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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!**

**Herbs That Detoxify!**

**By Amy A.May**

Once the kidneys are detoxified, a healthy flow of nutrients are free to make their way to the scalp where they promote healthy hair growth.

Here are list of the top 10 most effective herbs for detoxification.

1. Camomile – a great relaxant and good for the stomach, which helps if you're tense. It reduces inflammation and it's a tissue healer – inhale the azulenes given off in the steam to soothe the inflamed mucous membranes of the nose, throat and chest.
2. Skullcap – skutellaria – improves functioning of nervous system; calming effect– it's good if you're frazzled .
3. Yarrow – tones the blood vessels and helps you purge toxins by sweating them out.
4. Peppermint – calming, good for the stomach, clears the head, relaxing – and it tastes nice!
5. Elderflower – decongestant, soothing to the mucous membranes; helps to clear out the mucous and catarrh that settles in the lungs of most smokers.
6. Ground Ivy – also decongestant and helps clear out mucous and catarrh.
7. Liquorice – this is an adrenal tonic, so it will perk you up and stop you missing the `hit' of the nicotine quite so much. It's also demulcent – soothing on the throat – so if you have a smokers cough, this will help. You can get liquorice root as sticks, that you can chew if you want to have something in your fingers and your mouth – good if you're used to cigarettes as a `prop' – and you can use chunks of liquorice root in the tea.
8. Sarsaparilla root increases the flow of urine and breaks up gas. Classified generally as a blood purifier, it is commonly used for various eruptive skin disorders.

## Herbs That Detoxify!

9. Milk Thistle seeds are used for liver, gall bladder and spleen support. It is commonly used as a liver protector when consumed before meals and alcohol consumption.

10. Red Clover is a blood purifier that is mild and mineral-rich. It is good for the general prevention of health problems and may be consumed freely without any known side effects.

Your outer appearance is a pure reflection of how you take care of your inner body. A healthy body, mind, and spirit can be effected by many outside forces. Impurities can be hidden in our air, food, and water, and a build up of toxins can lead to poor digestion, fatigue, lowered immunity, and skin problems.

We urge you to start detoxifying easily by first starting off with some detox teas. There are so many brands which works effectively in detoxifying your body! Start living healthy today!

Detox Tea

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

is a detoxifying product that holds the toxins in your body

allowing you to pass a urine drug test. Find out at

<http://DetoxTea.eabout.info>

### **Want To Live Longer? Detox Today!**

**By Jeff Jefferson**

Never before has the need to detoxify our body system become more important than today. With the advancement of technology there are now more things that negatively affect our health and our environment.

The air we breathe, the water we drink, even the food we eat is polluted in one way or the other. This is because the air we breathe has carbon byproducts and the water we drink has heavy metals and the food we eat is not as natural as it should be. Most of it is chemically enhanced or genetically modified one way or the other.

All these things make the statement that "We live in a very toxic age" very true!

In order to live longer and healthier there is a growing need to detoxify our bodies. If you don't detox regularly, these poisonous substances from the air you breath, the water you drink and the food you eat will lead to ill-health such as insomnia, gastric problems, poor skin, premature aging due to accumulation of toxins over the years and ultimately untimely death.

## Herbs That Detoxify!

You can decide to naturally detox or take herbs and vitamins to detox. A lot of people choose to detox naturally because they know the body has its own ability to clean itself up.

Our bodies have natural defenses and resources that work to constantly to clean up our systems, even when we sleep.

Unfortunately, most people's bodies are unable to detox mainly because of poor health. If the body is performing at optimal level, it should be able to detox itself.

As I've mentioned before, because of the polluted air, water and food we eat, it becomes impossible for anyone's body to perform at optimal level. There is always some form of pollution affecting the body one way or the other.

That is why it is necessary to use some detox herbs and vitamins to assist the body in detoxifying itself. These detox herbs and vitamins can help to restore the body to its optimal level, thereby giving it the strength to detox it self.

These detox herbs and vitamins and some healthy habits can really go a long way in helping the body to take care of it self, thereby allowing us to live longer.

So, if you want to live longer and healthier, there is the need to constantly detoxify your system either naturally or with the help of detox herbs and vitamins.

Want to Discover 4 Detox Secrets?

<http://rapid-detox-and-diet.info>

<http://detox-and-health-tips.info>

<http://detox-diet-pills.info>



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