

Guide on Detox: The Ways Our Body Has Its Natural Detox Functions

Natural DetoxThe primary aim of performing a natural detox is to allow the liver, the major organ responsible for detoxification, to rest and recuperate. You can do this by restricting your diet and taking herbal supplements which will help to eliminate toxins already in the body and reduce the number of new toxins being ingested.
The Natural Detox DietThe majority of natural detox diets are composed of raw foods and in particular vegetables, nuts and fish. The organic nutrients and high levels of food enzymes present in many raw vegetables and whole grains help to naturally detoxify the body. These food types also provide a good source of fibre which speeds up the elimination of toxins in your waste products. Nuts are a great source of vitamins B and E, magnesium, potassium and the invaluable antioxidant selenium while fish provides essential omega 3 oils and a good supply of protein. In all the natural detox diet supplies the body with all the vitamins, minerals and phytonutrients that it needs and when water is drunk in large quantities as well, the cells become fully hydrated and the toxins get washed away. A natural detox diet only needs to last for two to three days for you to feel the benefits which include more energy, better cognitive functioning and an all round feeling of health and well being.
Herbal SupplementsCombining natural herbs and plant extracts with a good detox diet can literally double the beneficial effect. A number of herbs and plants act as antioxidants, diuretics and laxatives in the human body, for example:

About the Author

The Environment and Natural Resources Division, which is organized into ten sections, has primary responsibility for litigation on behalf.

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