two kinds of toxins, the Exogenous or external toxins and Endogenous or internal toxins. The Exogenous toxins come from external sources such as car fumes, tobacco smoke, drugs, factory pollution, etc. On the other hand, the Endogenous toxins come from viral or bacterial infection. Due to metabolism, the body creates its own toxin called Autogenous toxins.

These harmful substances are eliminated in the body in a process called detoxification. Detoxification is the removal of stored toxic products from the bowel, the blood, liver, and kidneys including the great amount of toxic substances stored in body fat to cure chronic diseases such as cancer. The easiest way to detoxify the body is the body detox through a natural diet. To detoxify the body naturally is a change in the diet from a poor to a healthy one. A healthy diet includes raw food diet, specifically, fruits and vegetables.

Naturally, the body detoxifies itself all day. The peak of detoxification occurs when the body is rested during sleep until noon. This is a way for the body to eliminate the toxins acquired from pollution, stimulants and nutrients.

For the ever busy people, you can substitute your stimulants with natural diet to acquire a healthy and active body. Most common stimulants taken by people are refined white sugar, coffee, diet pills, cigarettes and red meat.

Sugar has a stimulating effect. Hence, we feel invigorated when we drink colas. What we do not know, refined white sugar has detrimental effects on the body.

Examples of products containing refined white sugar are cola and ketchup. It is advised to cut down on it by using brown sugars like cane sugar which is natural. Fruit juices also give the same kick as to refined white sugar.

Late night workers resort to drinking coffee to keep them awake. As natural substitute to coffee with a detoxifying effect is Japanese or Chinese green tea. The Japanese or Chinese green tea gives the same kick because it also contains caffeine but it does not contain substances that are irritating to the stomach.

Diet pills are also stimulants for the body to be kept alive. This may be observed among athletes specially, during time for competitions because they give more energy. They are being taken albeit the toxic effect in the body. In lieu of this, athletes must take fruits instead due to their natural detoxifying effects.

For cigarette smokers who think smoking stimulates their mind to think, they must think twice for smoking causes cancer. If they take carrots, they will experience the same effect in a more natural way.

For red meat lovers who really feel good and strong after feasting on said food, they better think about cutting on it. Fish is a better substitute.

Now, we understand why our parents keep on reminding us to eat fruits and vegetables. They give us energy in more natural ways plus they keep us fit and healthy.