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Why Everyone Should Detox Their Body for Optimal Health

“Finally, A Natural And Nutritious Way To Cleanse Your Body Of Toxins, Skyrocket Your Energy Levels, And Evaporate Stubborn Fat, Without Dangerous Pills Or “Pooping” Potions...In Just 14 Days!” [Click Here To Learn More!](#)

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The report may contain contextual as well as typographical mistakes.

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Introduction

The world that you live in today is a far cry from the one that you lived in even ten years ago. There are more people than ever before. You only have to go over the latest census to see how much the population has expanded.

Along with that expansion has come the need to get products - including food from the grower to the market faster than ever before in order to keep up with the high demand.

But that fast tracking of supplies comes with a cost. Unfortunately, you and your family are paying more than simply your money for these goods. You're paying with your health - and you may not even be aware of it.

Manufacturers want products to last longer, they want them to hold up and not break down. So many of the chemicals in products are in there for that reason - to keep a product viable, but not necessarily keep the consumer healthy.

Even foods that are supposed to be good for you - such as apples - are coated with toxins used in pesticides. That's why you need to read about the [Total Wellness Cleanse](#) where you'll learn what you need to know about cleansing your body from these toxins.

The Link Between Your Health and Toxins

You eat right. You're a careful consumer. So how do these toxins make their way into your body? When you read the back of the shampoo bottle, it's easy to see there's a long list of ingredients that are difficult to pronounce.

That's because the majority of those ingredients are toxic. You put it on your scalp and it gets absorbed into your body. Your children bathe with that shampoo.

When you clean the bathtub after a shower or bath, you're using chemicals in those cleaners that contribute to the number of cancer cases that continues to climb.

These cleansers are dangerous to your health - so many people switch to green cleaners, thinking that they're avoiding the damage to their health by not having these chemicals in their house.

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But what they don't realize is that even so called green cleaners can contain dangerous chemicals. Some of these cleaners contain 2-Butoxyethanol. This chemical can enter the body through contact with the skin or by breathing it in.

Inside the body, it can damage your organs and especially your liver as it works to try to remove this toxin from your body. What's even more frightening is that the government agencies that regulate chemical usage in clearly defined dangerous household cleaners don't regulate so called green cleaning materials.

You might not know that the labels on the bottles of these green cleaners don't have to tell the whole truth to consumers. Because they don't have to. So many of the even more harmful ingredients are kept from those who buy the products.

You deserve to know the truth about what you're using in your home and the truth is that even looking out for your family, regardless of how aware you are or how hard you try, you can still introduce toxins.

The cosmetics that you wear on your face? Full of toxins. The shaving cream, the soaps, the deodorants ... all of them contain chemicals that can cause you to become sick.

Even if you don't put something on your body, but you have it in your home or place of work, it can hurt your body. If you decide to clean your carpet, you're having chemical contact.

Replacing worn out carpet with new carpet will also bring chemicals into your life. New carpet contains chemicals that are released through fumes. You inhale these fumes and the next thing you know, you have watering eyes, a headache and rashes - and your respiratory system is bothering you.

You don't have to stay in your home to get exposure to toxins. You simply can't get away from them. But that doesn't mean that you should simply accept that there's nothing that you can do to look out for your health when it comes to toxins - because that's not true.

Toxins exist in the foods that you eat. If you eat anything that's processed, that food contains some level of chemicals - because these chemicals are used to preserve the food so that it won't spoil between the time it leaves the manufacturer and the time it arrives on the grocery store shelf.

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But what if you don't eat processed foods? Then you're in the clear, right? After all, organic and natural foods are good for the body! Some natural foods can still carry the residue of toxins from pesticides and as the years pass, even eating healthy can add toxins to your body.

The Results of Toxins on Your Health

Exposure to toxins is defined as short term or chronic. Both can cause damage. You may notice some damage right away and your body would manifest this through coughing.

For example, if you spray a cleaner in your bathroom and begin coughing, that's caused by the chemical inhalation. Chronic exposure happens over time and the damage these toxins cause build up in your body over time.

There is no doubt that toxins damage your health. That's why certain government agencies have banned some chemicals and do regulate others that don't slip through the cracks.

The agencies know that these toxins are one of the leading causes of neurological damage, kidney disease, liver malfunction and a host of other medical problems.

But you might be experiencing health issues and not even realize that it's due to all of the toxins in your body. Exposure to toxins can make you feel bad. You might feel kind of achy.

You might notice that you have problems with how you're able to eat and your stomach hurts when you eat. You might feel run down and crave sleep. Yet when you wake up after sleeping eight or more hours, you don't feel any better at all.

The truth is that you won't feel better if these toxins are raging within your body. To get back to feeling like yourself again, you have to get rid of these toxins by cleansing your body. But first, you need to know what *not* to do.

Products that Don't Work

By looking into body cleanses, you'll see that many of them are called "Detoxing" products - and this is pretty much a standard label. But what's not standard is the method that's used during the process.

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Different products will have you doing different steps, promise you a different outcome and after awhile, it can get kind of confusing trying to figure out what the truth really is.

What usually happens is that you can end up using something that doesn't really do what it's supposed to do for your body. You'll find that many supplements claim to be exactly what your body needs to go through a detoxification period.

The information that you *don't* get is that many of these supplements are not all natural. So you end up putting ingredients into your body that's not only *not* helpful - but can be harmful as well.

Taking these supplements, you'll end up feeling nauseated. You may notice that you've started bloating and after you finish taking the supplement for the suggested length of time, you don't feel any better than you did when you first started taking them.

There's a good reason that you don't feel any better - and in fact may feel worse. Packed inside these supposed helpful supplements is a nice dose of laxatives. That's why you end up with stomach cramps.

You didn't do anything for your body that taking a dosage of an over the counter laxative couldn't do with the exact same results. You also want to avoid any products that claim to work because their ingredients kill the toxins.

These products will often claim to have special herbs or spices that will help your body release the toxins, but it's not true. Wacky fads that are advertised as all the rage never work as a cleanser against toxins.

What these companies do is hire well known people to talk about their product and before you know it, the world is paying attention and they've jumped on the very same bandwagon.

But you want to be very careful with these fad cleansers. Because not only do they *not* work but you can end up making yourself sick from using them. It's always best to stick with a cleanser that focuses on getting rid of toxins the natural way.

Another product that doesn't work to detoxify the body is a colon cleanser. These products are sold as items that can remove the toxins throughout your entire body.

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But the truth is that these don't work that way. Toxins are in your bloodstream. They get into the bloodstream when they're absorbed into your body through contact with your skin.

They then get into your organs since your blood travels to all of your organs. By using a colon cleanse, you're only focusing on one part of the body rather than the body as a whole.

That's why it's in your best interest to look for a method like the [Total Wellness Cleanse](#) - because it treats the entire body and it relies on a natural solution – and no gimmicks.

How to Choose A Detox Method

What you want to find to detoxify your body is a program that's focused on nutritional value. Look for a method that doesn't have you eating all kinds of strange and often expensive foods.

A good method will have participants choosing foods that help give benefits to the body such as foods with antioxidants and other properties. Length of time is important when you're picking out which method you're going to use.

You want to make sure that the one you do end up going with is not a long term plan. Using a method that lasts for several weeks is going to end up hurting your body rather than helping you.

Your body was not meant to exist on a cleanse for long periods of time. If the method is a good one that uses healthy steps, it's not going to take that long to accomplish the goal anyway.

The time that it takes to get those toxins out of your body shouldn't last longer than about two weeks. While your body is going through this short time of detox, you should be able to eat foods that are good for you.

The benefits from choosing a healthy detox method to get rid of toxins are numerous. You'll notice a difference within a few hours to a day that you aren't dealing with the same run down feeling.

You may also notice that any lingering stomach issues and headaches go away. And when you head to bed at night to get some sleep, you'll be able to wake up

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the next morning and feel a refreshing, restfulness that you may not have experienced in years.

While you're probably looking at a detox method that will help get those toxins out, there are some other surprising health benefits that you'll reap as well. Using a cleansing method also helps the body get rid of fat. So you'll feel better on the inside and look great on the outside.

When the Detox Period Is Complete

When you first start the detox plan, you need some guidance like that offered by the [Total Wellness Cleanse](#) people - especially if you've never done one before. During the process, you'll need to know what foods you should eat that will work with your body's cleansing system.

These are normal foods. But these aren't recipes that you'll find in a family cookbook. These choices are picked to introduce your body to the detoxification process.

You'll stay on this for a certain length of time. Usually a couple of weeks before it's completed. But after a couple of weeks, it's time to be done with the cleanse. You have to know what and how to eat so that you keep those toxins at bay.

You don't want to do all that work and then end up putting those same chemicals right back in. But don't worry, the foods that you enjoyed before you started the cleanse are still on the menu.

What Items Should a Good Detox Program Include

Your program should include an emphasis on what's natural. You shouldn't be told that you have to buy any outside supplements or supplements that they happen to sell.

The program should have a focus on doing the work it takes to cleanse and not have an emphasis in "thinking yourself free" of toxins. Because when it comes to cleansing, you can't *think* yourself better.

There should be a clear explanation of how the body works to fight toxins and how the cleanse is going to work with your body to accomplish this task.

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Whatever you decide to go with should have up front nutritional information that lets you get going right away.

These are usually written out as tips to get started or as habits that you may need to break. The program should be able to easily explain the effects of toxins on your body's organs but at the same time be able to explain how using their detoxification system is going to help those organs become healthy.

You should get a guide or chart that teaches you about the steps you need to take to detoxify. Now what some programs do is tell you that you need to eat certain foods and they leave it at that.

While that's somewhat helpful, what you're looking for is a program that doesn't stop there. You want one that will also include helpful recipes. Some of these programs even go as far as to plan out a meal so that all you have to do is simply go buy the ingredient list and put the meal together.

The time to focus on your health is now. Toxins are coursing through your veins right this second, and the sooner you eliminate them from your body, the sooner you'll start feeling fantastic!

Other Related Health Resources

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[*A Nutritional Guide to Fat Loss*](#)

[*5 Ways to Finally Get Fit*](#)

[*Shed Fat and Find Your Six Pack Abs*](#)

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