



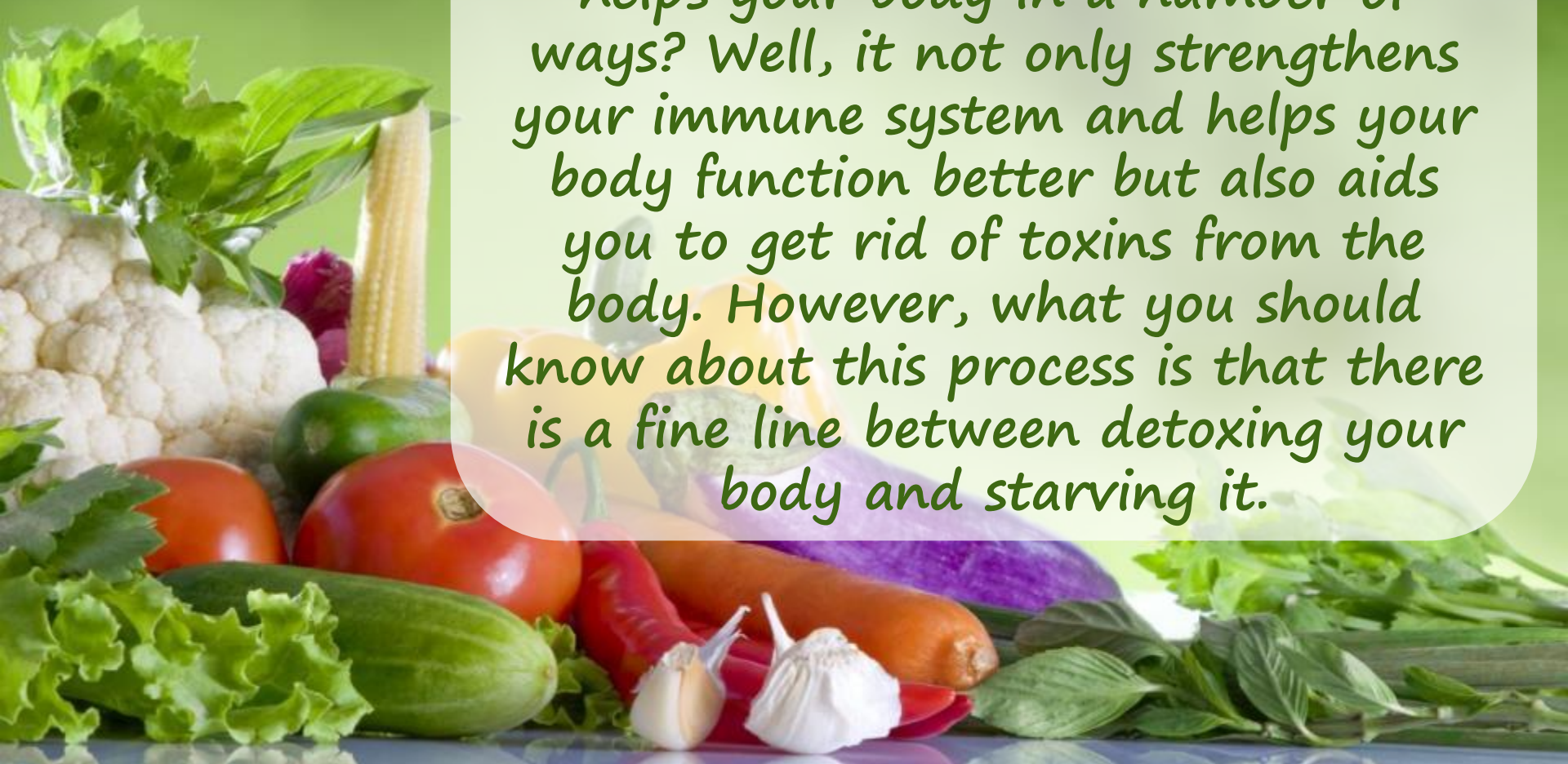
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Detox diet to cleanses your Body



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Do you know that detoxification helps your body in a number of ways? Well, it not only strengthens your immune system and helps your body function better but also aids you to get rid of toxins from the body. However, what you should know about this process is that there is a fine line between detoxing your body and starving it.



What is the Detox diet?
It is a particular type of diet which allows your body to detox on its own. It is lighter on your digestive system and is easier for your body to cope since it gets time and energy to perform its regular healing and detox processes. Apart from that, an detox diet has a cleansing effect on your entire body.



Is it different for different people? On what basis is the diet decided?

Yes, it is different for each person. There are two types of detox diet. One is a general detox diet which is common for everyone. The second type, is a detox diet which is customized according to your body and its need. This type of diet is decided based on the amount of toxins in your body/system.

The factors usually looked upon are

- How much toxins a person has and which organ/system it has affected
- Type of constitution the person has - vata, kapha or pitta type
- Lastly, personality of the person



Why does one need to detox?

We live in an environment where we are exposed to different types of toxins, frequent change in the weather and different types of food. The pollutants, radiations and stress we experience on a daily basis causes accumulation of toxins in the body.

In fact, the detox process occurs in our body on a daily basis. However, this may not happen effectively and sometimes (due to health complications) you may not be able to flush toxins from the body. This is the reason, detoxification of your body is necessary.





In today's hectic lifestyle, our bodies are exposed to a lot of toxins through air pollution, food and water. Use of preservatives in packaged food, presence of pesticides in vegetables all lead to toxins depositing in our body. Some of the harmful effects of this toxicity are indigestion, headache, tiredness, skin problems, poor concentration, etc. It is important to go on a detox diet in order to flush the toxins out of our system.

Detox diet is one which consists of food and herbs that eliminate toxins from the body. It emphasises on foods which are high in vitamins, minerals, antioxidants to prevent damage to the body and foods rich in fibre and water to clear the system by increasing the frequency of urination and stools.



When do you need a detox?

The clear signs that you have accumulation of toxins and thus, need a detox are, when you experience –

- ✓ Digestive problems
- ✓ Sleep disturbances
- ✓ Skin problems
- ✓ Bloating
- ✓ Back pain
- ✓ Joint pain
- ✓ Hair loss
- ✓ Irritability
- ✓ Eye problems

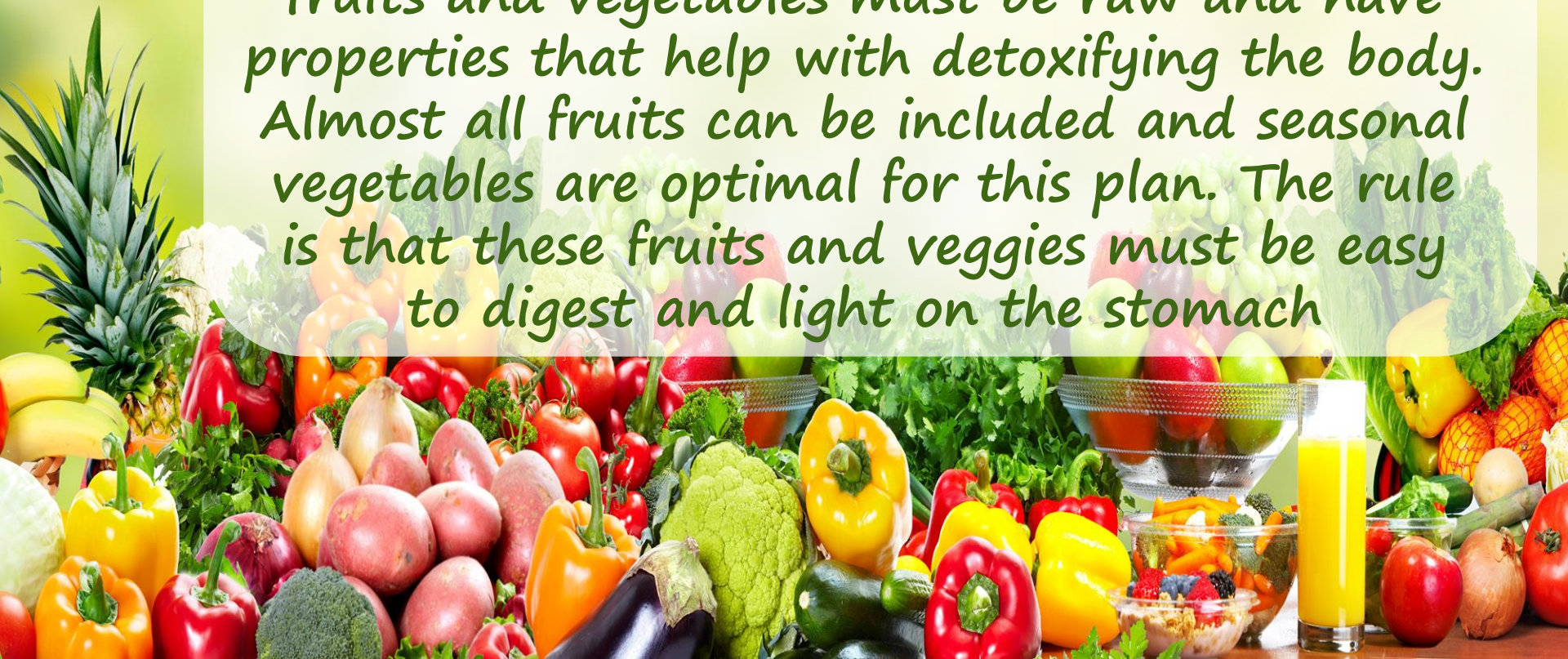


How often should it be done?

It usually depends on the toxic load in your body. Some people might need to detox once in a year, while other might required more frequent detox cycles. But according to experts, it is good to plan a detox once in three months.

Here is a sample diet:

For the first three days, have fruits, fruit juices, vegetables and vegetable juices. All the fruits and vegetables must be raw and have properties that help with detoxifying the body. Almost all fruits can be included and seasonal vegetables are optimal for this plan. The rule is that these fruits and veggies must be easy to digest and light on the stomach





- The best vegetables to detox your body*
- ✓ Dark leafy greens like spinach and kale are packed with the goodness of vitamins A and C, but they also contain chlorophyll that help cleanse the body.
 - ✓ The humble cabbage promotes healthy liver function, helping the body eliminate waste from the body.
 - ✓ The fibre in beets creates an antioxidant enzyme that helps cleanse the body.
 - ✓ To get the most out of these vegetables, you need to eat them raw, roast, grate, add them in soups, toss them in your smoothie or combine them in your salad.



Below is a chart of foods that you should and shouldn't have while on a detox diet.



Foods to be included

- ✓ Fruits and nuts
- ✓ Fruit juices
- ✓ Raw veggies
- ✓ Veggie juices
- ✓ Lemon juice
- ✓ Coconut water
- ✓ Thin dals
- ✓ Buttermilk
- ✓ Green tea

Foods to be excluded

- ✓ Grains
- ✓ Milk and milk products
- ✓ Meat, fish
- ✓ Chicken
- ✓ Eggs
- ✓ Restaurant food
- ✓ Fried foods
- ✓ Sweet foods and desserts
- ✓ Processed and packaged foods
- ✓ Tea, coffee and aerated drinks

Here are a few benefits of detoxification:

- ✓ It helps improve digestion
- ✓ A detox diet will result in your body having more energy
- ✓ Your concentration will improve
- ✓ It cleanses your system which means you will have clear skin
- ✓ Since your digestion is in place, you can sleep soundly
- ✓ You will feel light and refreshed after a detox diet





Are there any after course precautions one should take? Yes, there are few things you need to focus on. It is always a good idea to slowly go back to your old diet after ten days. It makes sense to follow and stick to a healthy diet pattern throughout. But if you cannot, then wait for another session of detox to flush toxins from the body. The rule of thumb while choosing healthy foods is to pick those foods that the body can absorb and digest. When you plan your meals, have foods which are local, seasonal, natural, freshly-cooked and organic. India is a country where we have fresh produce throughout the year; we do not have to rely on imported or tinned/canned foods. Also, our bodies are not made to absorb nutrients from such foods as it leads to an accumulation of undigested toxins. Flash freezing, canning, curing, etc — all process that are used to preserve foods — change the very composition of the food and its internal nutrients.

8 foods that help you detox naturally!



If you are not in favour of a detox-diet or going on a liquid-only diet to free your body of toxic built-up, there is an easy way for you. Consciously chosen foods could help you detoxify naturally. If you are wondering which foods can help you do so, here goes the list.

1. **Eggs:** Do you have boiled, poached or scrambled eggs for breakfast? If yes, then you are already on the right track. Eggs are a source of first class protein packed with amino acids. When consumed, they help neutralise the toxins in the body and promote production of antioxidants to reduce oxidative stress.



2. Oats: Apart from being a rich source of antioxidant, oats are also rich in Beta glucan, a soluble fibre that helps in elimination of bile from the liver, improves immune functions and metabolism thus, detoxifying naturally.

3. Onions & garlic: They are a rich source of insulin, a probiotic which helps production of beneficial bacteria in the gut. These bacteria are responsible for overall immune function of the body by keeping your gut healthy and eliminating toxins effectively.

4. Cruciferous vegetable: Apart from having anti-cancer agents in them, they are also rich in fibre content, hence, having more of broccoli, cabbage, cauliflower help aid digestion and in consistent removal of waste and toxins from your body. If you are worried about bloating, try boiling the vegetables first before making a curry.



5. Foods rich in vitamin-B: Did you know that foods rich in Vitamin B aid in digestion, promote cell growth and improve metabolism? Good metabolism plays a key role in eliminating toxins from the body. Consume foods that include all kinds of Vitamin Bs. Eat bananas for Vitamin B6, poultry and fish for B12 and leafy greens for extra dose of Vitamin B.

6. Lentils and beans: Lentils and beans are not just good sources of protein but are also packed with micro-nutrients like zinc and manganese that boost metabolism of liver and in turn help get rid of toxins by keeping your gut healthy.



7. Citrus fruits: Gorge on fruits like oranges, sweet lime, lemons often. These fruits are packed with antioxidants which help your body to detoxify naturally by promoting production of certain enzymes that help the body to get rid of toxic built-up.

8. Yogurt: Your gut would thank you if you increase your intake of yogurt, which is rich in probiotics. This would boost production of good bacteria, which acts as the first line of defence to the toxins present in GI tract and aids digestion and metabolism to ensure natural detoxification.

Points to remember



- ✓ You can opt for a 3-day detox diet every month. On the first day, you might feel hunger pangs and tiredness but you will overcome this on the second and third day.
- ✓ Pregnant and lactating women should avoid going on a detox programme.
- ✓ Go for 30 minutes walk every day.
- ✓ Do not stop or reduce medication dosage during this diet.
- ✓ If detox diet does not suit you, stop it immediately.
- ✓ After the diet, get back to normal food slowly. Do not over eat. Introduce grains, milk and foods slowly and one at a time.
- ✓ Along with the diet, you can take enema for clearing the digestive system



Thank You

