

Detox
The Secret to
Staying Healthy
From the
Inside Out!



Disclaimer:

The information in this report is not intended to treat, heal, cure, diagnose or prevent any health condition. It is purely for educational purposes, and further research is recommended. Please consult a health care professional if you are experiencing any health condition or undergoing any treatment.

Disclosure:

The Federal Trade Commission requires that we disclose any relationship that we have between a product manufacturer or service provider when we write about a product (s) or service (s).

In this report we have include affiliate links, from merchant partners. When a customer places an order with any of our merchant partners and advertising companies, we are paid an affiliate commission.

Any product claim, statistic, quote or other representation about a product or service should be verified with the manufacturer, provider or party in question.

You should always carry out your own due diligence before purchasing any product (s) or service (s) from anyone or any site on the internet. This includes product (s) or service (s) sold or referred in our report.

The term “[detox](#)” is short for “detoxification.” It simply means the elimination of toxins from the body. In the context of conventional medicine, detoxification is achieved by dialysis and chelation therapy. Detoxification may also refer to the withdrawal period of a person from an addictive substance like drugs and alcohol. These days though, the term “[detox](#)” is popularly used to describe one of the best ways to [lose stomach fat](#). It is the way to achieve a leaner and sexier body. Many people are getting hooked on the procedure and if you have been toying with the idea of trying it yourself, read on and learn more about it in the next paragraphs.

What is diet [detoxification](#)?

Since there may be drug [detoxification](#) and alcohol detoxification, it is wise to opt for the procedure that concentrates on how to [burn belly fat](#) “diet [detoxification](#)”. This process involves removing accumulated toxins in the body caused by over-eating or consuming processed and non-nutritious foods.

What are the ways of [detoxification](#)?

There are a few different ways of [detoxifying](#) the body. Since the process is simply about getting rid of harmful toxins in the body, it covers a lot of procedures that help attain that goal. For instance, some people detoxify by going on water therapy, juice fasting, [colon cleansing](#), or simply [diet](#) modification. Each way has its pros and cons and each dieter can favor one procedure over the other depending on his or her own priorities and preferences.

- Water therapy – This is when the person consumes only water for a day or two (or longer). Water allows the digestive system to rest and helps flush out harmful toxins from the body.



- Juice fasting – Also called juicing, this procedure works almost the same way as water therapy. With juice fasting, the person drinks only fresh fruit and vegetable juices like carrots, tomato, spinach, celery, and cranberry. Aside from it helping flush out toxins, it also provides the body with loads of nutrients and enzymes.

This process is a little easier performed than water therapy because the juice can make you feel full as if you just had a vegan meal, except you had to drink your food. Some people who have tried this claim they have lost around 30 pounds after a month of juice fasting!



- [Colon cleansing](#) – There are many ways to do colon cleansing. Some people opt to go through colon irrigation. This is when they go to the hospital and have their colon literally flushed with warm water to get rid of toxin build-up in the digestive tract. Some undergo colon cleansing by using herbs and teas. Some choose to take supplements. [Colon cleansing](#) is a popular way to detoxify and [lose stomach fat](#), although there are some who claim to do it solely for the purpose of staying healthy. When you excrete harmful substances from your body and digestive system you reduce the toxic overload, this will definitely get your health on track and help you feel less distended in the tummy area.
- Diet modification – This is the mildest and easiest way to [detoxify](#) your body. This is the process wherein the person [detoxifies](#) by changing his or her [diet](#) plan. If you wish to try this one, all you have to do is switch to an organic (if possible) fresh fruit and fresh vegetable [diet](#) and include good fats omegas. You must also eliminate the processed foods and everything high in sugar e.g. refined sugars, all forms of simple sugars, whole grains; wheat, corn etc. and bad fats.



How often should one [detoxify](#)?

If your goal is to [lose tummy fat](#), detoxification should be done whenever you feel it is necessary. For instance, you have just gone on vacation and splurged on a lot of foods and your tummy has dramatically bloated, you may choose to [detoxify](#). You may also do it as a yearly routine to cleanse your digestive tract and help it to function at its optimum. There is no specific rule on when to detoxify. It all depends on you and when you feel the need for it.