Body Detoxing

1. Include plenty of deep colored vegetables, herbs and algae in your dietary arsenal.

Cilantro, parsley, alfalfa, and a [blue-green algae](http://naturalsociety.com/benefits-of-algae-superfood-energy-resource-biofuel/), chlorella, are three extremely powerful chemical and heavy metal chelators. Dark green vegetables and herbs alkalize and purify the blood, making it easier for the body to rid itself of wastes with less discomfort when the loosening of toxic debris can cause a sick or flu-like reaction. You can juice these, include them in salads, and/or mix powdered forms into water or juice for a quick and effective dose.

## Try fasting with lemon water, cayenne pepper and maple syrup

## (The Master Cleanse)

This is a radical, but very effective method of giving your digestive system a much needed break from the constant intake of less than optimal foods and flushing out harmful substances. A period of 3 to 7 days, 3 to 4 times a year is sufficient. (2 tbs of lemon juice, 1-2 tbs maple syrup, a pinch of cayenne pepper mixed in 10-12 ounces of filtered water) Drink as much as desired throughout the day.

Of course [lemon water](http://naturalsociety.com/water-with-lemon-each-morning-fights-fat-boosts-immunity/) anytime has great benefits.

1. Fast with Juice! a grade-A health-boosting method for health

devote 3 to 14 days (or more for the advanced juice faster) to consuming fresh, organic, unpasteurized vegetable and fruit juices. Kale, celery, cucumber, beet, carrot, lettuce, ginger and lemon are all excellent choices for neutralizing acidity in the body, increasing our nutrient levels, and flushing our systems of unwanted materials. Remember to actually juice real foods, and not buy bottled juices from supermarkets.

## Apply A series of enemas, professional colonics, or a colon cleanse

Every substance that goes into our mouths ends up in our colons, where our bodies absorb nutrients, as well as any pollutants that came along for the ride. Though enemas and colon cleanses may seem uncomfortable or strange, cleaning the colon on a regular basis is considered by many experts to be an essential action to take in maintaining an internally clean, healthy environment. Colonics may not be for everyone, so a [high-quality colon cleanser](http://naturalsociety.com/ghc-oxy-powder-colon-cleanser-review/) could be the preferred choice.

## Eat a diet of Predominantly high water content, ripe fruits, green leafy vegetables, and juiced vegetable

Try this: Eat only fruit and/or vegetable juice for breakfast, and as much as desired. Again for lunch have as much fruit and juice as desired, followed by a large colorful salad with any dairy free dressing. For dinner, eat more fruit if possible, followed by another large salad consisting of as many vegetables as desired. Top it off with a baked sweet potato, yam, or red/purple potatoes, and add spices (preferably low salt). Heavier foods like meat, dairy, beans, and even most grains will slow down, or even stop the detoxification process, so be conservative with these foods if you *really* want to experience results.

##   6.Sweat it out!

## Detoxifying your body naturally through sweating is very important. Through moderate amounts of cardio exercise, wastes is removed through pores on the skin. Aim to sweat at least fifteen minutes every day. You can even follow up with a detoxifying brushing of our skin from head to toe with a boar bristle brush to remove dead skin cells that clog the pores.

## 7. Get plenty of sleep!

## Sleeping causes your body to go into a state of cleansing and regeneration. Without proper and sufficient sleep, detoxification organs don’t get the full recharge they need to function at optimal levels. Aim for 7 to 9 hours of sleep per night, in a dark, noiseless environment for optimal results.