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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!**

**Diet And Detox**

**By Namita Nayyar**

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Today we live at a pace that would have seemed unbelievable and indeed impossible to our grandparents.

With the increasing demand of jobs, long travel, odd working hours, bringing up children and hectic social lives. We tend to become tired and rundown.

Besides our bodies are under constant assault from pollutions, stress, bad posture, sedentary jobs and own bad eating habits.

Over a period of time, these effects build up and emerge in many different forms—everything from passing infections, skin eruptions, headaches & digestive problems to serious conditions, such as ulcers, cancers and heart disease.

The more we overload over body, the more it sinks under the strain. When we begin, detoxification—we give our bodies the chance to repair and cleanse and restore a more balance state to the entire system.

Detoxification shows up in number of ways. Besides achieving a healthy weight, you can expect to have a clearer skin, healthy looking hair, strong nails and more energy. Detox also has a very calming effect on the mind, particularly if it is combined with meditation. Above all this, it puts you on the right course of long term health.

**HOW IT WORKS?**

Our bodies are completely complex organisms in a state of constant growth and renewal on cellular level. When we pour toxins into our bodies, it treats these as a matter of urgency and works on processing them to render them harmless. This leaves the body with less energy for everyday processes of cleaning, healing and renewal. With increasing demands over a period of time, the body is unable to keep up the pace and the strain begins to show on the overworked liver and kidneys,

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leading to slowing down of body's performance.

When we detox, two things happen. First, we stop overloading the body with harmful substances and secondly, we give it plenty of the right nutrients to actually speed up the elimination of old toxins and promote cell renewal.

As you rejuvenate the cells, become healthier and you look and feel younger!

### SUPER SCAVENGERS

The World Health Organisation (WHO) had clearly stated that Vitamin A, C & E are vital for health. These vitamins, together with mineral selenium are known as antioxidants.

They can protect us not only against minor infections but also serious degenerative diseases such as cancer and heart diseases, as well as conditions that come with premature ageing. They work by acting as scavengers for free radicals.

We clearly need as many anti-oxidants as we can get! One of the best places to find them is in fresh fruit and vegetables and that is why these foods are vital for detoxification. Many nutrients are destroyed by cooking and that is why raw food is much more effective as a source of health and forms the core of a healthy diet plan.

Raw food and fresh juices have remarkable cleansing and regenerating effect on the entire system, as they retain all their nutrients, which might get destroyed while processing and cooking.

Juices, both fruit and vegetable are essential part of the whole process. Besides they are easily assimilated by the body and contain all the nutrients present in raw fruits and vegetables.

You can also choose from a wide range of delicious soups and salads. Try to incorporate these eating habits into your daily diet. You can eat as much as you want of the salad and soup meals. Remember to snack on as much fruit as you want during the day, as well as having at least two fresh juices daily, herb teas and of course, lots of water.

The detox diet helps to cleanse your system! The plan begins with a juice fast, which eliminates toxins at a very low level, and then continues with a highly nutritious food that promotes cellular renewal.

The diet might last for 2–4 weeks. By the fourth week you will be on your way to establish a healthy diet for future. Below is an example of what a detox diet, might look like to begin with:–

The first two days:–

Breakfast: Natural yogurt with seeds. Apple and carrot juice.

Mid Morning: Apple

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Lunch: As much salad as you like made from any of the following raw ingredients—cucumber, peppers, radishes, sprung onion, any kind of salad leaves.

Mid afternoon: Apple

Supper: As much as fruit salad you like made from fresh fruits with orange or apple juice as sweetener.

You might drink plenty of water and herb tea throughout the day.

NOTE: Do not begin on a detox diet without the prior permission of your doctors if you are suffering from any health symptoms or condition.

Article by Dr. U. Mahlothra (Nutritionist) and updated on 20th December, 2001

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### **Diet Information: Detox Diets**

**By Jason Hulott**

#### **Diet Information: Detox Diets by Jason Hulott**

Detoxing diets are not so much about weight loss, but about cleansing the body by removing poisons and toxins. This type of dietary programme has gained popularity in the Western world as people become more aware about overloading their body with foods and drinks that are toxic.

Celebrities such as Carol Vorderman and Kim Wilde advocate a regular `detox' to keep them healthy and trim.

A detox programme can be beneficial to your overall health by also retraining your taste buds and appetite - but, as with all dietary programmes, always consult your Doctor before embarking on one.

Most people who do go on a detox diet find that they do lose weight and maintain a healthier eating plan even after the detox has finished.

There are many different types of detoxing programmes available which you can find out about online or in books and other resources.

There are liquid detox diets (normally found in chemists) but these should only be followed for the recommended time on the instructions as such simplified) diets may have dangerously low amount of calories and poor nutritional content. This is not a good practice to employ long term when dieting as not only will your health be damaged, but once you start eating `normally' again, the weight will pile back on even faster.

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Because detoxing can be a shock to the body, it is recommended by nutritionists that you start it the programme at a time when you don't have a lot of other things on - especially not anything strenuous or physical.

Many people report a variety of symptoms when they first start a detoxing dietary programme, for example, lack of energy, an outbreak of spots, headaches etc. But this is just part of the body's cleansing process and, so detox fans report, at the end of the dietary programme, you should feel lighter, your skin should be clear and you'll have renewed energy levels.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.



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