

Internal Body Detox and Weight Loss

Contributed by Robie Bigeleaux

Internal body cleansing has been gaining more and more attention for those who follow the latest in diets and weight loss regimens. The goal an internal cleanse/weight loss is to flush toxins from the fat cells of the body. Of course, any diet that emphasizes flushing the system will include lots of fiber and water. The diet can range from very strict to somewhat loose in the foods that can be included. Here are other important factors to consider.

First of all you will need the foundation to your body cleansing. This will be a good program with 3 to 5 products with the right combination of herbs that safely and effectively stimulate cleansing of your system. The Detoxologie "Triple Cleanse" or their "5 Step Program" are the best that I have found. Your system will be cleansed with natural products, with absolutely no stimulants. The products will handle each step of your internal cleansing that is so necessary for the best results of your detox. You will find these programs don't require you to change your diet, but you may choose to "clean up" your eating habits to increase the benefits. Let's take a few minutes and check out some good tips for combining your cleanse with good diet and healthy lifestyle changes.

Your Diet: Add Lots of Water and Cut Out Additives

Water. One recommendation both dieticians and holistic practitioners give is to drink plenty of water. There are a variety of diets that detox the body, and the first and foremost step is proper water intake. At least eight glasses of water every day will help flush out those toxins. A water regimen will also be good for you on a long term basis. A reason weight loss and detox dieting go together is that in drinking a lot of water, the stomach feels full and appetites decrease. A great habit to keep up with on a long term basis is adding fresh lemon to the water. The lemon will improve taste and help stimulate cleansing in the liver and colon.

Your next step will be to clear out foods that are full of additives or contain possible harmful ingredients. First cut out concentrated sugars, artificial sweeteners, caffeine and refined foods. Remember simple unrefined foods build up your system. Many people find that food allergies are not just developed in childhood -- some develop later in life. This can cause water retention, fatigue and a general feeling of malaise. For this reason it is good to try a week without foods that most often cause allergies. This includes dairy products, wheat, gluten, and peanuts. Some days if you are in a hurry, try grabbing an apple instead of packaged or fast foods. You will find this holds you over until you can fix a healthy meal at home that will add to your health, not detract from it.

Which foods should you keep in your detox diet and which should be eliminated? The base of your diet will be healthy proteins, and almost unlimited fruit and vegetables. Your proteins will include lean red meat, poultry, rice with beans, and fish. The fresh fruits and vegetables should always be included in any daily food regimen. Eliminate caffeine from your diet. If caffeine has played a large role in your diet, you may experience side effects, including headaches. If this is the case, try gradually tapering off your caffeine intake. Some find substituting tea for coffee at the start of the diet can help.

A detox diet can help you begin a long term regimen of healthy eating. If the sudden change in diet results in diarrhea, see a doctor or stop the diet. Most find the detox diet -- particularly when healthy eating is included in the regime -- increases weight loss and helps enhance healthy living in their lives.

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