

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

## What Are Detox Drinks?

By Alfred J. James

Certain antibiotics (like Amoxicillin) are claimed to cause a positive for heroin or cocaine. My expert source was unable to verify this, so I regret that there is some uncertainty here.

Some legal products actually contain small amounts of illegal chemicals. All tests, including the GC/MS, will test you positive because the metabolites derived from the true positive are identical to the metabolites of the illegal drugs.

Detox products are drinks, pills, or effervescent tablets taken one hour before your test to block the body's production of toxins for a 5 hour window. There are preliminary procedures recommended for a couple of days prior to your deadline, whereby you drink a lot of water, eat lighter meals and abstain from toxins. This will aid in reducing your toxin levels. Then on the day of the test, take the drink or pills and all toxins will be blocked from being released for up to five hours. You may also take the Pre-Cleanse products for extra effectiveness. They come in a pill form. Taken 12 to 24 hours before your test they help to reduce your toxin levels. We also carry constant cleanse – a month's supply of cleansing capsules. Use in conjunction with the detox drinks, pills, or effervescent tablets.

The Detox Drink is a detoxifying product that holds the toxins in your body allowing you to pass a urine drug test. Many toxins are stored in the fat cells of the body and are released when fat cells are burned. The Detox Drinks prevents the body from burning fat cells for up to 5 hours so the toxins are never released. The Detox Drink works on all toxins and is undetectable. The Detox Drinks is designed for individuals, who smoke 4 times a week or less. If the individual is over 200 lbs., it is recommend they consume two drinks before a test, and drink two full bottles of water. Most Detox Drinks a 99.6% success rate in passing drug tests if the directions are followed. Shake the bottle before drinking. Drink entire contents, then after 15 minutes, drink 16 oz. of water. Wait 45 minutes to be effective.

### Normal Procedures

1. Avoid toxins 48 hours before deadline. 2. Do not drink more than 16 oz. of water per hour. 3. On the day of the deadline, eat and drink normal quantities, avoid foods high in sugar. 4. If possible, schedule drug test deadline for the afternoon and urinate 3 – 4 times after consuming the Detox Drink.

## What Are Detox Drinks?

5. Drink is effective for 45 minutes to 5 hours, however peak effectiveness is at 2 hours. 6. As with any drug test, avoid foods or drinks high in sugar content (fruit juices) and avoid strenuous exercise the day of the drug test. Otherwise, eat and drink normally. 7. The drink tastes better if it is refrigerated prior to consumption.

Urine should be between 91 and 97 degrees. NIDA certified labs will verify temperature. If it isn't, they will suspect you added water to the cup, or used substitution. Disposable pocket hand warmers (sold in department stores) will keep a urine sample warm, provided that the urine is in a condom or douche bag.

The Detox Drink is a detoxifying product that holds the toxins in your body allowing you to pass a urine drug test. Find out at

<http://DetoxDrink.ewhy.info>

### **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.

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

## What Are Detox Drinks?

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.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**