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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Detox Your Body And Build Your Immune System With Diet, Herbs And Supplements

By Willie Wagner

Detoxing is a natural process your body goes through that gets rid of debris known as toxins. Under normal conditions our bodies are designed to eliminate these toxins through the liver, kidneys, lymphatic system, skin etc.

There are many reasons why detoxing is so important in this day and age. There is the problem of our chemical environment due to pollutants in our air and water supply plus the majority of our food is grown with pesticides in an effort to reduce insect and bacterial infestation in order to produce a higher yield. One only needs to go down any grocery aisle and read labels to realize just how many dyes and preservatives we eat on a daily basis. If you take a step back in time (even only 30 to 40 years) you would realize how different we ate back then. If you didn't grow your own organic food you would probably have gone to your butcher on a daily basis and purchased fresh hormone free meat and then would have gone to the market to purchase fresh organic produce. The word organic was probably not something you would have associated with food back then.

The very air we breath constantly is somewhat polluted. We drink high fructose drinks, lots of canned goods and an incredible amount of sodium. I'm not saying never to eat this way because we all like to indulge now and again but if you eat a normal American diet high in salt, sugar and preservatives and canned goods, then you may be doing a disservice to your self because you may feel full but be severely lacking in nutrients.

There are various things you can do to undo toxicity. Liver and kidney cleanses are great but if you are not inclined to do these then there are other solutions such as taking a hot bath for a half hour or sweat out toxins in a sauna. If you do, then make sure you have eaten well and drink as many as 8 glasses of water so your blood sugar does not drop and that you stay well hydrated. Not only do you lose toxins this way but you also lose water, salt and potassium that can make you feel light headed.

There are some great herbal teas that you can drink on a regular basis that also gently cleanse the body, hydrates you, has antioxidant properties and help flush out toxins. It is a warm and refreshing way to relax and do the body good.

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Juicing fruits and vegetables is a fantastic way of getting more nutrients in the body because you are maintaining the integrity of the nutrients. If you are putting vegetables in a pot to boil, then you will have nutrient loss. This is called bleaching and all the goodness goes into the water. If you over cook food and then throw out the water, then your nutrients just went down the drain and you are ingesting the remaining bleached husk. Raw or juiced is the way to go!

Because we have nutrient deficient soil it is advisable to take supplements that bolster your immune system such as Q-10, Vitamins A, D, E, C and B vitamins. Trace minerals and electrolytes are necessary to keep our systems in shape. Avoid sport drinks that are high in sugar but instead get good quality electrolytes from a health food store. If nothing else, then at least get a good multi vitamin to take every day.

Some herbs that are great for detoxifying and building the immune system are garlic, ginger, alfalfa and chlorella. Garlic especially is a useful herb not only for detoxing but it helps to lower blood

pressure, aids in circulation, protects against inflammation and assists in almost all major organs like the heart, lungs, kidneys etc. It is one of nature's perfect foods. Chlorella is an edible green algae that also has just about everything you need such as protein, vitamins E, C and all the B vitamins, especially B12, beta carotene and trace minerals. It is an excellent blood cleanser and whole food. It doesn't get much better than that! Most health food stores will carry all of these herbs.

It's nearly impossible to be completely free of all pollutants in our environment but anything you can do to relieve your body of toxic build up and undernourishment should be beneficial to your health. I hope this helps!

"Nothing in this article makes any claim to offer cures or treatment of any disease or illness. If you are sick please consult with your doctor."

Willie is a freelance writer and researcher and is dedicated in bringing information on health related issues and other topics.

<http://www.cleanbodydetox.com>

Detox Your Body Today!

By Darry J.Oswald

Since the ancient times, people has already realized the many benefits of detoxification. The Chinese has long started with steam bathing in their many hot water pools, and the Japanese too are a firm believer of detoxification by steaming in their hot mineral pools.

For the modern times, and for the busy individual, a herbal remedy main purpose is to quickly detoxify the body and aid in the elimination of waste. For good home remedies, vinegar and herbal pads are often used for the bottom of the feet, to detoxify the body of harmful chemicals.

Simple Body Detox Program

Use a herbal detox supplement in combination with the herbal colon cleanse for a periodic body detox. Natural herbal colon cleanse body detox and laxative products. Use the herbal detox supplement in combination with the herbal colon cleanse for a periodic body detox. Pre-Cleanse tablets combine herbal detoxifiers, cleansers, and diuretics to act as a booster to help keep toxins out of your body. So, there you have it, four of the best parts of the body to herbally detox. Repeat this detox program as many times as you wish and you will see the benefits of detoxifying your body of excess toxins and wastes.

There are many detox programs in the market now, but one of the most popular ones are Grandma's Herbs herbal colon cleanser and Blessed Herbs and body detox products. These detoxifying products are designed to obtain and maintain a cleaner, healthier body. This unique blend of special herbal extracts and nutrients helps detox the body through the digestive tract, the glandular and circulatory systems. Our herbal health supplements will assist in many of the different areas to correct, when wanting to lose weight, slimming or detoxifying the body. What is Herbal Detox Tea? It is actually a very powerful herbal tea used for detoxing the body. Herbal detox tea can be drunk as many times as desired for cleansing the body.

Care for your body...Use a natural colon cleanse and other herbal body detox products to remove toxins from your body today!

The organs primarily involved in natural detoxification are the liver, kidneys, bowels, skin and lungs. Find out about Detox Tea at

<http://www.eabout.info/detoxtea>



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